ARIZONA V (C) E★ statewide listing of performances master classes | auditions | articles tips | news | and more JULY/AUGUST 2016 **STATEWIDE** SOCIAL DANCING & Workshops NATIONAL DANCE DAY MAC & COMPANY "2.5" TEMPE CFA **SUMMER INTENSIVES** JENNIFER CAFARELLA SEQUIR! SOCIAL DANCES JOBS, TIPS, AUDITIONS CONVERGENCE BALLET COMPANY

PHOTO BY ED FLORES

& MORE INSIDE...

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Volume 6, Issue 7 July/August 2016

a publication of the Arizona Dance Coalition

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Dear readers,

Happy Summer & Monsoon season! Has everyone watched that garbage can float down Tucson's flooded street? My mom in Chicago saw it on the news. We do get our fair share of national publicity, don't we?

We have no performances in July, one in August and several in September which includes the Grand Canyon Salsa Festival! Participants get a tour of the Grand Canyon too! What a magnificent attraction. Dancing on a higher level—literally!

July 30 is National Dance Day. I hope many of you will celebrate by dancing and inviting your neighbors and friends to dance with you. "Social dancing" brings people together and it makes us happy. This issue has plenty of social dance events for you to choose - from Northern to Southern Arizona! To see what the Happy Feet Foundation has in store for us this year, visit

http://dizzyfeetfoundation.org/national-dance-day/

There are some workshops coming up and dance intensives. Summer is the perfect time to improve your technique by spending more focused time on learning and practicing the "right way." I'm desperately hoping you have an instructor that can break down steps and explain body

mechanics for your present and future safety. Remember, you only have one body and replacement joints are expensive!

Hoping everyone enjoyed their 4th of July. I know some of you were dancing in parades and celebrating. The e-Star will return in September. Happy Summer!

enJOY! Krystyna Parafinczuk, Editor

The Arizona Dance Coalition is a membership-based, statewide 501(c)(3) nonprofit dance organization creating connections and communication between the general public and the dance community. ADC membership is available to individuals and organizations interested in the art of dance. You may join online at AzDanceCoalition.org. All questions about membership and sponsorship can be sent to Lisa@AzDanceCoalition.org. Calendar of Events are posted online by ADC members. Article submissions, news, letters to the editor and advertising sales can be sent to Krystyna@AzDanceCoalition.org. Additional ADC contact information is on the last page.

Past e-Star publications are available at azdancecoalition.org/newsletters/.



Event listings are posted by ADC *members* on the ADC website. Events are restricted to 501(c)(3) organizations with the exception of charitable and free events, educational workshops and master classes. All submissions are monitored. Content may be edited. Non-member news and events are

listed in the Regional Section. Send news to: Krystyna@AzDanceCoalition.org. AzDanceCoalition.org



August 13-14, Saturday 7 pm, Sunday 2 pm.
Paradise Valley Community College Center for the Performing Arts, 18401 N 32nd St, Phoenix.
Enter the campus at 34th St & Union Hills –
CPA building on your left. Convergence Ballet presents Seguir! Convergence Ballet welcomes
Joan Rodriguez and Taimy Miranda, both born in Havana, Cuba, and now living in Phoenix. Other cast members include Lauren Ganther, Anna Dobbins, Andrew Ranshaw and Nolan Austin.
Choreographer Kevin Jenkins returns as well.

Convergence Ballet Company has become Phoenix's answer to the summer-long drought; offering both dancers and dance enthusiasts alike the opportunity to enjoy an evening of quality ballet pieces with an edge. Dancers push themselves to explore different movements rooted in classical ballet; capturing the audience whether they are wearing slippers, pointe shoes or bare feet. http://www.convergenceballet.org
Purchase \$25 tickets here (starting July 15, 1 am).

September ISSUE
SUBMISSION
DEADLINE
Arizona Dance e-Star
August 25

Send news to:

Krystyna@AzDanceCoalition.org

Attention Non-ADC Members

Your performances, workshops, and master classes are mentioned in the **Regional Section** of the **Arizona Dance e-Star**. We welcome your **announcements**: job postings, auditions, scholarships, awards & recognitions, new positions, reorganizations, and invitations to participate in FlashMobs & Festivals. Keep Arizonans informed!

Consider becoming an ADC member, being a part of a statewide dance community and enjoying the member benefits and discounts offered by our members and more than 20 Merchants throughout Arizona ~ graphic designers, photographers, dancewear stores, dance studios, printers, costume designers, venues, etc. Review the benefits towards the back of this magazine.



September 3, Saturday, 7 pm. Tempe Center for the Arts, Studio Theater, 700 W Rio Salado Pkwy, Tempe.

MAC & Company presents "2.5" featuring brand new works, live musical performance from our resident composer Dr. Jeffrey Ouper, and some MAC classics re-imagined. Explore a range of dance styles and themes during our evening length production. Dance and music combine to take you on a whimsical journey through the imagination. Information and \$15 tickets:

http://macdance.org/events.html, info@macdance.org

September 8-11, Thursday-Sunday. Twin Arrows Navajo Casino Resort, 22181 Resort Blvd, Flagstaff. 4th Annual Grand Canyon Salsa Festival dedicated to the memory of Angel Ortiz featuring Salsa, Bachata, Zouk and Kizomba. Three days of workshops and four nights of dancing and performances. Event includes a Grand Canyon tour. Experience top world instructors and performers in the heart of nature's beauty: Oliver Pineda (Sidney, Australia), Frankie Amparo & Sadie Montoya, Suave Dance Co (San Diego, CA), Betto Herrera, Mambo Dinamico Dance Co, (Morrisville, NC), Mike Eskeldson, Rumbanana, Rueda de Casino (Corvallis, OR), Chris Kizomba (Los Angeles, CA), Angie and Mohan, Alma Tucson & Monzon Dance Co (Tucson, AZ), Nery & Giana, Elegant Rumba & Shiva Latina (Ft Myers, FL), Lawrence Garcia, Mambo Exquisite Dance Co (PHX), Cory Thomas, SambAZ (PHX), and Zona Pachango



(Tucson, AZ). More instructors and performers TBA as we get closer to the event. Check here for updates: http://grandcanyonsalsafestival.com/instructors/.

For more information and to register, email grandcanyonsalsafestival@gmail.com.



September 9-10, Friday 8 pm & Saturday 7 pm. Tempe Center for the Arts, 700 W Rio Salado Pkwy, Tempe.

MEMORIAM ~ A Tribute to the Victims of 9/11. The contemporary dance show MEMORIAM is a collection of true stories from the day of 9/11. The production focuses on the events in New York City, moving through the day in chronological order touching on individual stories from victims, families, and survivors. Each story ranges

from heartbreaking to heroic and captures the day in a way never seen before. Beautiful choreography accompanies first-person accounts and incredible visual aids. MEMORIAM is sure to capture the hearts of every audience member and leave a lasting impression, just in time for the 15th anniversary of September 11th. Choreographed & Directed by Liz Ann Hewett. \$20, liz.hewett@sbcglobal.net, 713-855-5971. http://lizhewett.wix.com/memoriam

Workshops



July 17, Sunday, 1-4 pm. Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. Kizomba Workshop Rachel Cassandra

We are so excited to welcome back Rachel Cassandra to Flagstaff!

1 pm – 2 pm "The Art of Close Connection"

Close-body connection is a beautiful way for two dancers to move as one. Achieving the desired fluidity takes engagement on both sides, though! Get the technique you need to make this lead and follow dynamic effortless in Kizomba.

2 pm – 3 pm "Sensual Kizomba"

Kizomba comes in many flavors these days, but nearly every song has a part where it drops to a smooth, simple sound. This is the time to focus on connection and play with body movement. We'll explore a few of the isolations and controlled transitions that make sense in these breaks. We'll start out working separately, gradually incorporating the movement into our partner work. We'll learn how leaders can communicate from their cores, followers can play with pelvis movement, and we can maintain a safe but intimate connection.

3 pm – 4 pm "About Face! Fun with Pivots"

So many of the effortless moves you've admired in modern Kizomba are based in perfect pivot technique. Get the movement, leading and following figured out, then learn a few steps that depend on them. You'll be gliding on the floor in no time!

Cost: \$35* advance purchase, \$45* day of, \$15 per workshop

(*includes Sunday Social entrance) Sunday Social 7 pm – late

To register: 928-814-2650, grandcanyonsalsafestival@gmail.com

Rachel Cassandra is a teacher and dancer originally from Port Jefferson, New York. Her true loves are dancing, teaching, and travel and she has pursued these extensively since she started dancing in 2005. She has a varied dance background and extensive teaching expertise. https://www.youtube.com/channel/UCz8Mkajs5V84fA23kMo0xuA

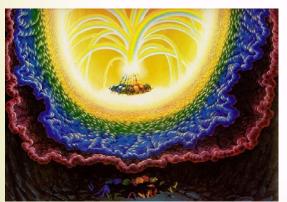
Rachel has taught in cities around Europe and across the United States. Kizomba is Rachel's primary dance.

INTENSIVES / CAMPS

Phoenix ~ Grand Canyon University presents a two-week, overnight* camp / dance intensive July 11th-22nd for dance students ages 14-24! Courses include Jazz, Ballet, Contemporary, Composition, World Dance and Health for the Dancer (Pilates, Yoga, Conditioning, and Nutrition). All classes are taught by distinguished dance faculty and guests and assisted by student teacher candidates from the Dance Education program. Students must have two consecutive years of dance study and placement will occur the first day of classes. Performance: Family and friends are welcome to



attend an informal dance performance at the end of the intensive on Friday, July 22 at 4 pm in Ethington Theatre. The performance will be presented by students who participated in the entire two-week session and had no more than two absences. General admission will be free. Special Event: GCU Admissions and the College of Fine Arts and Production will co-host a pool party for attendees on July 13 and July 20 from 5 to 7:30 pm. Facilities: Our state-of-the-art studios are located on the first floor of the Saguaro Residence Hall. The two adjacent studios feature sprung floors and storage for students' belongings. dance@gcu.edu, 602-639-6295. http://www.gcu.edu/events/summer-dance-intensive-2016.php *Ages 14-18 will be required to stay in the residence hall. Ages 19-24 do not have the option to stay in a residence hall.



Tucson ~ ZUZI! High Flyin' Arts Summer Camp Session 2: July 5-15. Have you heard of "The Rainbow Goblins?" One of UI De Rico's most vibrant and carefully crafted children's books will be the artistic inspiration for this year's. Camp is for ages 7-15. Camp will culminate in an integrative performance for parents and friends and costs \$400. Meets Monday-Friday 9 am - 3 pm. Move It Dance Camp will be July 18-22. This is an intensive camp for the serious dance student

for ages 9-15. All experience levels are welcome. Campers will focus on exploring different dance and movement forms. Camps run Monday-Friday 9 am-3 pm. \$200. Sibling discount \$25/child.

Campers bring their own lunch, snack, and water bottle. (520)629-0237 or zuzisphere@gmail.com http://zuzimoveit.org/school/summercamps.html



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Workshops with Convergence Ballet in their new Location!

Come dance with the choreographers of the Convergence season! *Dana Metz, Joan Rodriguez, Daniel Marshalsay, and Kevin Jenkins.*

Wednesdays, July 13-Aug 10, 4-5:30 pm. \$20 per class or \$80 for all 5! Ballet Theatre of Phoenix, 2326 E Indian School Rd, Phoenix. www.convergenceballet.org, 480-779-7222.

DANCE IN CUBA! OCTOBER 11-22, 2016 \$100 OFF Registration by July 8th

Tucson has been fortunate to have *Kimberly Miguel Mullen* visit and hold classes on AfroCuban / AfroCaribbean dancing at the Movement Culture. She is planning another cultural trip to Cuba (she goes often) and maybe you would like to join her. Here is the information:

This Fall 2016 - OCTOBER 11-22, 2016, Join Tambor Y Danza Cuba for a 12-Program Specialty Program entitled, "Art & Spirituality" featuring an in depth outlook on the various influences of



AfroCuban religious traditions on all aspects Cuban Artistic culture (Visual, Performing, Film, etc) including lectures with top cultural and religious informants and artist, museum visits, trips to religious houses (Cabildos), plus: music, song and dance classes, etc. This program includes round-trip airfare from Miami to Cuba, US OFAC Travel License, Medical Insurance, Cross Country Travel to six cities across Cuba, two meals per day, accommodations, translator, activities, lectures & demonstrations, classes and transportation.

Deadline to Register is August 8. Email: mail@kimberlymiguelmullen.com for inquiries. \$2800 includes \$100 Early Registration Discount by July 8th! http://tamborydanza.com/https://www.facebook.com/events/1618735278452763/?ti=icl



ADC Member Auditions, Call for Dancers & Announcements



Call for Dancers/Teams ~ Arizona Diamondbacks Dance Day is Sunday, October 2, 12:10 pm. Participating teams will learn a choreographed routine to be performed on the field prior to the game. Choreography *Liz Quinal* is a former professional choreographer and cheerleader. Spots limited and filled on a first-come, first-served basis.

Tom Demeter, 602-462-4244, tdemeter@dbacks.com.

Arizona Dance Festival 2016 Submissions -**Deadline August 25**

We would like to invite you to participate in the upcoming Arizona Dance Festival 2016 (ADF), co-produced by **Desert Dance Theatre** and the Arizona Dance Coalition. It will take place Thursday-Saturday, October 6-8, at the Tempe Center for the Arts. Submission deadline is August 25, with a \$25 non-refundable application fee, plus \$10 for each additional audition piece. The festival will give you and your company great exposure, and it's a fun way to share your art with colleagues from around the



state and out-of-state guests. For an application and details, visit: http://desertdancetheatre. org/arizona-dance-festival/. If you have any questions, contact me at 480-962-4584 or at Lisa@DesertDanceTheatre.org.

ADF is sponsored in part by the Arizona Commission on the Arts/National Endowment for the Arts

AzDEO Annual Meeting

August 20, Saturday, 1 pm. AzDEO Annual Meeting will be held at Macayo's, 4001 N Central Ave, Phoenix. Celebrate our 10th anniversary and learn about more about our future plans. Vote for new board members. \$20 per person includes entrée, beverage, tax, gratuity. Cash bar extra. RSVP by August 15, Imonson@cox.net. Pay at the door.

AZDEO is pleased to announce our first ONLINE PROFESSIONAL DEVELOPMENT COURSE ENTITLED STANDARDS. Lynn Tuttle has graciously agreed to provide the first five videos with the information you will need to understand the newly revised Arizona Dance Standards adopted in May 2015. Following this, a second set of three videos will deal with the history of standards provided by Rima Faber. Rima has been working with standards for many years and wrote NDEO's 2005 standards, and was the dance writing team chair

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for the 2014 National Core Dance Standards. The third set will introduce you to the Arizona dance writing team and provide their perspective on our new standards. In the last set, you will see teachers in action, providing insight as to how they translate the standards into classroom practice. Along with the videos, a narrative is provided that follows the video presentations. The videos are in an MOV format, and can be accessed on www.azdeo.org, Online Professional Development, Standards. If you cannot find or access them, please contact Lynn Monson, Imonson@cox.net. Copyright: All videos and written information are copyrighted by AzDEO. NOTE: AzDEO is looking for teachers to submit videos (MOV format) of their standards-based instruction for our online professional development video series on STANDARDS. Please contact Lynn Monson, Imonson@cox.net.

AZDEO ONLINE COURSE

August 31, September 7, 14, 21, 4:30-6 pm. Instructor Cyntia Roses-Thema, ASU professor and creator of SPINE Strategies, is teaching an online course for AzDEO covering three of the five strategies: stretch roads – stabilize and give students the ability to expand and co-ordinate bodily awareness; pressing flair – unlock the power of an individual's bodily architecture; neutralizing joint points – create rotation that is functional both in turning the body and rotating the legs. AzDEO members \$100, nonmembers \$125. Textbooks required. Course may be taken for 10 CEU hours. College credit is being investigated. CEUs through ASU is an extra charge of \$30.

AzDEO's College Connections Expo

September 24, Saturday, 9 am-3:30 pm. Grand Canyon University, 3300 W Camelback Rd, Phoenix. An opportunity for High School students to connect and learn about opportunities in Dance in our Higher Education Institutions, and for Higher Education Institutions to market their program and recruit High School students. Also for Community College students interested in transferring to a four-year institution. \$10 per higher ed institution and individual students. \$50 for a group of 7 students from one school or studio. To register go to www.azdeo.org under events. Registration deadline is September 14th.

MAC & Company, ADC's newest member, is proud to announce they have received their official 501(c)(3) IRS nonprofit designation. Congratulations!

August 1, Monday, 4 pm. Wight Noise Dance Company is holding an Open House, 9800 N 91st Ave, Peoria. Wight Noise Dance Company has a new home! Come see the studio, meet our teachers and join us for a free class any time during this week! Visit our website: www.wightnoisedancecompany.com for class schedule and more info.



AZDance Group, a professional nonprofit dance company, integrates young adults age 13 to seniors with down syndrome, autism and physical challenges with their professional & preprofessional dance roster. AZDance Group is looking for donations to help cover costs of their expanding dance class technique offerings for those with disabilities and for those without. Contact: Kenda Newbury, AZDance.org, azdance@me.com. Here is a listing:

Wednesdays - A dance technique class incorporating ballet, jazz, and modern dance techniques as well as social dance (waltz, etc) which provides opportunities for participants to perform with company members and in communities, for schools and more! Class space graciously donated by Bender Performing Arts. In existence since 2005. Needs \$3500+.



Thursdays - Miss Kenda's BalletNEW Outreach -

Ballet-only, Level I/II: a new offering for members and nonmembers of AZDance's outreach programs. This class of BalletNEW is for young adults to seniors with developmental and physical challenges. Studio space graciously donated by Royal Dance Works. Needs \$2,200+.

SPACE NEEDED:

- 1- Miss Kenda's amazing Albanian women dancers. They learn the foundations of ballet, jazz (Luigi, etc), modern dance, stretch & conditioning and social dances (country western, waltz, west coast, tango). Normally held in the evenings in the N Phoenix/ N Scottsdale areas. Thanks.
- 2 Miss Kenda's BalletNEW Teen/Adult classes including her Beginning Teen/Adult and her Intermediate/Advanced Teen/Adult Ballet Classes. Evenings in the N Phoenix/ N Scottsdale areas. Thanks!

ARTS JOURNAL ~ Stories people talk about a link to global dance news stories http://www.artsjournal.com/category/dance



Devil DanceSport Invitational is Arizona's largest collegiate / amateur Ballroom dance competition in the friendly confines of the Arizona State University Tempe campus in the heart of the Valley of the Sun. Last year our competition saw over 140 competitors, from 13 schools and five states register for over 1,300 entries in 145 events, only one of which was uncontested. The competition will include amateur single-dance events and multi-dance events for individual partnerships. These events cover the American Rhythm, American Smooth, International Latin and International Standard dances; nightclub dances such as Salsa, West Coast Swing, and Lindy Hop and many more.

Same as last year, our upper-division *heats* are open to all amateur competitors. Meaning that non-collegiate competitors will be able to register for Gold single-dance heats, Novice, Pre-Champ and Championship multi-dance events, as well as our open Nightclub single-dance heats. We will also be bringing back our popular mixed-proficiency Rookie-Veteran events, where Newcomers and Bronze dancers partner with dancers from Silver level and above. This fun event allows less experienced dancers to partner with peers that they would otherwise not usually dance with!

Formation TEAM Competition
TEAM matches pitting universities against each other
Newcomer Team Match

One entry fee for all of the events and competitors are allowed to register for up to three different competitive levels in each style, as well as Rookie-Veteran. Come and dance your hearts out! If you have any questions, please feel free to contact us directly at info@devildancesport.com or by posting on this event page.

Deadline for Entries/Registration: October 14, 2016

ADC Member Spotlight MAC & Company



MAC & Company was founded from a shared passion for dance education and performance between *Micaela Church* and *Li Pei Khoo* in 2014. While being full-time dance educators, Church and Khoo continue to be committed to the creative process and practice of dance as a performing art. Being both dancers and musicians, they have a particular interest in exploring the different

processes that have been utilized in the integration between dance and music. With the common goal of presenting innovative work and nurturing professional growth in the field of dance and music, Church and Khoo hope to provide a platform for fellow dancers who share their passion. In two short years MAC has produced two major shows, two Phoenix First Friday showcases, and have toured



and performed numerous times throughout the southwestern states. MAC aspires to expand our audience outreach using digital media and live performances. Through our 'Dance for the Camera' series and corresponding blog, we hope to bring our creative processes to the audience. By opening the window to our creative minds, we strive to facilitate deeper connections between our audience and the art form.



Our upcoming production "2.5" will feature new works, including live musical performance from our resident composer *Dr. Jeffrey Ouper*, as well as some MAC classics re-imagined (pg 4).

You can find more information on MAC & Company at www.macdance.org where there are links to our Facebook, Instagram and YouTube pages as well.

MAC &

Company is a 501(c)(3) non-profit public charity and donations are tax deductible. You can contact MAC by email at info@macdance.org and we hope to see you at our next event!



ARIZONA DANCE FESTIVAL 2016

Desert Dance Theatre and **Arizona Dance Coalition** present the **Arizona Dance Festival 2016** at the Tempe Center for the Arts (TCA)
Studio on **Friday-Saturday**, **October 7-8**, at **7:30 pm.** Each evening will showcase different dance artists including emerging artists as well as professional companies from all genres and styles of dance from Arizona and other states. A post-performance Q & A will be facilitated by the Arizona Dance Coalition directly after the show.

Dance Classes will be offered during the week from **October 1 - October 9**, at discounted prices ranging from FREE to \$10. *Please check the websites for updates*.

For concert information contact **Desert Dance Theatre**, **480-962-4584** or go to *http://desertdancetheatre.org/arizona-dance-festival/*Tickets \$20, \$18 senior, \$15 student, \$13 group & more:
TCA Box Office 480-350-2822 or *www.tempe.gov/tca*





Photo of the Month ~ July (top) & August (bottom)

Scottsdale Community College Dancers ~ Spring Concert

Photos by X&OP Photography by Jenny Gerena

More SCC Spring Concert photos here.



ARIZONA COMMUNITY COLLEGES

Community colleges in Arizona offer the best value for dance lessons!



Glendale Community College (GCC) Dance courses begin August 22. The GCC Dance Program provides professional instruction in a positive, welcoming environment, with first-class facilities and experienced faculty. Classes include all levels of Modern Dance, Ballet Dance, Pointe, Jazz Dance, Hip Hop, as well as Musical Theatre, Tap and specialty classes such as Kinesiology and Choreography. At \$86 a credit hour, these classes are a steal! All levels of experience welcome!

Please contact Rebecca Rabideau with questions: Rebecca.rabideau@gccaz.edu You can view the schedule here:

http://www.azdancecoalition.org/wp-content/uploads/2016/06/Dance-Schedule-Fall-2016.pdf http://www2.gccaz.edu/academics/departments/performing-arts/dance Glendale Community College, 6000 W Olive Ave, Glendale.

Pima Community College Social Dance courses begin September 10 and registration is now in progress. Pima Community College (PCC) West Campus offers a 14-week Salsa/Latin Dance course, 1 credit or audit, under the Fitness and Wellness (FAW) program, on Tuesdays from 6:30-8:35 pm, in the Fitness Sports Science Bldg, Room 102 (furthest NW corner of the campus). Beautiful hardwood floor and mirrors. Classes begin September 13. Latin dances introduced are Salsa, Cumbia, Bachata, Cha Cha Cha, Samba, Merengue, and Rumba/DANZON. FAW 123F, Course # (CRN) 11686

PCC West Campus, 2202 W Anklam, Tucson (west of I10/St Mary's exit)

The PCC Northwest Campus offers a 14-week Ballroom/Latin Dance course, 1 credit or audit, also under the Fitness and Wellness (FAW) program, on Saturdays from 4-6:10 pm. Classes are held adjacent to the campus at the NW YMCA/Aerobic Studio, with a beautiful hardwood floor and mirrors. All students will need a PCC ID for secured access. Classes begin September

10. Dance styles introduced are Rumba, American Tango, Fox Trot, Waltz, Lindy Hop/Swing, and all the Latin dances mentioned above. Time permitting, the last class will include fun line dances and the famous POLKA (talk about cardio training!). FAW 112F1, CRN 11768.



PCC NW Campus, 7600 N Shannon Rd, Tucson (east of I10/Ina or Orange Grove exits, head east to Shannon, then North until it ends at Magee/NW YMCA)

To enroll, visit www.pima.edu. Fall 2016 Semester. Both courses include FINALS that are field trips to Social Dance Events in Tucson! The courses are designed to promote the health benefits and social components of dancing and not competition or performance. If you have questions about the courses, call instructor Krystyna Parafinczuk, at 520-743-1349, or email kparafinczuk@pima.edu.

Tuition: \$78.50 + registration fees (1 credit or audit). Fees are higher for non-residents. Cost breakdown is less than \$3/hr! *NEW:* If you are 55 years old and over, the tuition is cut by 50%!!!! \$39.25 per credit hour. Less than \$1.40 an hour! Registration fees remain the same.

SOCIAL DANCING ~ IT'S FUN! IT'S HEALTHY! IT'S SOCIAL!

and the

MUSIC IS GREAT!



REGIONAL NEWS, ANNOUNCEMENTS & EVENTS

Northern Arizona ANNOUNCEMENTS & EVENTS

August 5, Friday, 6-8 pm. Heritage Square, Aspen St, Flagstaff. DFN: Ballet Folklorico de Colores ~ non-profit organization dedicated to teaching and performing colorful, vibrant traditional dances of Mexico. They have performed at many events, including "Celebraciones de la Gente" at the Museum of Northern Arizona. 928-779-2300. Free and all ages welcome. http://flagartscouncil.org/artwalk/summer-nights-on-the-square/

Central Arizona ANNOUNCEMENTS & EVENTS

SPONSORSHIP OPPORTUNITY: 4TH Annual West Valley Island Cultural Festival, Sunday, November 6, 2016, Glendale Adult Center, 5970 W Brown St, Glendale. Sponsorship opportunities are available for businesses that would like to connect their brand to the festival. For more information on sponsorship packages, please email sponsors@ wvislandculturalfest.com. For inquiries about volunteering, vendors, workshops, and performing, send email to: volunteers@wvislandculturalfest.com, performers@wvislandculturalfest.com, workshops@wvislandculturalfest.com, vendors@wvislandculturalfest.com. For general inquiries contact: info@wvislandculturalfest.com, 623-255-8491, Kumu Kalena.

The Fourth Annual West Valley Island Cultural Festival is a multi-cultural event celebrating island music and dance. The festival will have its first Hawaiian and Tahitian dance competition. There will be different levels of competition, ranging from beginners to more experienced dancers.

July 6 & 13 at 6:30 pm, July 15 at 1 pm, July 20 at 6:30 pm. Experience the Life and Dances of the South Pacific. Scottsdale Public Library, Civic Center Library, 3839 B Drinkwater Blvd, Scottsdale. This July, Tropical Polynesian Productions and Kuma Kalena will be presenting three programs on the costume, culture and dance of the South Pacific. Dancers and presenters are provided courtesy of the West Valley Island Cultural Festival. The schedule is as follows: 7/6 - Hawaiian dance, chanting and the Polynesian triangle; 7/13 - Maori, New Zealand, Tongan and Fijian dances; and 7/20 - Samoan and Tahitian dances. There will also be a bonus belly dancing program on 7/15 at 1 pm. Event Info: (480) 312-7323

Fridays and Saturdays in July & August, 6 pm. Talking Stick Resort, 9800 E Indian Bend Rd, Scottsdale, presents Yellow Bird Production - an ongoing authentic cultural experience where guests can experience rich Native American heritage through music and dance. This is a free, 45-minute program in the Resort's Fire Garden. 480-850-7777.

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Southern Arizona ANNOUNCEMENTS & EVENTS



Tucson bid adieu on April 30th to *Hirsh's Shoes*, owned by *Sid Hirsh* (86 years old), after 62 years of business providing dancewear and dance shoes to Southern Arizona's dancers. We are happy to announce that *Ms. Beverly*, Hirsh's "pointe shoe" expert, will now carry on the pointe shoes business at Danswest Dancewear. Call 721-3082 for an appointment for pointe fitting, or to make sure we have your size. *Danswest Dancewear* is also opening up a second NW location at 2958 W Ina Road, Tucson, 520-730-1634, to serve Oro Valley, Marana, Foothills and SaddleBrooke patrons.

Danswest Dance Productions is holding *company auditions* on Saturday, July 30, from 9 am-6 pm. http://www.danswest.com

Megan Maltos, Tucson's tap expert and co-owner of Danswest Dance, will be on the faculty of the Big Apple Tap Festival in NYC on November 11-13. The festival will honor tap legend Brenda Bufalino, and offer 70 master classes by 26 master teachers. http://www.TheBigAppleTapFestival.com

Brenna Brockert, Tucson dancer, has choreographed and is performing in this fun video to Justin Timberlake's Can't Stop The Feeling. Filmed in Tucson by Delany Chiu. https://youtu.be/iwjpehoceNE

Violet Rose Arma, an Arizona Virtual Academy (AZVA) 16 year old graduate is attending two summer programs with the Pittsburgh Ballet Theatre, and continuing her "online" education at Arizona State University while dancing simultaneously with the Pittsburgh Ballet Theatre graduate program. Violet has been an AZVA student since 2nd grade and is planning on getting her BA in Art History through ASU's online program. Good luck!

July 1, Friday, 6:30 pm. Vail Theatre of the Arts, 10701 E Mary Ann Cleveland Way, Tucson. Ballet Rincon presents work from their Summer Intensive. 520-57-2804

July 26-August 14. Artifact Dance Project Professional/Pre-Professional Summer Intensive. \$600 by July 1 / \$750 after. Ballet + Contemporary + Repertoire: Ashley Bowman, Claire Elise Hancock, and guests Joshua Blake Carter (Giordano), Jose De La Druz (Brooklyn), and Stefano Sellati (Rome!) http://www.artifactdanceproject.org/#!summer-intensive/c1t0z

August 21, Sunday, 4-10 pm. O'Malley's on Fourth, 247 N 4th Ave, Tucson. The Seash! [Cypher Battle & TUC vs PHX Exhibition!] There will be about two hours of cyphers while our DJ's play all sorts of different types of music so all different styles of dance can be showcased! Learn more here: https://www.facebook.com/events/1587667184861122/

2016 6.7

SOCIAL DANCE NEWS

Flagstaff Latin Dance Collective meets every Sunday with a dance lesson from 7-8 pm, followed by open dancing until 10 pm. Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. \$10/\$8 students. www.latindancecollective.com.

On Saturdays at Canyon Dance Academy, 2812 N Izabel St (across from Coconino High School), Marie and Chad Burson teach Night Club Two-Step and other ballroom and swing dances, from 7-8 pm, and open dancing until 10 pm. \$8, \$7 USA Dance Members, \$5 students. On April 2, 2:30-4 pm, Saturday, Marie & Chad will also conduct a Rumba Workshop at The Peaks, 3150 N Winding Brook Rd (off Ft Valley Rd - Hwy 180 - just before the Museum of No Arizona). \$8. For more information, contact Bill Pranke at 928-814-0157.

Check out the calendar at www.flagstaffdance.com for all the dance events in Northern Arizona

Flagstaff Friends of Traditional Music Contra Dances occur on the first Saturday of each month at the Mountain Charter School located by Ponderosa Trails Park off Lake Mary Road, 311 W Cattle Drive Trail, Flagstaff. Newcomer's lesson at 7 pm, dance 7:30 -10:30 pm. Member donation \$9, non-member \$10. Inquire before attending in case there is a rare schedule change. flagstaffcontradances@gmail.com; http://ffotm.org/contra-dances/

August 13, Saturday, 7-11 pm. Northern Arizona University Ashurst Auditorium, Flagstaff. 8th Annual Midsummer Night's Ball presented by the Flagstaff dance community and the USA Dance Chapter 4040. Dinner from 7-8 pm following by dancing and entertainment from 8-11 pm. Dress if Formal/Semi-Formal. \$55 single/\$100 couple. USA Dance members \$50 single/\$90 couple. Make checks payable to USA Dance Chapter 4040, c/o Gary Millam, 1133 W Coy Dr, Flagstaff AZ 86001. Credit Card: PayPal payment to: garmillam@gmail.com. info@flagstaffdance.com or 928-814-0157.

Phoenix Traditional Music and Dance promotes Community Contra Dances in downtown Phoenix twice a month. Contra is traditional American social dancing. All dances are taught and then prompted by an expert caller, and there is always a live band. All ages are welcome; no partner is required. Come early for a 30-minute introductory lesson. \$10 door, \$5 for those 25 and younger. Visit http://www.phxtmd.org/ or email webmaster@phxtmd.org or call 480-893-3328.

"I see the dance being used as a means of communication between soul and soul — to express what is too deep, too fine for words."

—Ruth St. Denis

SOCIAL DANCE NEWS

August 13 & September 10, Saturdays, 7 pm, Kenilworth School, 1210 N. 5th Ave, downtown Phoenix. Live music by Updraft and Phoenix caller Suze St John on August 13, and irreverent Clusterfolk and Phoenix caller Michael Barraclough on September 10.

August 26 & September 23, Fridays, 7 pm, at the Irish Cultural Center, 1106 N. Central Ave, Phoenix, featuring the Privy Tippers and Flagstaff caller Deb Comly on August 26 and TBA for September 23 closer to the event.

Mesa ~ Saturdays, 7-11 pm. The Kats Corner (entrance in the back), 446 E Broadway Rd, Mesa. The Kats Korner Swing Dance with a beginner's East Coast Swing lesson at 7:15 pm. \$8, \$6 with student ID). www.thekatskorner.com

Scottsdale. Arizona Dance Classic. Ballroom, Line Dancing, Variety Show, Country/Folk Dancing. Dancers and dance enthusiasts of all levels and ages are invited to have some fun during three days of dancing at the beautiful WeKoPa Resort in Fountain Hills this July. Whether your taste lies in country, West Coast swing, ballroom or line dancing, there's something for everyone. Enjoy workshops led by world-class instructors, participate in a variety of ballroom dance competitions, attend social dances and see a great dinner and variety show on Saturday night. Come for a day, an evening or the full weekend. Visit the website to register, get tickets and make hotel reservations. All ages, 480-491-2393, http://www.arizonadanceclassic.com/

Tilcson ~ Latin Dance Revolution presents "Sexy Salsa Saturdays," Latin dancing every Saturday at Five Palms Restaurant, 3500 E Sunrise Dr, Tucson. Dance from 9 pm until 1 am to the best Salsa, Mambo, Timba, Bachata, Merengue, Cumbia, Cha Cha, Kizomba and more. With a FREE Salsa/Bachata DANCE LESSON from 9-10 pm. We play your requests. Dinner served until 11 pm in three different restaurants, bar menu until 1 am. Drink Specials. All ages welcome, Singles and Couples. \$7 cover. For further information: https://www.LatinDanceRevolution.com, Latin.Dance.Revolution@gmail.com, 520-444-0439.

Casino, Rueda de Casino, Kizomba, Bachata, and Salsa classes and socials are held on Friday nights at the Tucson Creative Dance Center, 3131 N Cherry Ave, Tucson. Most events are posted on these Facebook pages:

https://www.facebook.com/groups/tucsonsalsa/ https://www.facebook.com/TucSonCasineros/

August 28, Sunday, 1-4 pm. TucSon Casineros is hosting a Cuban dance workshop with Sidney and Ryan of the San Francisco Bay area, Tucson Creative Dance Center, 3131 N Cherry Ave, Tucson. https://www.facebook.com/events/1791607681073213/ Instructors are founders of Rueda Con Ritmo ~ http://www.ruedaconritmo.com/about/



July 16, Saturday, 6:30 pm. First United Methodist Church, 915 E 4th St, Tucson. Tucson Friends of Traditional Music. Tucson Contra Dance for young, old, beginners and experienced dancers, with Claire Zucker calling and the GRRRL Band playing! Live music and lively fun! Introductory lesson at 6:30 pm, music begins at 7 pm. \$10 general admission, \$5 for 25 yrs and under, \$5 gets you a

membership button (show your button and get \$1 off general admission). Cash, check or credit cards at the door. You do not have to pay for parking in the church parking lot; ignore the signs about paying.

Also August 6th with Traditional Blend Contra, 20th with the Open Band playing with Seth Levine calling, and September 3rd with Clusterfolk Band and Tavi Merrill calling. website@tftm.org, http://tftm.org



Celebrate dance not just today but every day – or as Rumi would say: "Dance, when you're broken open. Dance, if you've torn the bandage off.

Dance in the middle of the fighting. Dance in your blood.

Dance when you're perfectly free."

Arizona Dance e-Star Editor/Designer/Writer: Krystyna Parafinczuk
Contributors: Micaela Church, Lisa Chow, Darian Lancaster, and Lynn Monson



NORTHERN Arizona

FlagstaffDance.com

for the most up-to-date schedule

Wednesdays, The Peaks ~ Alpine Room, 3150 N Winding Brook Rd, Flagstaff (on Hwy 180, North Fort Valley Rd). Group Dance Lessons FREE. Gary Millam 928-853-6284 or Bill Pranke 928-814-0157.

1st & 3rd Thursdays, Museum Club, 3404 E Route 66, Flagstaff. 6-7 pm line dance lesson; 7-8 pm Nightclub 2-Step; open dancing. \$3 non-members/ \$4 for both classes

Saturdays, Galaxy Diner, W Route 66, Flagstaff. Swing lesson & dancing with Tom Scheel 7:30-9 pm.

Sundays, Canyon Dance Academy, 2812 N Izabel St, Flagstaff (across from Coconino HS) 5-7 pm ballroom technique practice, open dancing with instructor *Paul Jack*. \$8, \$7 USA Dance Members, \$5 students. 928-213-0239

Fri/Sundays, Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. Flagstaff Latin Dance Collective 7-10 pm, \$5-8, Kati Pantsosnik, 928-814-2650, latindancecollective@gmail.com; Fridays \$3-5, 7:30-10 pm. Salsa Rueda & Latin, Paul & Nadine Geissler, nadinegeissler@hotmail.com

ADULT CENTER OF PRESCOTT, 1280 E Rosser St, Prescott. 928-778-3000. adultcenter.org. Tuesdays, Country & Contemporary Line Dance Classes, \$5 / No charge Silver Sneakers 5:30 pm Beginners; 6:30 pm Intermediate Fridays, Dance lessons with Andy Smith and Marilyn Schey, Rumba, 6-6:45 pm beginners; 6:45-7:30 Beyond Beginners. \$6 one or both lessons. 7:30-10 pm Open Dance \$5.

The COTTONWOOD CIVIC CENTER, 805 Main St, Old Town Cottonwood. AZ We Dance - Contra Dance. 6:30 pre-dance lesson, 7-10 pm dancing. \$7, \$5 students \$4 16 yrs and under. 928-634-0486, azwedance@gmail.com.

CENTRAL Arizona

The **Arizona Lindy Hop Society**

has an extensive calendar.

AZSalsa.net covers Phoenix,
Scottsdale & Tempe

Sock Hop at 5 & Diner

First Friday, 220 N 16th St, Phoenix.
Third Friday, 9069 E Indian Bend Rd,
Scottsdale. 7 pm FREE Swing dance lesson;
6-9 pm Live Rockabilly/Swing music, wood
dance floor, diner food and vintage cars.
Come in a car older than 1972 and eat for
50% off!

SOCIAL DANCE ** verify schedules in advance **

SOUTHERN Arizona

TucsonDanceCalendar.com

for the most up-to-date schedule

2nd & 4th Sundays, 5-9 pm Tucson Sunday Salsa Social hosted by Gerardo & Lupita Armendariz. Beg/Int/Adv lesson/ open. \$7, \$10/live band. Shall We Dance, 4101 E Grant Rd, Tucson. tucsonsalsa.com

Tuesdays ~ Desert Moon Blues Dance, Movement Culture, 435 E 9th St, Tucson. \$5, 8 pm intermediate lesson, 8-12 am dance. 2nd Friday ~ Tucson Stomps! 7 pm lesson; 7:30-10 pm open dancing. 1st United Methodist Church, 915 E 4th St, Tucson. \$5

Saturdays ~ Armory Park Recreation Center, 22 S 5th St, Tucson

3rd Saturday <u>USA Dance So Arizona Chapter</u> presents their Dance, 7-10:30 pm.

4th Saturday *TucsonLindyHop.org* Live music for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students. \$15/if big band.



Tucson Friends of Traditional Music http://fftm.org 1st United Methodist Church 915 E 4th St, Tucson

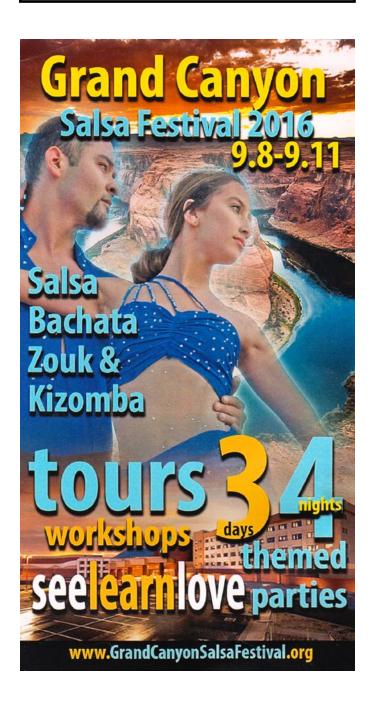
ATTENTION "SOCIAL DANCE" COMMUNITIES THROUGHOUT ARIZONA

If you host a "community" event (not private studio), you are welcome to submit your information to: Krystyna@AzDanceCoalition.org by the 25th of each month.

BIZ TALK

BIZ Talk is a new section where YOU can have something to say - exactly the way you want to say it. But it will cost you. If you are interested, please email Krystyna@AzDanceCoalition.org or call 520-743-1349 for rates and sizes.

ADC members receive discounted rates.



JOB POSTINGS

Arizona Commission on the Arts jobs page: http://www.azarts.gov/news-resources/jobs/

Americans for the Arts JOB BANK http://jobbank.artsusa.org/

Gilbert: Learning FDN and Perf Arts, FT dance teacher for elem & drama dept. 1 yr exp; Artistic Motion Dance, PT exp. contemporary and tap teachers beg July 25. Adv/competitive students ages 7-18. Choreo opp. Pay rate competitive/based on exp.

Mesa: Mesa Arts Academy, PT musical theatre dance instructor. \$15/hr + 1 hr of paid planning time per hour of instruction. 4 hrs instruction/4 hrs planning. MTTRF, 1-3 pm. Aug-May. Add'l hrs may be avail. 480-844-3965 / dustin.loehr@clubzona.org

Paradise Valley: North Valley Arts Academies at PVUSD – long-term sub (maternity leave), Fall 2016, elementary to high school, flexible curriculum. Elisa Schellenberg, egaribay91@ yahoo.com, eschellenberg@pvlearners.net, 602-469-0529.

Tucson: Gotta Dance in East Tucson is hiring modern, hip hop, lyrical, ballet and jazz dance instructors. Contact Anne Fulton-Cavett, anne@gottadancetucson.com.

Tucson: Mystic Rhythms Ballroom (NW/Oro Valley) is looking for FT and PT instructors. Will train. Send message to: 520-980-0035.

Tucson: TUSD, many dance positions open at Cholla HS, Pueblo HS, Tucson HS, Ochoa ES 2016-17 FT Position Tucson HS, Martha.Reed@tusd1.org.

How did the Royal Ballet train the new Tarzan?

by Andrew Woods, Telegraph UK 27 June 2016

For *The Legend of Tarzan*, now out in the theaters, director David Yates wanted his leading man Alexander Skarsgård to be the most authentic and instinctive Tarzan ever seen. Whom did he task with making it happen? Step forward, Royal Ballet choreographer Wayne McGregor.

Getting English ballet's most respected choreographer to train the lord of the apes may not seem an obvious move. But director Yates knew exactly what he was doing. "David had a very clear vision of the Tarzan he wanted," McGregor says. "He didn't want a brutish, built-up character. David wanted someone more elastic, panther-like and graceful. So that's where I came in."

Alongside his work as Resident Choreographer with the Royal Ballet, McGregor is what's known in Hollywood as a movement director. "I was tasked with creating this instinctive, almost balletic side to Tarzan," he says. "Your body is an archive of all your experiences. So if Tarzan was raised in a jungle, his actions and the way he moved would be very different to that of a westernised man.

Your body is an archive of all your experiences.

"If Tarzan was raised in a jungle, his actions and the way he moved would be very different to that of a westernised man." Wayne McGregor

"It wasn't just getting Alex Skarsgård to move like an ape, it was also making him more alert in that environment. How would you land on a branch? How would you duck and dive down? What does it feel like to move around 360 degrees, very quickly? What's your eye focus and attention? Alex wanted a feeling that his actions came from the gut. He wanted to feel as if he were really in that environment and be believable there, as both a physical and emotional character."

McGregor undertook extensive research on animal movement and behaviour. "We did a lot of work on apes and the way they move and their social structure and sense of status. We explored what happens when an ape dies and looked at the physical and gestural language of apes."

Used to working alongside some of the most incredible dancers in the world, McGregor was amazed at the work ethic of the 6ft 6in actor who admitted to not being able to touch his toes. "Alex would start work at 6:30 am and by then he had already done a gym session. He was eating 6,000 calories a day, then doing a full day of shooting late into the evening and even pumped iron when he wasn't filming.

"We would start with yoga or Pilates to get that liquidity into his movements as his body wasn't used to that. We then worked on developing relationships with what he would face in the jungle. These were the more playful challenges. What would you do if you were faced with a lion? What would that feel like? What would you do if you heard an elephant or were socializing with the gorillas that raised you? I am an expert in movement and I try to find the physical signatures in people and animals.

"About 80 percent of our communication is from non-verbal cues, and that is what makes someone more believable when

you first meet them. That transaction of energy is very important in the wild. We also wanted to avoid any temptation that Alex's body might have to return to the things it knew, because these movements expose the actors a little bit. We wanted Tarzan to have that liquid, instinctive grace."

As Tarzan leaves the jungle to return briefly to England, McGregor also had to portray the jungle man trying to adapt to polite society.

"He is almost bursting out of his civilian clothes," says McGregor, "and having to adapt to a very different environment to that of the jungle. What is the physicality of

About 80 percent of our communication is from non-verbal cues ...

someone who has to learn to move again in a rather puritan society? How does that affect you physically? Everyone has physical leakage and physical 'tells', so what would his be? How would he walk across the room with a whisky glass, given that he has spent most of his life with the apes? Then once he's back into the jungle, how does he get back to that physicality?

"I think Alex did an amazing job and I can safely say that all that hard work and dedication really paid off. He is amazing."

* * *

The Legend of Tarzan is out in the movie theaters now. It opened on July 1. In addition to Alex, our favorite bad guy was cast - Christoph Waltz. Actors include Samuel L. Jackson, Margot Robbie, Jim Broadbent and Djimon Hounsou. Here's the official trailer: https://www.warnerbros. co.uk/movies/the-legend-of-tarzan

Finding physical signatures: Christopher Wayne McGregor





NATIONWIDE DANCE AUDITION LINKS

<u>Dance.net</u> ~ http://www.dance.net/danceauditions.html
<u>DancePlug.com</u> ~ http://www.danceplug.com/insidertips/auditions
<u>StageDoorAccess.com</u> ~ http://www.stagedooraccess.com/
<u>DanceNYC</u> ~ http://www.dancenyc.org/resources/auditions.php
<u>BackStageDance.com</u> ~ http://www.backstage.com/bso/dance/index.jsp
<u>SeeDance.com</u> ~ http://www.seedance.com



Open Auditions – Ballet Arizona Studio Company

Accepting male and female auditions for the 2016-2017 Season. Video Auditions:
Submit your resume, headshot, dance photos, DVD, a \$25 audition fee, and audition form to the address below. *Studio Company Video Audition Form*Ballet Arizona, Auditions, Attn: School Manager

2835 E Washington St, Phoenix, Arizona 85034

Auditions and questions may be emailed to school@balletaz.org.



Disney Audition Calendar & Casting Calls

https://disneyauditions.com/audition-calendar/

Arizona Dance Coalition Member Benefits & Perks

The ADC offers four types of memberships:

Individual \$20 • Organization \$50 Venue/Presenter \$100 • Sponsor \$100

Membership and dues renew annually and ADC organizes an Annual Member Meeting in January to discuss the state of dance in Arizona featuring guest speakers. See the last page for details on joining. Membership entitles you to ~

- ADC Membership Directory ~ inclusion and online access, plus a PDF document with live links
- Posting events on the ADC website
 Calendar of Events* which are then
 prominently featured in the Arizona Dance
 e-Star* with a photo & live links
- Arizona Dance e-Star monthly e-newsletter received in advance of subscribers
- Member Spotlight opportunity in the e-Star
- Performance opportunity in the ADC
 Member Showcase (when production funds are available)

- Posting classes on the ADC website Class
 Page*
- Board Member Nominations (December)
 Annual Membership Meeting Voting
 Privileges (January)
- ADC Lifetime Achievement Award Nominations (March)
- Merchant Discounts and periodic member-to-member discounts
- Affordable Venue General Liability
 Insurance for 1-2 day performances. We have renewed our policy to continue this benefit for our members because we know the cost of insurance (\$400-\$500) would prohibit most individuals and small companies from producing in a professional theatre. Current fee is \$75/1 day; \$150/2 days.
- NEW ~ Discounted Arizona Dance e-Star Advertising Rates. Inquire for details.

"Join the community and feel welcome."

This is just one quote from many in this wonderful, must-see, video clip. It is the best promo I have ever seen to promote all dance styles. Thank you to Gerardo Armendariz for finding and posting it on facebook. It would be great to film something similar in Arizona as well as an "I Charleston" piece to show off our landscape. Watch "Why I dance" ... over and over and over ... and share it! (click on the link below)

Why I dance... Pourquoi je danse...

This video was created to support the goals of Ontario Dances. Ontario Dances is a program of the Ontario Arts Council (OAC). In 2013, the Ontario Arts Council will celebrate 50 years of support to the hundreds of artists and arts organizations across the province. Among these are the dance organizations, dancers and choreographers who produce and create in Ontario. OAC support helps ensure that dance lovers throughout the province have access to their work.

^{*} All postings of events and classes are restricted to 501(c)(3) organizations with the exception of charitable and free events, community festivals, educational conferences and master classes.

Desert Summer Survival TIP

by Krystyna Parafinczuk



Exercising / dancing in our intense heat (Central & Southern AZ), coupled now with higher humidity, can present some serious health issues. The humidity keeps the sweat from drying off and prevents our body from cooling off. It pushes your body temperature higher. Drinking water and sports drinks are a must. Remove extra clothing

and place a cool, wet towel around your neck. Don't forget to wipe your forehead with a cool, wet towel too. Consider ice packs with that towel. What about under your arms? Hose off. Take a cold shower or a cold bath. If you don't feel better, you may have a heat-related illness: heat exhaustion / heatstroke - life-threatening emergency condition. Once you have it, you are at a higher risk to get it again. Know your tolerance levels. Rest

more often, reduce intensity and take frequent breaks.

Here are some heat-related symptoms: muscle cramps, nausea or vomiting, weakness, fatigue, headache, sweating extensively, dizziness or lightheadedness, confusion, irritability, low blood pressure, increased heart rate and visual problems.

Don't wind up like the image on the right!



Unsubscribe





Become an Arizona Dance Coalition Member ~ online (PayPal) or snail mail / click on the icon to download application

Board Members are needed with expertise in organization & event planning, marketing/graphics, writing and computer/website maintenance. Help us grow and make a difference.



Arizona, it's a dry heat.



Arizona Dance Coalition, PO Box 64852, Phoenix AZ 85082-4852

AzDanceCoalition.org









🚹 ADC

@AZDanceEvents

Lisa Chow, President (Central Az), Lisa@AzDanceCoalition.org Office: 480-962-4584; Fax: 480-962-1887; Cell: 602-740-9616

Krystyna Parafinczuk, Treasurer (Southern Az) Krystyna@AzDanceCoalition.org, 520-743-1349, call first to send fax