



# USA Dance Inland Chapter #4012

September-October 2008 Newsletter

[www.usadance-ie.org](http://www.usadance-ie.org)

Issue No. 113

## Good Health Is Just A Quickstep Away

By Thelma Korpman, Chapter President

None of my President's Messages have provoked comments and emails like my last one on how to give and how to receive a compliment. Some people told me they wanted to say something to me but after reading my message in the newsletter were afraid to say anything!! Comments suddenly became quite generic. Someone who didn't read my article continues to tell me how nice I look and then adds that I should keep going and lose more weight!! I guess I don't look that nice.

One USA Dance member shared some of her similar experiences. She also adds that what is most important is how she feels at whatever weight she is at. Currently, she is not at her thinnest weight but is feeling better than ever. She can easily exercise and dance and as Queen Latifah says in her Jenny Craig ads she is a size "feeling good" and a size "healthier." That's a goal we can all live with.

Weight is clearly a sensitive topic for most of us. What can we do to encourage our friends and significant others to embark on a healthy lifestyle? Take dance lessons!!! Go to dances!!! Meet new friends! Buy new clothes! What should we **not** do when talking to a friend or loved one about weight? Nag. Instead go dancing with him or her. Take walks with him or her. Go to the gym together. Buy him or her a pedometer. And when he or she looks good, feel free to say so. Just don't say that he or she is half the size he or she used to be after only a 20 pound weight loss!!

## 2008 Events at a Glance

Oct 11 Inland Chapter Nite at D&D Dance Studio's Dinner Dance, must RSVP (951) 248-0599

Nov 9 Inland Chapter Festival of Dance, Patton

We have a lot of USA Dances coming up in the near future with lots of opportunity to exercise on the dance floor. At D & D's, on October 11 there will be a public dinner dance hosted by David VanDerZell and his staff. This dance will be joined by USA Dance members who will receive a discount on admission. USA Dance will be sponsoring two dances at Patton, one on November 9 and the other on February 8. In the spring USA Dance will once again sponsor the Carousel Ball at University of Redlands. We also hope to be enjoying dances at Arthur Murray Upland, Shake It Up, Steppin' Out and other studios in the Inland Empire that have an interest in our organization. Please support all these dance studios!! Dance to a size "healthier."

The Southwest Region USA Dance Chapter has closed and we hope that their members will join the Inland Empire Chapter. Thanks to all of you for all your support at our USA Dance events. And thanks to Reuben and Rita for encouraging everyone to get out there and dance and also for letting me make USA Dance announcements at each of their dances.

Highland YMCA performers (Left to Right) Elvia Gomez, Thelma Korpman



USA Dance Inland Chapter's

# Fall Festival of Dance

**Lesson**

**Dance**



**Exhibitions**

**Snacks**

**Sunday, November 9, 2008**

**Patton Auditorium,**

**3102 E Highland Avenue, Highland, CA**

**\$15 General Admission, \$10 for current card bearing USADance members**

**\$5 for Fulltime Students with ID and Children under 18**

**Ask your studio or instructor about advance ticket sales**

**1:00 - 2:00pm**

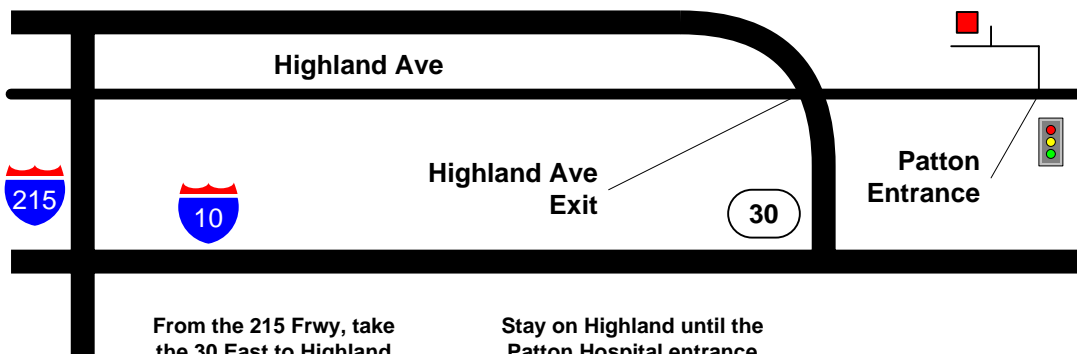
**Group Lesson by Kipp Duran**

**2:00 - 5:00pm**

**Dancing to D.J. Kipp Duran**

**3:15 & 4:15pm**

**Dance Exhibitions**



From the 215 Frwy, take the 30 East to Highland Ave Exit. Left on Highland.

From the 10 Frwy, take the 30 North to Highland Ave Exit. Right on Highland

Stay on Highland until the Patton Hospital entrance appears on the left. Turn left at the signal into Patton. The Auditorium is straight ahead, follow the road left as it curves. Park in lot on right side of the Auditorium. ■

Questions? Need more information?  
Call: Greg Brittain (909) 383-9570  
Ann Capella / Dick Fisher (909) 793-3607



# Inland Chapter of USA Dance Public Dances and Events

Date	Event	Studio	Time/Admission
Oct 11, Saturday	Inland Chapter Nite Dinner & Dance	<b>D &amp; D Dance Center</b> 1445 Spruce Street , Riverside (951) 248-0599	7-11pm \$25 per person, \$20 USADance members with membership card Reservations required and may be made by Calling (951) 248-0599
Nov 9, Sunday	Inland Chapter Festival of Dance	<b>Patton Auditorium</b> 3102 E Highland Ave, Highland	1:00-2:00 pm Lesson (Included) 2:00-5:00 pm Dance \$10 USADance \$15 Others
Nov 15th	Public Dance	<b>Redlands Family YMCA</b> 500 E Citrus Ave, Redlands (909) 798-9622	7:00 - 10:00 pm Free for YMCA full member \$5 for YMCA basic member \$10 general admission
Dec 31 New Year's Eve	Dinner Dance	<b>Highland YMCA</b> 7793 Central Ave, Highland (909) 425-9622	7pm-midnight \$15 per person or \$100 for table of 8 Call Scott Adams or Ursula Walsh
Fridays	Public Dance (call for schedule)	<b>D &amp; D Dance Center</b> 1445 Spruce Street , Riverside (951) 248-0599	
Saturdays	Public Dance (call for schedule)	<b>Shake It Up Dance Studio</b> 14 E State Street , Redlands (909) 335-5959 <a href="http://www.shakeitupdance.com">www.shakeitupdance.com</a>	8-9 pm Lesson 9-12 Dance \$10 Single / \$14 Couple (includes lesson)
Saturdays	Public Dance (call to confirm)	<b>Kipp Duran's Dance Studio</b> 10 E. Vine Street, Suite 213 Redlands (951) 283-2035	5-6 pm Lesson (Included) 6-8 pm Dance \$8
1st, 3rd, 5th Saturday	Public Dance (call to confirm)	<b>Steppin' Out with Cindy Roberts</b> 9506 Magnolia Ave., #210, Riv. (951) 785-1674 <a href="http://www.steppinoutwithcindy.com">www.steppinoutwithcindy.com</a>	8:00 to 12:00 pm Dance \$10 8:30 to 9:30 pm Lesson (Included)
1st Saturday of every month	Public Dance	<b>Loma Linda Senior Center</b> 25571 Barton Rd, Loma Linda (909) 799-2820	7-11:00 pm \$5
1st 3rd 5th Sunday	Public Dance	<b>Billy Reed's</b> 1800 N Palm Canyon, Palm Springs (951) 640-7267 Elvia Gomez	2:00-3:00 pm Lesson \$5 3:00-6:00 pm Dance \$5 Both for \$8

**Note:** Prices are set by the studios and subject to change. USA Dance members may receive a discount on dance nights.



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[kippduran@hotmail.com](mailto:kippduran@hotmail.com)

**(951) 283-2035**

Located Upstairs in the Historic Downtown Redlands Fox Theatre Building Corner of Cajon and Vine

Paid Advertisement

**USA DANCE MEMBERSHIP APPLICATION FOR INLAND CHAPTER #4012**

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Signature: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone:[h] (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ [w] (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

**Membership Category** (Annual cost per person) Renewal: Y N Member # \_\_\_\_\_

Adult Athlete (19, over) \_\_\_\_\_ x\$60=\$\_\_\_\_\_ Are you willing to help USADance? Y N How? \_\_\_\_\_

Student Athlete (College to 34) \_\_\_\_\_ x\$20=\$\_\_\_\_\_ Social Dancer? \_\_ Competitor? \_\_ Style: Pro/Am? \_\_ American? \_\_

Minor Athlete (18, under) \_\_\_\_\_ x\$15=\$\_\_\_\_\_ Occupation \_\_\_\_\_ International? \_\_

Social Ballroom Dancer \_\_\_\_\_ x\$35=\$\_\_\_\_\_ Hobbies: \_\_\_\_\_

Social Adult Dancer (most people) \_\_\_\_\_ x\$25=\$\_\_\_\_\_ Return application and check (payable to **USADance**) to:

**Plus Local Chapter Dues** \_\_\_\_\_ x\$10=\$\_\_\_\_\_ USADance c/o Martin Smaha Questions? (909) 825-1695

Total Check Enclosed \$\_\_\_\_\_ 823 Elmwood St., Colton CA 92324



**Birthday Wishes**

- |                   |                |
|-------------------|----------------|
| Gale Bryan        | Irene Ross     |
| Karen Oshiro      | Roger Itaya    |
| Paige Shaughnessy | Sally Callaway |
| Dianna Valdez     | Fred Gusman    |
| Kathleen Osborn   | Berton McComb  |
| Richardo Tomboc   | Tina Scarsella |



**New Members**

- Steven Mackenzie
- Nikki Ramos
- Dianna Valdez

**USA Dance Inland Chapter #4012**

c/o Martin Smaha  
823 Elmwood St.  
Colton, CA 92324