



heinzman
school of irish dance

heinzmanschool.com

734.762.0997

January 2007

A Publication of the Heinzman School of Irish Dance Booster Club

Changing of the Guards New President Looks Forward to 2007

I sincerely hope that everyone had a wonderful Christmas. As we begin the New Year, I would like to thank you for providing me the opportunity to serve as the Heinzman School of Irish Dance Booster Club president.

My family has been privileged to be a part of the Heinzman School of Irish Dance for the past eight years. When our daughter began taking lessons at the Gaelic League in 1998, we were new to Irish Dance. We did not know the difference between a soft shoe or a heavy; a treble jig or a slip jig; or spike curlers and wigs. We truly believed this would be a short-lived fad; quickly to be replaced by the next "hip" sport.

Attending our first feis was an overwhelming experience. As we entered the hall, we were awestruck by the sheer magnitude of it all. Lucky for us, we were swept up by a fellow green-dressed Heinzman dancer and instructed to set up "camp". Thus began, our journey into the world of Irish Dance.

Every journey comes with its share of unexpected twists and turns. Again,

we were fortunate to receive guidance and support from teachers, dancers and friends of the Heinzman School.

The Booster Club introduced us to others who share our passion, and friends who were more than willing to help us navigate through this adventure.

I would encourage you to take an active role in the Booster Club. The primary goal is to support our dancers. However, it is also a great place to meet friends, share information, and have fun. Join us at our next meeting on January 7, 2007, at 4 pm at the Taylor Studio. We have several events which you can be a part of; World Fundraiser Dinner/Dance (*March*), St. Patrick's Day Parade (*March*), School Fundraiser/Recital (*June*).

Thanks again for your support. If you have any questions or suggestions, please feel free to call me at 248.652.4069, or contact me by email at bacla@juno.com.

Beth Clarkson
HSID Booster Club President

Testing the waters...

What's Your Interest Level in a Week-long Summer Dance Camp?

HSID is considering holding a week-long dance camp in Cadillac, MI during the summer. The camp would run from Sunday through Saturday with overnight accommodations. The purpose of holding a week-long dance camp is to provide intensive Irish dance training, team building activities along with some fun stuff. Emma Holtham will be present.

The cost is estimated to be around \$600 - \$650 per person. This includes food

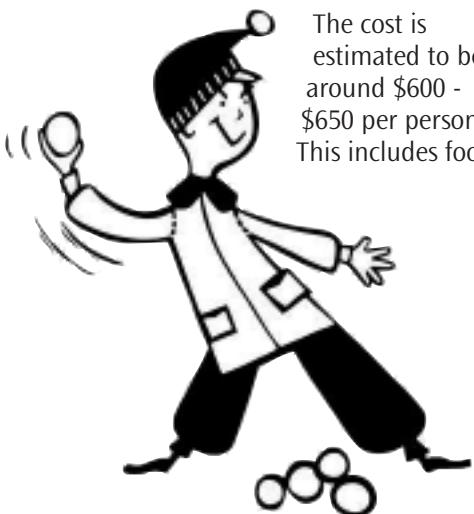
and lodging for the week as well as dance training. We would be trying to secure the week immediately following the Fundraiser/Recital.

What is your interest level? We need to hear from people to determine the level of support and to proceed with reserving space. Reservations need to be secured in early 2007.

Please call the office, 734.762.0997, by February 1 with your feedback or to learn more information. Thanks.

Calling all Musicians and Wanna-bees!

Join in the music session at the Taylor Studio. The class is open to all levels of musicians, including beginners. Call the school office, 734.762.0997, for the date and time.



2007 Fundraiser

Ticket Sales

Tickets are now available for the 2007 Fundraiser/Recital at the **Stranahan Theatre in Toledo, OH on June 16, 2007**. Cost per ticket is \$10 until February 28, 2007. Beginning March 1, ticket prices will increase to \$15 each. Teachers have tickets to sell.

Each dancer is required to purchase two (2) tickets for a maximum mandatory amount for four (4) tickets per family. Purchasing more than four (4) tickets per family is quite acceptable!

Every person using a seat regardless of age is required to have a ticket.

Hotel Information

This year, the Clarion (*formerly Holiday Inn*), 2340 S. Reynolds Rd., will be hosting the **AfterGlow party** and overnight stay. The cost of a room will be \$79 per night plus taxes. The phone number is 419.865.1361.

Thanks to the Booster Club for sponsoring the AfterGlow. Join in the fun - free pizza, cash bar and junior olympic-size pool open until 2am.



Looking Ahead to Upcoming Events

January

7 - **Booster Club meeting**, 4pm, Taylor Studio.

8 - **Classes resume.**

8 - **Monthly tuition is due.** Next due date for monthly and quarterly payments is February 1.

Marketplace

Items will be posted for a 3-month period. If the item has not sold within the 3-month period, please email jmbarchick@buckeye-express.com to continue the listing.

New listings

Green dress w/shawl, brooches, 2 lollies, and 2 headbands. Size 12. \$150.

Sandy Blonde curly wig (almost new condition) **\$25.** Contact Rhonda Fitzpatrick at 616.897.0534.

Repeat listings

Plaid jumper w/blouse. Size 12 tall. \$20. Contact Cathy Huber at 419.266.0226.

Green dress w/shawl, brooch, headband, and green spankies. Size 12/14. \$200. Contact Becky Weasel at 419.722.9566 or iamweasel@aol.com

Red ceili dress w/spankies. Size 8. \$90.
Red ceili dress w/spankies and tiara. Size 10/12. \$110. Contact Chris Kummer at 419.478.5949.

Adult black dress w/shawl & 2 brooches Sz. 12. \$200. **Only worn once!** Contact Mary Martin at 419.878.3153 or mmartinmsn@buckeye-express.com.

Green dress w/shawl, brooch and one pair of adult green spankies. (New last year). Size 14. \$230 for everything. Contact Betsy Peddemors at 810.245.2763 or email betsywp@gmail.com

Adult Size 5 Super Flexi Pacelli hard shoe. Championship heel & tip/Liberty Tips & Concorde Heels (extra \$60). Only worn 6 times. Asking \$125. (Original purchase price \$178.) Contact Robin at 734.266.1891 or email rmkbs@twmi.rr.com

Green dress w/shawl. Size 8/10. \$100 for everything. Contact Carolyn Dembowski via email polishparents@hotmail.com or 313.562.1162.

2006-07 HSID Booster Club Roster

Officers

Beth Clarkson, *President*
248-652-4069

Bill Cahalan, *Vice President, Membership*
248-541-3259

Maureen Miscavish, *Recording Secretary*
586-228-3913

Kevi Chapman, *Treasurer*
313-824-2537

Mary Maher, *Financial Secretary*
313-886-1385

Board Members

Jacqueline Barchick*, 419-382-5865

Una Bonner, 313-656-4833

Kitty Heinzman, 734-762-0997

Patrick McParland, 313-383-5015

Maureen Nygard*, 419-872-8627

Sue Nissen*, 419-578-2741

*Term ends 12/31/2007

Board of Auditors

Jerry Bresser, 313-882-6187

Barb Gerken, 419-476-6806

Cathy Huber, 419-472-4881

It's Not Just Calories That Count *(continued)*

By Nancy Alfaro,
Dance Magazine, August 2006

In December's issue, we learned that iron delivers oxygen to every working cell in the body, enabling the muscles to perform. Remember, a healthy diet includes the vitamins essential to bone strength, your immune system, and your overall vitality. Calcium, for instance, enables your muscles to contract efficiently, and iron combats fatigue. Eating enough of these key nutrients helps you stay energized and avoid injury.

In this final segment, read about the importance of antioxidants and potassium.

'Anti' is 'Pro'

Dancers need antioxidants, a term that covers several vitamins (C and E), minerals and related elements that aid cell operation and protect from disease.

Good Food Choices – Berries, Apples, Plums, Artichokes, Beans, Carrots, Sweet Potatoes, Kale, Butternut and Winter Squash, and Red Peppers

Don't Cramp Up

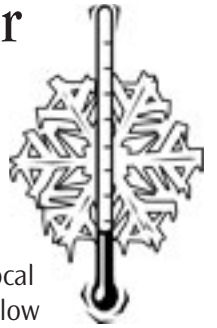
Eat Banana if you want to prevent cramping. That's because they are rich in potassium, which helps promote muscle contraction. Potassium also regulates fluids and mineral balance in your cells. Magnesium plays a role in muscle function too.

Good Potassium Food Choices – Bananas, Potatoes, Melons, and Berries

Good Magnesium Food Choices – Spinach, Salmon, Sunflower Seeds, Soybeans, Peanuts, Chickpeas, Brown Rice and Whole Grains.

Bad Weather Policy

If schools are being closed in your class location, dance class will also be cancelled. Please listen to your local radio or TV station. Below is a list of school districts where our studios are located.



A.O.H.
Redford Union
Schools

Brighton
Brighton Schools

Friendly Sons
Warren Schools

Gaelic League
Detroit Schools

Grand Rapids
Forest Hills Schools

Highland
Huron Valley
Schools

Lansing
Holt Schools

Lake Orion
Lake Orion Schools

Madison Hts.
Madison Hts. Schools

St. Clair Shores
st. Claire Shores
Schools

Taylor
Taylor Schools

Toledo
Toledo Public
Schools

Newsletter News

What's on the calendar of events at your studio? Any tips or advice to share? We would love to hear from you — class reps, parents, or dance teachers. Please email (jmbarchick@buckeye-express.com) or fax (419.382.5865) with your items. Deadline for submissions is the 20th of each month.

heinzmanschool.com

Check out the school website for all the most up-to-date information about Heinzman School of Irish Dance!

Can We Count on Your Membership?

A great club made of great parents that you know! Join the Booster Club today. It's only \$10 for the whole family for the whole year. A membership gives you a voice in Booster Club decisions! Fill out

New Member Renewal

Name

Address

City

State

Zip

Telephone

Email

Name(s) of dancer(s)

The Heinzman School of Irish Dance newsletter is published monthly. **Deadline for submissions is the 20th of each month prior to publication.** Submissions can be emailed to jmbarchick@buckeye-express.com or faxed to 419.382.5865.

the form below and return it to your teacher or class rep with a check for \$10 payable to **Heinzman School of Irish Dance Booster Club**. Please note in the **memo area** "Booster Club membership".