



ACADEMY DANCE NEWS



ALOHA BALLROOM DANCE ACADEMY – A non-profit organization whose purpose is to educate the public about Ballroom & Latin dancing through professionally instructed group classes & public performances.

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"A MIDNIGHT SUMMER'S DREAM" FUND RAISER FOR AMERICAN CANCER SOCIETY

By Rita & Brian O'Connor

On Saturday, July 5, 2003, The Academy sponsored "A Midnight Summer's Dream" Ball in Ka'anapali with 100% of the ticket sales benefiting the Royal Lahaina Resort's "Relay for Life" team in support of the American Cancer Society. This first-of-its-kind event featured a semi-formal ball for \$10 per person, open seating throughout the 6 pm - 11 pm dance event, continuous DJ Ballroom & Latin music, No-host pupus & bar and the Hawaiian atmosphere at the Royal Lahaina Resort!



Royal Lahaina Resort's Relay For Life Team along with Aloha Ballroom Dance Academy's Cofounders sponsor benefit for American Cancer Society! Back Row (left to right): Dawn Fujimwara, Rita O'Connor, Annette Martin, Jerry Sager; Front Row: Shelley Hee, Lynn Manibog, Toddy Lilikoi

One hundred percent (100%) of the ticket sales proceeds benefited the American Cancer Society by raising funds for the Royal Lahaina Resort's "Relay for Life" team. Over \$1,100 was raised that evening!

The oceanfront ballroom with its wall of windows allowed for a stunning Maui sunset, which was one of the many highlights of the evening. Guests enjoyed an evening of dancing in the Hawaiiana-themed ballroom, which also included open-air lanai seating. Toddy Lilikoi, a driving force of the RLR's "Relay For Life" team, along with Terry Hoon, Executive Director of the American Cancer Society (Maui) thanks the Aloha Ballroom Dance Academy for bringing dancers together to support the worthwhile cause!

The Academy supplied the music & sound system for the evening and the Royal Lahaina Resort donated the Ali'i Ballroom for the semi-formal event. On very short notice (less than 10 days),

Brian & Rita O'Connor, on behalf of The Academy coordinated the special Event. The Academy hopes to make this an annual event to support the American Cancer Society on Maui! Mahalo to all of the island dancers who supported this event

MAHALO!

We are privileged as a non-profit organization to have the air-conditioned Kihei Community Center facility available to us by the County of Maui on Wednesday evenings. The Academy would like to send a special "Mahalo" to the South Maui Parks & Recreation staff of Bob Straub, South Maui Parks District Manager (influential in endorsing The Aloha Ballroom Dance Academy's educational, non-profit purpose), Fran Oshiro, Clerk Type III (invaluable schedule coordinator and so much more) and Stephanie Martin, Park Care Taker II (the woman who works hard all day to maintain the facility). The Academy truly appreciates you and your efforts!



"M.V.V.P" DANCE EVENT

By Rita O'Connor

On Saturday, August 30, 2003, the Academy honored the efforts of its student volunteers and officers who contributed substantial financial or outstanding volunteer-time to the success of The Academy during the second quarter by hosting a Potluck Ballroom & Latin Dance Party!

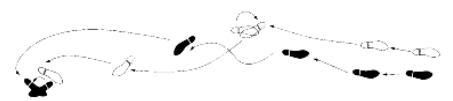
It is through the efforts of these students & those who have volunteered in previous dance class quarters, that the Academy's vision is becoming a reality for the ohana of Maui to enjoy!

The Academy wishes to acknowledge the following students for their contributions:



MOST VALUABLE VOLUNTEERS Second Quarter ~ April - June 2003

- Wayne Ballard
- Tim & Susan Baxter
- Ron & Colette Bengé
- Hans Bonny
- Shel & Mary Braidman
- Wilda Castro
- Ernie Cronkite
- Kitty Edwards
- David & Nancy Fairclough
- Kathleen (Kat) Figueira
- Mary Jo Frye
- James Furumizo
- Dennis & Jenifer Goss
- Les Grimes
- Gloria Guico
- Frank Hackett
- Helen Hattori
- Julie Holmes
- The Hsuans
- Don & Colleen Huntress
- Richard & Alice Inouye
- Glenn James
- Zev Levy
- Julie Katz
- Terry McAuliff
- Terri Mister
- Emily Mitchell
- James Nakagawa
- LynnAnn Nicely
- Kayoko Newhouse
- Brian & Rita O'Connor
- Milam Pender
- Pierre Prevost
- Charlie & Cheri Ridings
- Giovanni Rosati
- The Skillings-Keanes
- Jim Stockwell
- Shelly Ting
- The Tumpaps
- Chris Ulack
- Jim & Sue Van Bligan
- Dale & Jackie Webster
- Linda White
- Terri Williams
- Al Yniguez
- Janet Yokoyama



STUDENT LETTER

"It is going on a year I am still dancing. Every Wednesday, I join a group of people for two hours of dancing lessons. The class is over before you know it and as you walk away at the end of the evening, you go home visualizing the steps. So really, you end up dancing all the way home. It is one of my highlights of the week.

There was no way that I thought I'd be able to take classes as I thought it was going to be a spendy hobby until the day came that I met Brian and Rita O'Connor, the two dancing marvels!

They have created a class that only costs approximately sixty cents a class. That is what the charges break down to. Every three months, we learn two different types of dances and pay only \$22 for both classes. Everyone ends up contributing a donation only because we can and everyone appreciates the honor of their services! Rita is truly a PRO and Brian's her loving and devoted partner! They'll take their time with you on an individual basis since they realize that we are all dancing to a different drum. Rita is truly a great teacher and as a couple, this is a passion that they have continued to share with me and other citizens of Maui. I recommend joining in on the lessons."

- Academy Student, Carol Russell

HISTORY OF MAMBO

Can Mambo recapture the glory of its golden days? Can the flashy Cuban dance step find a new following in the 1990's?

Originating in Cuba, the fusion of Swing and Cuban music produced this fascinating rhythm and in turn created a new sensational dance. The Mambo could not have been conceived earlier since up to that time, the Cuban and American Jazz were still not wedded. The "Mambo" dance is attributed to Perez Prado who introduced it at La Tropicana nightclub in Havana in 1943. Since then other Latin American band leaders such as Tito Rodriguez, Pupi Campo & Tito Puente, have achieved styles of their own and furthered the Mambo craze.

The Mambo was originally played as any Rumba with a riff ending. It may be described as a riff or a Rumba with a break or emphasis on 2 and 4 in 4/4 time. Native Cubans or musicians without any training would break on any beat. It first appeared in the United States in New York's Park Plaza Ballroom - a favorite hangout of enthusiastic

dancers from Harlem. The Mambo gained its excitement in 1947 at the Palladium, NYC.

A modified version of the "Mambo" was presented to the public at dance studios, resort hotels, and at nightclubs in New York and Miami. One of the greatest contributions of the Mambo is that it led to the development of the Cha-Cha. The Mambo is enjoying a renewed popularity due to a number of films featuring the dance as well as a New York City dance professional named Eddie Torres, a Mambo fanatic. The Mambo is a dance with many influences -- African, Cuban, Jazz, & Hip-Hop."



SURPRISE GIVE-AWAY FOR THIRD QUARTER ACADEMY STUDENTS

By Jenifer Goss

During break from dance classes on Wednesday, September 10, 2003, I had the privilege as a chapter officer to present a wonderful surprise to three fortunate academy students. As a non-profit organization we aim to keep dance class costs reasonable and be able to give back to the community and our students. All of the students who were present were given the opportunity to put their name in for a drawing for free. Each of the three prizes was the winner's choice of a private dance lesson with Lucas or Yanna OR any part or all of their dance workshop series, consisting of Swing, Cha Cha & Salsa. I was very proud to be able to give academy students this great gift that encourages dance improvement and exposes them to different techniques and styles of dancing.

Our first excited and surprised winner was Soo Yao. Soo danced Tango, Cha Cha and a bit of Rumba in her private lesson with the handsome Lucas Jaime. Lucky for Lucas, Soo was kind enough to keep giving him "breaks" so she did not tire the young man out.

James Furumizo was our second winner who graciously shared his great prize with dance partner Janet. They

both enjoyed the beginning East Coast Swing & beginning Cha Cha workshops.

Our third winner, Steve Castagnola, worked hard to refine 3 or 4 basic steps with the beautiful and talented Yanna in his Tango lesson. Yanna helped Steve with shaping the dance and some finer points for his lead.

Congratulations to all of our winners! You just never know what great opportunities will emerge in your Academy dance classes!

DID YOU KNOW?

According to novice speaker, Doug Larson, happiness and dancing go hand in hand and to music! Mr. Larson, a Pukalani resident, recently won a speaker's club division level contest with his speech "Save Some Work For Tomorrow" (originally printed in Maui Weekly, July 10-16, 20023).

"...What brings us pleasure and happiness. In an article he [Nelson W. Alrich Jr.] wrote titled "Who's Happy" for Worth Magazine in the June 2002 issue he tells us that wealth or power correlate only weakly with happiness. However, happiness correlates the strongest with these four things: (Are you ready?)

1. Strong families
2. Dancing - Yeah, happy people dance! Or perhaps dancing makes you happy. (Don't know which but they are connected.)
3. Recreation time - Happy people take time to stop and smell the roses.
4. Volunteerism - Happy people help others. They give back. So, where are you in your life?"

Just think how happy you'd be if you are involved with points "2" AND "4."

Contact Cheri Ridings @ 874-0125 for more information on how you can be involved with our special group of volunteers!



**ACADEMY'S SPECIAL SHOW EVENT:
PROFESSIONAL PERFORMANCE BY
LUCAS & YANNA!**

Through Rita O'Connor's months-long efforts, The Academy was blessed to have a special performance by East Coast professional dance couple, Lucas Jaime & Yanna. The four-dance performance was held on September 17th, following The Academy's Review class. Lucas & Yanna have won many professional awards during their one-year partnership and blend a background of Theatre Arts and International Style training to form a unique style of dancing.



Lucas Jaime & Yanna dancing a Rumba. September 17th was their Only Performance on Maui - at the Aloha Ballroom Dance Academy

Lucas & Yanna dazzled the crowd with flashy sequined costumes (four costume changes for Yanna), electrifying music and seemingly body-defying moves as they performed the American style Rhythm dances: Cha-cha, Rumba, Mambo and Bolero. This was the couple's first performance and only on Maui, as they were preparing for the Hawaii Star Ball competition in Oahu the following week.

Al Yniguez graciously accepted the daunting task of running our music system for their choreographed performance and despite technical glitches beyond Al's control, he did a great job! Mahalo Al for assisting in this special evening!

Lucas & Yanna bowed to a standing ovation at The Academy! Kihei Chapter President, Jackie Webster and her husband and Corporate Director, Dale presented Lucas & Yanna respectively with beautiful and fragrant leis, which Jackie made! Mahalo Jackie!

Over the next few days, Lucas & Yanna enjoyed Maui's sun, beaches, snorkeling and some of Maui's nightspots. Starting in the early evenings, Lucas & Yanna conducted workshops in East Coast Swing, Cha-Cha and Mambo/Salsa. They

also offered private lessons to Maui dancers.



The O'Connor's host 2003 Hawaii Star Ball Professional Champions. From Left to Right: Brian O'Connor, Yanna, Lucas & Rita O'Connor.

Brian & Rita O'Connor were Lucas & Yanna's hosts during their brief Maui visit. A special "Mahalo" to Brian & Rita for opening their hearts & home to Lucas & Yanna and for all the organizing efforts and energy it took to make Lucas & Yanna's stay not only pleasurable for them, but also for making their lessons and workshops accessible to Maui!

ALZHEIMER'S AND DANCING!

Half of all Americans over 85 suffer from Alzheimer's disease, the debilitating brain ailment whose symptoms include severe memory loss. "We're all on our way. The question is how fast it's going to happen," says Dr. Gary Small, a geriatric psychiatrist who directs the UCLA Center For Aging. A study released in The New England Journal of Medicine (6/19/2003) adds to the scientific evidence suggesting that mentally challenging activities might offer protection against Alzheimer's, a progressive brain disease that afflicts 4 million Americans. The team discovered that the most active people overall had a 63% lower risk of developing dementia compared with people who said they hardly ever played cards, danced or did other such activities. People who played the hardest gained the most.

Dancing also offered a hedge against dementia, although in general, physical activity did not. For example, the researchers found no protection associated with playing golf or tennis. "Purely physical activities failed to lower the risk [of Alzheimer's and other dementias], said researchers, except for dancing, which lowered the risk by a dramatic 76 percent.

Of all the physical activities, dancing involved the most mental efforts, researchers noted." Any mentally challenging activity, such as learning a new dance step, might spur the brain to

establish new connections or perhaps to grow new brain cells, says Gary Small at the University of California-Los Angeles. The extra brainpower might compensate for any loss of brain cells because of a progressive disease such as Alzheimer's. Keep on DANCING!



HAWAII STAR BALL

On September 24-28th, Oahu was host to the 12th Annual Hawaii Star Ball dance competition. Rita O'Connor's Private Image, Inc. students, Dennis & Jenifer Goss (Academy students, too) danced in the Amateur (Student/Student) division to first place awards in all of their competitive heats.

The Goss' danced six dances in two category levels: Newcomer and Pre-Bronze. Their dances included the American Tango and many of the Rhythm dances: Cha-cha, Rumba, East Coast Swing, Bolero & Mambo.



Dennis & Jenifer Goss proudly display their first place awards at the 2003 H Hawaii Star Ball, Oahu!

Approximately twenty fellow Maui dancers attended the competition to cheer Dennis & Jenifer on! Dennis & Jenifer danced the syllabus steps & smiled to the crowd and judges with confidence!

Their coach, Rita O'Connor is encouraged by the Goss' desire to improve, hard work & practice. "Their awards were well-deserved and I am very proud of their dance accomplishments!"

Congratulations from Private Image, Inc., Brian & Rita O'Connor and The Academy!

For more information about competition dancing, contact Rita @ 891-2949.

WHY COMPETE?

By Jenifer Goss

As a recent competitor in the Hawaii Star Ball 2003, many of you have asked me, "What are the benefits of competition?" A fair question considering the cost of lessons needed in order to compete, practice time, dedication to the art and competition expense itself. You can dance anywhere, why compete? As with many dance experiences, the answer will *begin* with a love for dance. A competition, like a performance, offers a goal for which to shape and refine your dancing, taking you to new levels and stretching your abilities to their max (or at least further than they were before). You know you have a moment to shine and you work hard for that moment. Every quarter I watch our class participants enter a new seriousness to their study of dance when we have our registration performance nearing. But, even in a performance one can get sloppy for the sake of entertainment and perform choreography versus true partnership lead/follow connection and moving as one. In competition, you must show that you are embracing all the qualities that make a good dancer: enjoyment of dance, connection with partner, understanding of body movement and position, clear footwork, rhythm, etc. Notice I said *embracing* the qualities, not *perfecting* them. Anyone, at any age or level, can benefit from competition and enjoy the experience.

Competition is also a great way to help you remember your steps because you will have a series of steps that you are working on and must retain for competition. When you have a set time to perform the steps, it is amazing how well you remember them. Steps are lost when you don't know when you will use them again.

Why else did I compete? I was not interested in just standing on the sidelines to watch others live their love for dance. I wanted to take a stand and be out there on that big dance floor too. Everything is easy from the sidelines, but to dive in is beautiful. Changing from spectator to participant really made me feel like a part of the wonderful Hawaii event that is just an island hop away. I learned more about who I am and what I am capable of doing. I was able to express my creativity with my costume, hair and makeup design. I also enjoyed recognition from judges and other dancers.

Of course competition is not for everybody. Some of you may enjoy

simply dancing with friends in your own living room or on a quiet beach. Some may enjoy a few hot steps on club dance floors. For others, group classes once a week may be a thrilling balance to busy work days. Whatever the reason you dance and the venue you dance in, I hope you all get the opportunity to enjoy a love for dance in a way that is true for you. I have been miraculously blessed with not only love for dance, but love for dancing with a wonderful partner, my husband Dennis. I wish to grow with him and competition is good venue for such growth. As Lucas Jaime put so eloquently to me when he was on Maui, and as I have always known and believed, "You can't hide who you are when you dance." Competition for me is just one more opportunity to be true in my dance and in my partnership with my husband. Was it worth it? Definitely. Will I do it again? You may just have to come to the 2004 Hawaii Star Ball to find out!

BECOME AN ACADEMY OFFICER FOR 2004!

The Academy welcomes its currently enrolled students to step forward and be an active player in Maui's progressive dance organization! Do you have ideas for improving our organization? Are you a team player who wants to make a difference? Then we want to have you join our prestigious team of Academy Officers for 2004!

In addition to brief monthly meetings & social get-togethers, the Academy has some other benefits to offer its officers: 1.) private dance lessons through "Private Image, Inc." (with Rita O'Connor, Professional Member of N.D.C.A.), 2.) free group classes for the reigning officer and 3.) 100% discount to Academy Balls.

For more information about how to become a 2004 Academy Officer, please contact Jenifer Goss @ 283-6916.

UPCOMING EVENTS

ACADEMY HALLOWEEN SOCIAL, Wednesday, October 29th - costumes optional. Details to follow.

ACADEMY HOLIDAY BALL, Saturday, December 13th - Fairmont Kea Lani Maui Resort. Semi-formal event features Latin & Ballroom DJ music, buffet dinner, No-Host Bar. Donations to homeless children of Maui will be accepted. Details to follow.

FREE NEW YEAR'S EVE DANCE EVENT, Wednesday, December 31st. Non-

alcoholic, potluck event with festive decorations, noisemakers and sparkling cider "Midnight Toast!" Ballroom & Latin DJ music throughout the evening. Donations are graciously accepted. Details to follow.

2004 FIRST QUARTER (JANUARY-MARCH) REGISTRATION, Wednesday, January 7, Kihei Community Center.

NEW CLASSES will be Beginner Foxtrot & Intermediate Mambo/Salsa. Details to follow.

LETTER FROM THE EDITORS

If you would like to contribute an article or idea to the "Academy Dance News," we'd love to hear from you!

We are also looking for students to bring their cameras with them to our Wednesday "Special Nights" (i.e., socials, potlucks, registrations, etc.). We encourage students take photographs of our dance happenings & then submit them to the "Academy Dance News" for publication and/or gift them to the "Aloha Ballroom Dance Academy" for our photo collage!

We'd also like to know how dance affects *your* life! How did you start dancing? What inspires you to keep on dancing? Have you had an amazing "dance moment" you'd like to share with your fellow Academy peers? How has dance changed *your* life? Inquiring minds want to know!

Mahalo for your generous volunteering and support of our vision at the Academy!

- Brian & Rita O'Connor, Co-Founders
For More Information about how YOU can become more active in the hottest, newest, nonprofit educational Ballroom & Latin dance organization on Maui, contact: Rita O'Connor, 891-2949 or hibnb@aol.com.



**ALOHA &
HAPPY DANCING**

