



MARCH 2012

VOLUME 25, ISSUE 3

# Footnotes

OFFICIAL NEWSLETTER OF THE NEW HAMPSHIRE AMATEUR BALLROOM DANCERS ASSOCIATION

**10,000 DANCE-ABLE SQ. FT! WOOD FLOOR!**

## st. paddy's day dance

### Sat., March 17, 2012



#### Shepard Auditorium at Pinkerton Academy Derry, NH

Route 93 to Exit 5. Go south on Rt. 28 to traffic lights at Hood Plaza. Turn left onto Tsiennetto Rd. and take first right onto Pinkerton Rd. The school is on the left about a half mile down. – **OR** – Take Route 93 to Exit 4. Go east on Rt. 102 (Broadway) through Derry, past golf course on right, to rotary. Go 3/4 around rotary onto Rt. 28 Bypass north. Pinkerton is on left.

**Please make reservations by 7:00 pm on Thur., Mar. 15th!**

**6:45 – 7:30 pm Salsa Lesson by Miah Trost, Royal Palace Dance Studio**

**8:45 pm Showcase by Royal Palace Dance Studio**

**7:30 – 11:00 pm General Dancing to Rico Barr & Jump 'n Jive Review**

*Bottled water available. Complimentary ice, coffee and desserts. You may bring your own beverages and snacks, however alcohol and smoking are not allowed.*

E-mail Betty Ashooh at [getinstep@comcast.net](mailto:getinstep@comcast.net) and include date of dance, names of all attending and seating preferences **OR** call **603-716-6791**.

Admission: \$10.00 for current NHABDA members \$15.00 for non-members (*Annual dues are only \$15.00*)

**Late reservations and admissions at the door: \$2.00 additional.**

## PRESIDENT'S MESSAGE



#### Greetings friends of NHABDA:

Winter vacation has just begun for both David and myself (we are both educators). It may not look like winter here in southern New Hampshire (I am listening to the rain pouring on my roof, which should be snow), but where we are going there is lots of snow. First, off to Sunday River Ski Resort in Maine, for three days of skiing, then a trek over to Bartlett, NH for a day of skiing and a nice visit with some friends. The great outdoors — you have to love New England.

What a great dance this past month at Pinkerton Academy. We had a fox trot lesson by Giancarlo Costa and then later in

the evening, a beautiful showcase. A sister of one of the dancers for the showcase, who used to be my oldest daughter's dance teacher (when my daughter was 3 years old), was here to see her sister dance. It was nice seeing "Miss Pam," who is just learning to ballroom dance. I hope that she keeps it up. It is a small world. The music was presented by Mr. Jonathan, DJ. It was nice having him a couple of months ago, this past week, and we can look forward to having him again in December. We had about 120 dancers. The room sure looked like Rock 'n Roll! Thank you to Denise and her crew. I am not sure if it was the theme (which made me feel young), seeing someone from 20 years ago (when I was just a young mom) or just being around lots of people with energy, but I was able to dance until the last dance. Usually I am wiped out and am done by 10:30. It was a nice evening!

*continued on pg. 2*

**LAST CALL! IF YOUR 2012 NHABDA DUES ARE NOT PAID ON OR BEFORE THE MARCH 17TH DANCE, THIS WILL BE YOUR LAST ISSUE OF FOOTNOTES!**

## 2012 NHABDA Board

### PRESIDENT

Lynne Townsend  
603-432-6869

### VICE PRESIDENT

### TREASURER

Irene Lisavich  
603-537-0424

### SECRETARY

Mary Pat Smith  
603-943-2997

### — COMMITTEES —

#### CLEAN-UP

Mary Pat Smith  
603-943-2997

Ginette Lawrence & Anthony Bolduc  
603-889-5214/603-387-6149

#### DANCE SET-UP & DECORATIONS

Denise & Phil Kelly  
603-434-7308

David Townsend  
603-432-6869

Kathy & John Carbonello  
603-434-0632

#### OUTREACH

Joyce Wilson  
603-644-3427

#### SCHOLARSHIP

Lois & Joe Ireland  
603-860-3876

#### SHOWCASE & LESSONS

Lois Ireland  
603-860-3876

#### SINGLES

Virgie Beacom  
603-921-1266

*Remember, you don't have to be a board member to help on a committee!*

#### MUSIC & MEMBERSHIP

Gerry Ouellette  
603-471-0636

#### WEBMASTER

Keith Johnson  
603-529-7094

#### FOOTNOTES

Joe Hannaford  
603-472-2823

## PRESIDENT'S MESSAGE *continued from page 1*

Outreach was at Carlyle Place in Bedford with a good representation from NHABDA. The next **Outreach** will be **Sunday, March 11th at Briston Manor, 37 Ridge wood Rd., in Bedford.** Contact Joyce Wilson if you are at all interested in participating in Outreach. She will explain what happens and what you will need to do.

NHABDA's March dance will be— yes you guessed it, "St. Paddy's Day" Dance on **March 17th at Pinkerton Academy's Shepard Auditorium.** (I need to find something green to wear.) Rico Barr will be providing the music. Miah Trost, from Royal Palace will present us with a salsa lesson and showcase during the night. *Come dance and find your own pot of gold!*

Do sign up for our **Dance Seminar**— on **Sat. April 28th.** See flyer for details.

FOOTNOTES: Thank you all for your patience with *Footnotes*. Joe is doing a great job putting it together and helping us "go green". If you would like to help Joe, PLEASE contact either Joe or myself. If you would like to come on the board or join a committee, let us know.

As President of NHABDA, I would like to thank the board for all of the work they do to put together the dances. This year we have a good mix of bands and DJs and hope that all of you realize that we do try to accommodate everyone. We look forward to seeing you at the next dance.

*Lynne*

**PS—** *On behalf of NHABDA, I would like to extend our sincere condolences to Joyce Wilson, on the recent death of her father, Don Wilson. Also to Lyn Therrien, whose mother, Olive Berube passed away just last week. Last but not least, special thoughts go out to Cheryl Hannaford's mom, Jean Poleatewich, who is recuperating at Bedford Hills after surgery and illness.*

*"There are short-cuts to happiness, and dancing is one of them." ~ Constanze*

## February Lesson & Showcase — Giancarlo Costa Dance Studio



Photos by Joe Hannaford



**PARTY WITH US EVERY FRIDAY NIGHT!**  
**AT MANCHESTER'S MEGA DANCE COMPLEX!**  
**ROYAL PALACE DANCE STUDIO OFFERS 2 FLOORS OF DANCING!**

# PARTY FRIDAY NIGHTS

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## TOP 10 REASONS YOU SHOULD DANCE

- 1. INCREASE YOUR FLEXIBILITY.** Dancing often requires you to use a full range of motion for many muscle groups.
- 2. STRENGTHEN YOUR BONES.** Keeping the rhythm gives your legs and hips a workout without hurting your joints. Dancing strengthens and tones by forcing muscles to resist against your own body weight.
- 3. BUILD ENDURANCE.** With practice, you will be able to work your dancing muscles for a longer time without tiring. Your lung capacity and energy level will likely increase, too. Try salsa or line dancing to build stamina.
- 4. BURN CALORIES.** Someone who is 150 pounds can burn off about 150 calories after 30 minutes of moderate dancing. Rigorous swing or jitterbug dancing could help you drop more calories.
- 5. IMPROVE BALANCE AND POSTURE.** Dancing requires balance and coordination. This, in turn, helps to strengthen your core and make you less prone to falls.
- 6. KEEP YOUR MIND SHARP.** Exercise increases the level of brain chemicals that promote nerve cell growth. One study even found that dancing twice a week made seniors less likely to develop dementia.
- 7. HELP YOUR HEART.** Dancing gets your heart rate up and improves circulation. Aim for at least 30 minutes of moderate activity on most days of the week to get optimal heart-health benefits.
- 8. RELIEVE STRESS AND TENSION.** Dance your troubles away. Swaying to the beat helps some people sleep better and fret less. The American Heart Association reported that regular waltzing significantly improved the quality of life for people with chronic heart failure.
- 9. ENHANCE OVERALL WELL-BEING.** Dancing is fun! A turn on the dance floor to a favorite tune can boost your mood, instill confidence, and ward off depression.
- 10. PROVIDE SOCIAL BENEFITS.** Dancing usually involves rounding up a partner or group and meeting new people. Having social ties is linked to better health, higher self-esteem, and a positive outlook.



**LEARN TO DANCE**  
**LATIN AND BALLROOM**

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**Check out these  
sponsored dance nights!**

**TUESDAYS NIGHT  
SALSA & SWING**

**DANCE TO POPULAR  
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MERENGUE & MORE**

**WAY BACK  
WEDNESDAYS & WORLD  
WIDE WEDNESDAYS**

**DANCE TO YOUR FAVORITE  
OLD SCHOOL MUSIC OR  
YOUR FAVORITE  
INTERNATIONAL DANCE MIX**

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[FACEBOOK.COM/MANCHVEGAS1](https://FACEBOOK.COM/MANCHVEGAS1)

## 2012 Application for NHABDA Membership

New Hampshire Amateur Ballroom Dancers Association

PLEASE PRINT

I wish to be a member of NHABDA. I am an amateur dancer and receive no income from ballroom dance shows, lessons, or competitions.

NAME (1)

NAME (2)

STREET

TOWN/CITY

STATE

ZIP CODE

TELEPHONE

E-MAIL

STUDIO AFFILIATION(S) (LIST ALL)

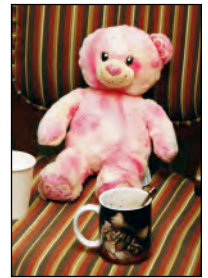
Membership dues are \$15.00 per person, per calendar year and are tax deductible. Please make your check payable to **NHABDA** and mail with this form to: *Gerry Ouellette, Membership Chairman, 4 Candy Lane, Bedford, NH 03110.*

I would like to help our organization by:

- Volunteering to help set up or tear down on dance nights.  
 Joining the Board of Directors  
 Becoming a committee member or chairperson.     Other:

## 2012 NHABDA Schedule

Mar. 17	Pinkerton
Apr. 21	Pinkerton
May 19	Pinkerton
June	No Dance
July 21	TBD
Aug. 18	TBD
Sept. 15	Pinkerton
Oct. 20	Pinkerton
Nov. 17	Pinkerton
Dec. 15	Pinkerton



## February Outreach Carlyle Place, Bedford, NH



Photos by Joe Hannaford, and Barbara Salvatore



# Dinner & Ballroom Dancing



**Saturday, March 31, 2012**

**6:30pm Dinner**

**Our Lady of the Cedars Church  
Community Hall**

**140 Mitchell Street, Manchester NH**

**\$15.00 per person**

**Please join us for pasta dinner (bread, salad or vegetarian by request). Coffee and dessert will follow and there will be a cash bar. Dance music will be provided during and after dinner is served. All proceeds benefit the church youth group (NAMY) annual convention.**

**Please contact Betty at 603-716-6791 or [getinstep@comcast.net](mailto:getinstep@comcast.net) for reservations or for more details.**



*New Hampshire  
Amateur Ballroom Dancers Association  
Presents A*



# DANCE SEMINAR

## Saturday, April 28, 2012

*Intermediate Tango 1:00-2:30*

AND

*Intermediate Swing 2:30-4:00*

WITH

### *Norman Thibeault*

*of Fred Astaire Studio – Worcester, MA*



*Bedford Old Town Hall, Bedford, NH*

*Cost: Both sessions only \$35.00 per couple (\$25. for one session only)  
or Both sessions only \$17.50 per single (\$12.50 for one session only)*

Route 3 or Route 93 to Route 101W. Go past Bedford Villiage Inn. At next traffic light take right onto Meetinghouse Rd. Town Hall is large white building on right at top of hill.

- OR -

From the west, take Route 101E. See Mobil station on left. Take left at next traffic light onto Meetinghouse Rd. Town Hall is large white building on right at top of hill.

***Please call in your reservation! Call 603-716-6791 \* Pre-registration required by 04/25/12***

Name: \_\_\_\_\_ Number of people \_\_\_\_\_

Names of all attending \_\_\_\_\_

Both sessions  One session only  Please specify which dance \_\_\_\_\_

Make check payable to **NHABDA** and mail with this form to: NHABDA, PO Box 10096, Bedford, NH 03110 **OR bring to the dance seminar on Saturday, April 28th.**

# More Places to Dance!

## IN NEW HAMPSHIRE

**Kathy Blake Dance Studios** 603-673-3978 or 603-320-3196 (cell). 3 Northern Blvd., Amherst, NH kathyblakedance@gmail.com

**Club Style Salsa Classes** at Queen City Ballroom. Wed. 6-10pm, Beginner, Intermediate, and Advanced Salsa Classes. \$15 drop in or \$45/monthly class, 21 Dow St., Manchester, NH. \* For more info: 617-875-9006 or www.SalsaNewHampshire.com e-mail: infomasacote@gmail.com

**Get-in-Step Ballroom Dance Lessons** – Betty Ashooh, Bedford & Derry, NH. 603-716-6791 or go to www.getinstep.biz

**Keene Fusion Studios** 603-358-0405, 9 Elm St. Keene, NH. Offering Ballroom, Latin, and Swing dance classes as well as Pilates, Zumba and other wellness classes. www.keenefusionstudios.com

**Krystal Ballroom Dance Studio** 352 S. Broadway, (Rte. 28) Salem, NH For more info. call 603-870-9350 or go to www.krystalballroom.com

**Let's Dance Studio** – Michelle Johnson 603-228-2800 5 North Main St., Concord, NH. Group lessons, Performance classes, Zumba offered. Free practice sessions Thur. 8-10 pm. Sat. 3/24 Showcase Ball. For more info go to www.letsdancen.com

**Arthur Murray Dance Studio** 603-624-6857 99 Elm Street, Manchester, NH. Saturdays, 7-11 pm, \$8. pp members, \$10. others. DJ, free refreshments. 3,000 s.f. dance floor. www.arthurmurrayboston.com

**Newport's "Secret" Ballroom** Natalie Mavor Miles 603-863-2222, 35 Main St., 3rd flr., Newport, NH. www.thenewportballroom.com

**Paper Moon Dance Center** Classes are taught Sundays in Amherst, Mondays in Concord, Tues. and Wed. in Nashua. Hollywood Night Dance 3/10, 8-10:30 pm Amherst. Call 603-429-1100 or see our web site at www.papermoondance.com

**Portsmouth Ballroom Dance Studio** 603-433-2009 Portsmouth, NH www.portsmouthballroomdancestudio.com

**Queen City Ballroom Dance Studio** 21 Dow Street, Manchester, NH. \* QCB offers classes in Ballroom, Latin, Hustle, Salsa and Tango. Sun. night Ballroom Dance Parties, 6-9pm. For more info. & reservations call 603-622-1500 or go to www.queencityballroomnh.com

**Rockingham Ballroom** 603-659-4410 Newmarket, NH

**Royal Palace Dance Studio** 167 Elm St., Manchester, NH 603-621-9119. Private/group lessons/fitness training. Dance Party every Fri. Go to: www.RoyalPalaceDance.com for more info. or email: info@royalpalacedance.com

**Seacoast Ballroom** 603-502-3267 The Harborside/Portsmouth, NH. www.seacoastballroom.com

**Wentworth Connections** 603-430-0070 Sun. afternoon ballroom dances for folks 50 or better. 11:30-4:00 pm, lunch, cash bar, \$14. members, \$20. non-members. RSVP.

## IN MASSACHUSETTS

**Baldassari Ballroom** 508-668-4494 K of C Hall, 572 Nichols St., Norwood, MA. Sundays 6-9:30 Gen. dancing to recorded music. \$12 pp. baldassari@earthlink.net www.SundayDance.tripod.com

**Tina LaFlam's Dance Studio** 28 Burnham St., Gloucester, MA. (978) 283-8758, e-mail: miss-tina@verizon.net 3/30-4/1/12 LaFlam April Dance Weekend at The Beacon Resort, Lincoln, NH. For more information go to www.misstinasdancestudios.com

**MASSABDA** www.massabda.org

**Moseley's Ballroom** 617-326-3075 Dedham, MA

**Dan Radler: Ballroom & Latin Dance Center of New England** lessons for all levels and monthly dance parties. Call 617-455-5500 or go to www.BallroomDance.net

**Roller World** 781-231-1111 Rt.1 So., Saugus, MA. Ballroom dancing every Tue. & Sat. 7:30-11pm. \$11. inc. live band, snacks and chance to win Vegas trip. www.rollerworld.com

**'Steppin' Out' Ballroom Dance Studio** 978-452-1111 1201 Westford Street, Lowell, MA (Exit 32 off Rte. 3) Dances each month. \$10. pp. Free refreshments. www.steppinoutdance-lowell.com

**Wonderland Ballroom** 781-289-3080 1290 North Shore Road (Rte. 1A), Revere, MA

## IN MAINE

**Gotta Dance** 207-773-3558 Portland, ME

**Maine Ballroom** 207-773-0002 614 Congress St., Portland, ME www.maineballroomdancing.com

**Maplewood Dance Center** 207-878-0584 383 Warren Ave., Portland, ME. e-mail: themaple@maine.rr.com www.maplewooddancecenter.com

## IN RHODE ISLAND

**Friends of Ballroom Dancing (FOBD)** 401-847-2980 253 East Main Road, Portsmouth, RI. e-mail: SkipFOBD@cox.net

*NHABDA does not sponsor or sanction events or locations listed here. We print this info. only as a service to our members.*

*Footnotes is published 10 times a year and is mailed free to members and associate members of NHABDA.*

## Attention Everyone!

*Footnotes* is a benefit that comes with a current, paid membership to NHABDA. If someone you know should be receiving *Footnotes* or would like to join NHABDA, please contact Gerry Ouellette at 603-471-0636 with their name and address. If you have ideas, features, or information that should be included in *Footnotes*, contact Joe Hannaford at 603-472-2823, e-mail to hannaforddesign@comcast.net

From the NHABDA Board: **Thank you to everyone who helps us clean up after each dance!**

## Donations Accepted

NHABDA welcomes donations of gift certificates or other items of value to be used as door prizes at our monthly dances. Please contact Lynne Townsend at 603-432-6869.

## Outreach Committee

Seeks dancers for nursing home demonstrations. No stress—think of it as an “hour of practice.” ALL skill levels are welcome. You’ll make someone happy next month and receive half off a NHABDA admission for yourself. Please contact Joyce at 603-644-3427.

## Advertising in Footnotes

1/8 page	\$20.00 per issue
1/4 page	\$35.00 per issue
1/2 page	\$60.00 per issue
Full page	\$100.00 per issue

Discounts on multiple insertions. Contact Joe Hannaford, 603-472-2823, or hannaforddesign@comcast.net for advertising information. *Footnotes* has a circulation of approximately 210 households and is also available online.

**Singles are always welcome at NHABDA dances!** Dance hosts usually provided. If interested in hosting, contact Virgie Beacom at 603-882-8808.

**Deadline for the April 2012 Footnotes is March 30th!**



## NHABDA

36 Hickory Lane, Bedford, NH 03110

[www.NHABDA.com](http://www.NHABDA.com)

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NHABDA ROCKS!

### February DeeJay – Mr. Jonathan



Photos by Joe Hannaford

### “MEALS ON WHEELS” BENEFIT GALA

Saturday, May 5, 2012 ❖ 6:00-11:00 pm  
Center of NH Radisson Hotel, Manchester, NH  
Dinner, dancing, showcase, auctions and raffles.  
Price is \$55. pp before April 11th and \$60. pp  
after that date. “Cinco de Mayo” Theme.

To order tickets call: **603-424-9967** or go to  
**[www.mealsonwheelsnh.org](http://www.mealsonwheelsnh.org)**

## We're Going “GREEN”!

### TO OUR READERS:

If you're receiving the printed version of this newsletter by postal mail, and wish to continue to do so, you needn't do anything more. On the other hand, ***if you are able to receive it by e-mail***, and want to help NHABDA save on printing, paper and postage, please let Joe Hannaford know **ASAP** by sending him your name and e-mail address to: **[hannaforddesign@comcast.net](mailto:hannaforddesign@comcast.net)**

Receiving *Footnotes* is one of the benefits of being a paid member in NHABDA. Thank you!