



Dance!

with Frank & Jackie Penze
Ballroom/Latin Dance Instructors

A monthly newsletter to introduce social ballroom dancing to the contemporary lifestyle of today and to promote its many benefits and offerings.

Subscription \$8.00 per year to: Adsmith & Associates, 281 Little Stonegate Court, Cary, IL 60013

March, 2010
Vol. XIX, 201
Phone: 847-639-8699
email: jackiepenze@aol.com

Hi Dancers,

.....
We were saddened to hear of the passing of Johnnie Kaye in February. Frank and I enjoyed attending his Big Band Weekends and other dance events. He will be sorely missed.

.....
Who is ready for Spring? The sooner the better, we say.

For us, February was a month of upper respiratory infections and the breaking down of some of our office equipment. I developed plantar fasciitis in my left heel and ended up with a chipped bone in on my right toe. Ouch! It still doesn't keep me from dancing although adjusting my balance is quite tricky.

Can't complain all negative things happened in February. The "Sweetheart Benefit Dance" turned out very well and still keep hearing from everyone how much fun it was. And, we have a web site under construction. You'll be able to get dance news in a flash. Although unfinished, take a look at at www.dancewithfrankandjackie.com. The printed version of *Dance! Newsletter* may continue into this fall.

At the printing of this newsletter, it still wasn't announced who the contestants were to appear on Season 10 of "Dancing with the Stars" which returns on ABC March 22. Although, it is no longer a rumor Pamela Anderson of *Baywatch* is one of the 12 celebrities who will compete. So far, the professional slate is complete: it includes Karina Smirnoff, Louis Van Amstel, Maksim Chmerkovskiy, Chelsie Hightower, Cheryl Burke, Derek Hough, Mark Ballas, Tony Dovolani, Edyta Siwinska, Anna Demidova, Anna Trebunskaya, and newbie Damian Whitewood. This time around, the first elimination will take place after the second episode, and will be based on the judges' scores and votes from the public for the first two episodes.

*Happy St. Patrick's Day
& have a great month of dancing!*

"SHAMROCK SAMBA" SATURDAY, MARCH 20



Celebrate St. Pat's Day and bring your own Leprechaun to Greater Fox Valley of USA Dance's "Shamrock Samba" on Saturday, March 20 from 7:30 p.m. to 11:00 p.m. The dance will be held at McHenry VFW's Normandy Room, 3002 W. Route 120, McHenry. Doors open at 7 p.m.

Think green. Irish clothing is encouraged. The couple representing the spirit of St. Patrick's Day will win the grand prize.

The evening will begin with a free Samba lesson at 7:30 to 8:00 p.m. taught by Frank and Jackie Penze. Admission is \$12 for non-members, \$10 for seniors (65+), and \$8 for USA Dance members. There is complimentary cake and coffee and chances to win door prizes. A play list is available which suggests what dance to do to each song. DeeJay Dr. Rod will be featuring danceable Irish music, Sambas, ballroom, oldies, and Latin music.

A full-service cash bar is available as well as a variety of food you can purchase for a minimal price. The Greater Fox Valley Chapter of USA Dance is a not-for-profit organization. Visit their website for the monthly dance schedule, directions and maps at www.dancefoxvalley.org.

The Fox Valley Chapter of USA Dance upcoming dances at McHenry VFW Hall:

- April 10 "Swingin' in the Rain" (Swing)
(2nd Saturday)
- May 15 "Salute to the Fox Trot" (Fox Trot)
- June 19 "Papa Loves Mambo" (Mambo)
- July 17 "Romance & Rumba" (Rumba)
- August 21 "Hot Melted Merengue"
(Merengue)
- Sept. 18.. "Celebration of Dance" (American Tango)
- October 23 "Psychedelic Sixties"
(4th Saturday) (East Coast Swing)
- November 20..... "Everybody Loves to Cha Cha Cha"
& Silent Auction" (Cha Cha)
- December 18 "Saint Nick's Charity Ball"
(Waltz)

UPCOMING DANCE CLASSES

Frank & Jackie Penze teach the sessions listed below. If you need information about classes or are interested in private or special group lessons, call 847/639-8699.

Advance registration necessary for all classes.

CRYSTAL LAKE PARK DISTRICT-starting Wed., April 7 to May 12-6 Week Session ...Beginning I, 7-8:15 p.m. or Beginning II, 8:15-9:30 p.m. at **Rotary Bldg., Veteran's Acres Park, 131 N. Walkup, Swing, Fox Trot, Rumba, Salsa, \$99/resident couple, \$114/couple non-res., register on-line www.crystallakeparks.org or call 815-459-0680.**

CRYSTAL LAKE PARK DISTRICT-starting Thurs., April 8 to May 13...6 Week Session ...7-8:15 p.m. *Advanced* with Fox Trot, Lindy Hop, Argentine Tango, Merengue, 8:15-9:30 p.m. *Intermediate* with Fox Trot, Argentine Tango, Intro to Lindy Hop, Merengue; at Rotary Bldg., Veteran's Acres Park, 131 N. Walkup, \$99/resident couple, \$114/couple non-res., to register 815-459-0680 or on-line www.crystallakeparks.org.

CARY PARK DISTRICT-starting Sunday, April 11 to May 23...6 Week Session (No class May 9)-Beginning Class, 12:45-2:15 p.m. with Swing, Waltz, Merengue, American Tango; Intermediate Class, 2:30-4 p.m. with Cha Cha, Merengue, Waltz, American Tango; Advanced Class-4 p.m.-5:30 p.m.-Double Time Swing, Rumba, Cha Cha, Argentine Tango; at Cary Park District, 255 Briargate Road, \$87 res- couple, \$94 non-res, call 847-639-6100.

McHENRY PARKS-starting Monday, April 12 to May 10- (no class April 19) 4 Week Session, 7-8:15 p.m. Tango, Rumba, Merengue, at Edgebrook School, 701 N. Green St., McHenry, res. couple \$59, non-res couple, \$69, call 815-363-2160 to register.

LAKE IN THE HILLS PARKS & RECREATION starting Friday, April 16 to May 21)...6:30-7:30 p.m.-Beginning - Swing, Rumba, Cha Cha, Merengue; 7:30-8:30 p.m.- Intermediate-Rumba, Intro to Lindy, Cha Cha, Samba: res. \$70, non-res \$80; 8:30-10 p.m.- Advanced-Samba, Lindy, Rumba, Cha Cha res. \$97, non-res \$107, at Labahn-Hain House, 149 Hilltop Dr., 847-960-7460.

LAKE VILLA-starting Tuesday, April 20 to May 25 ... at American Stars of Dance Studio, 133 Cedar Ave., 7-8 p.m. Beginning I with Swing, Waltz, Salsa, Merengue, Beginning II, 8-9 p.m. Intermediate 9-10 p.m. with Salsa, Waltz, Samba, American Tango; \$95/couple, 847-838-1234.

<<<++++>>>

To dance is to live!

"MIDWEST BALLROOM" on 90.9 FM

Chicagoland's only big band radio show, "Midwest Ballroom", airs from 5 to 7 p.m. every Saturday on radio station WDCB 90.9 FM and broadcasts on the internet at www.wdcb.org. John Russell Ghrist is emcee. He builds his show around local bands and performers. He also includes a history lesson about what was going on in the world when a particular song was popular. Contact him at midwestballroom@yahoo.com. or P.O. Box 1073, Dundee, IL 60118. Upcoming line up: , Mar. 6-New Releases, Mar. 13-Big Band Medleys, Mar. 20-50/60's Sox Hop, Mar. 27-Dance Favorite, April 3-New Releases, April 10-Big Band Medleys, April 17-Jazz Appreciation, April 24-Big Band Medleys.

OSTHOFF RESORT BIG BAND GALA

Dance away your winter doldrums and swing into spring at the Osthoff Resort's "Big Band Gala" March 5 to 7. The weekend includes two nights accommodations, Friday evening reception & dancing to The Downtowners, Saturday evening five-course dinner and dancing to Eddie Larsen's Classic Moments and Sunday Breakfast Buffet. Cost is \$499/couple plus tax and gratuity, call for reservations and information, 800-876-3399.

THE CHICAGO CLASSIC SWING DANCE EVENT SET FOR MARCH 12-14

This year's "The Chicago Classic" will be held at Hyatt Regency O'Hare, 9300 Bryn Mawr Ave., Rosemont, March 12-14. The event is designed to be equally appealing to the social dancer as well as top level competitors from all over the world. Also featured are workshops, vendors and open dancing, www.thechicagoclassic.com/2010.

<<<++++>>>

SPECIAL MOTHER'S DAY DINNER & DANCE AT WILLOWBROOK

The Willowbrook Ballroom, 8900 S. Archer Ave., is presenting a Special Mother's Day Dinner and Dance on Saturday, May 8. The evening begins at 6 p.m. with a cash bar followed by dinner at 6:30 p.m. After dinner enjoy a delightful evening of dancing with the "Outcast Jazz Band". Price is \$40 for dinner and dance or \$15 for dancing only. Reservations required by April 30; call 708-425-3686.

<<<++++>>>

"Rhythm is something you either have or don't have, but when you have it, you have it all over." Elvis Presley

Dance! Newsletter is published by Frank & Jackie Penze
281 Little Stonegate Court, Cary, IL 60013

Want to place a display ad? Cost is \$20/month for 1/8 page, \$25/month for 1/4 page, \$50/month for 1/2 page, \$100 for full page, call 847/639-8699 FAX: 847-639-1374

McHenry County WHERE TO GO DANCING

We advise before driving to the event, please call to verify the date or for any inquiries.

Sat, March 20 "Shamrock Samba" presented by Fox Valley Chapter of USA Dance at McHenry VFW Hall, 3002 W. Route 20, McHenry. Free Samba lesson 7:30-8 p.m., open dancing to 11 p.m., complimentary coffee & cake, door prizes, grand prize for the couple wearing the most green. \$8 USA Dance members, \$10 for seniors (65+), \$12 non-members, visit www.dancefoxvalley.org or call 847-639-8699.

Regional Dance Spots

Alhambra Palace Restaurant, 1240 W. Randolph St., Chicago, 312-666-9555, Salsa Tuesdays, 8 p.m., \$10, \$15 on band nights.

Aquarius Club, 2459 N. Pulaski, Chicago, 773-342-3581, Caribbean Mondays with Salsa, Mambo, Bachata, Merengue, Cumbia, 9 p.m., no cover charge.

ARTango Center, new venue devoted to Argentine Tango culture, Irving Park & Ravenswood Ave., Chicago, 312-823-4859 or 312-451-4068.

Boogie Nights Discotech, disco to the 70's & 80's, 2300 Bushwood Dr., Elgin, west off Randall Rd., Thurs. thru Sun. 9 p.m. to 3 a.m., 847-844-3600.

Cadillac Ranch, Lake St., (Route 20 near Rte 59), Bartlett, 8-midnight, two-step, cha cha, waltz, west coast swing, night club two, and line dancing.

Chevy Chase Country Club, 1000 N. Milwaukee Ave., Wheeling, Wednesdays with the Dick Elliott Orch., 7-10:30 p.m., Apr. 28, May 26, June 23, July 28, Aug. 25, Sept. 22, Oct. 27, cash bar, \$13, 847-465-2311.

Chicago Windy City Jitterbug Club, Franklin Park American Legion, 9757 Pacific Ave., Franklin Park, 8 p. Mar. 6, April 3, 17, May 1, 22, June 5, 19, 23, chicagojitterbugchicago.com.

Chicago Rebels Swing Dance Club, Centre at Northpark, 10040 W. Addison, Sat., Mar. 6, 20, Apr. 3, 17, May 1, 15, June 5, 19, July 17, Aug. 7, 28, Sept. 25, Franklin Pk, 8 p.m.-midnight, www.chicagorebels.net 847-678-4021.

Crystal Ballroom, 20631 Staunton Rd., Interstate 55, Exit 41, Staunton, 618-635-3506.

Cubby Bear, in "Wrigleyville" 1059 W. Addison, Chicago, Live Salsa Sundays, 6 p.m.-2 a.m., 312-427-2572 or 312-42SALSA.

Diplomat Ballroom, 681 West North Ave., Elmhurst, March 2-Bob Duda and the Moonlighters, March 16-Dick Elliot Orchestra, 847-813-1910.

Elgin Moose, 925 S. McLean Blvd., 847/741-0799, 8-11 p.m., \$6 pp (members only) April 10-Don Reitsma, May 8-Eddie Korosa Jr., June 12-Stan Warren Trio, July 10-Edizon Dayao, August 14-Chuck & Friends, Sept. 11-Don Reitsma, Oct. 9-Eddie Korosa Jr., Nov. 13-Edizon Dayao, Dec. 11-Bill Smrha, Dec. 31-Eddie Korosa..

Excalibur Night Club, 632 Dearborn St., Chicago, 312-266-2114, Tropical Thursdays, 2 rooms of dancing until 3 a.m., Salsa, Cha Cha, Merengue, Cumbia, Bachata, \$7 cover.

Frankie's Blue Room, 16 W. Chicago Ave., Naperville, every Wed. swing dancing at 7:30 p.m., Thur.-Salsa, 8 p.m., \$5, 630-416-3310.

Green Dolphin Street, 2200 N. Ashland Ave., Chicago, 773-395-0066, every Wednesday, 18-piece John Burnett Swing Orchestra, 8-11:30 p.m., \$10 cover.

Sundance Saloon, 300 Lakehurst Rd., Waukegan, 6 p.m. -11 p.m., Thursday night open dancing, Latin, country, swing, hustle, \$5, 847-887-0858.

USA Dance Chicago Chapter, dances, 7:30-11 p.m., \$8 members, \$10 nonmembers, 847-577-9014, Sat., Mar. 13, Apr. 10, May 8, June 12, July 10, Aug. 14, The Centre at North Park, 10040 Addison, Franklin Park.

Willowbrook Ballroom, 8900 S. Archer, Willow Springs, 708/839-1000. \$14, BALLROOM, 2-5 p.m., Sun., Mar. 7-Steve Anthony, Mar. 14-Jay Witcher, Mar. 21-Teddy Lee, Mar. 28-Steve Cooper, Apr. 11-Teddy Lee, Apr. 18-TSteve Cooper, Apr. 25-Weiss Bros., May 2-Steve Cooper, May 16-Teddy Lee, May 23-Steve Anthony, May 30-Teddy Lee; SWING- Sun., 6:30-10:30 p.m., \$10, Wed.-SALSA 8:30-11 p.m., \$10, Rotating Fridays, Mar. 5, 26, Apr. 2, 16, 30, May 14, 28, -Super Singles Dance, 8 p.m.

Zante Eatery and Lounge of Orland Park, 8888 W. 159th St., 630-251-3906, Salsa every Sunday 7:30 p.m. -2 a.m.

Sat., March 27- USA Dance Rockford Chapter, 7-11 p.m. at Belvidere Community Center, 111 W. First St., \$6 members, \$8 non-members, 815/633-7979.

13th ANNUAL SWINGERS BALL AT WILLOWBROOK BALLROOM

The 13th Annual Swingers Ball will be held at Willowbrook Ballroom, 8900 S. Archer Ave. Willow Springs, on Saturday, March 27, 7 p.m. to 1 a.m.. Come dressed to the nines. You don't need a date. There will be dance lessons, performances, and crowning of the King and Queen. Live music will be playing in the main ballroom or in the Bunkeris Lounge until 1 a.m. Cost is \$25 at the door, call 708-839-1000.

<<<++++>>>

UPCOMING VENUES...

Sun., March 14-This Must Be the Place, 206 Main St., Lemont, Swing Assembly 10 Piece Big Band and vocals, 6-9:30 p.m.

Sat., March 20-"Swing in to Spring" Buffet Dinner Dance at Chevy Chase Country Club, 1000 Milwaukee Ave., Wheeling, 6:30-midnight, Chicago's Windy City Jitterbug Club members \$40, guests \$50. Music by Bill Matthews, cash bar , 630-627-2935.

Pilates at Cary Physical Therapy

2615 Three Oaks Rd Suite 1A
Cary, IL 60013
(847) 516-8095

NEW! Certified ZUMBA Classes
Injury rehab
Mat and equipment classes

www.caryphysicaltherapy.com





Rodney Covenah D.D.S.
Gail Covenah R.D.H.

Hours Daily Until 9 p.m. - Saturday 1 to 6 p.m.

2405 W. Algonquin Road

RIVER POINTE of Algonquin - JEWEL/OSCO Center
Algonquin, Illinois 60102

Phone: (847) 658-3006 Fax: (847) 658-9864

Office hours by appointment

Ballet * Jazz * Tap
Hip Hop * Ballroom
Creative Movement



815/356-8035

1055 Nimco Dr.
Crystal Lake

www.atdance.com

Where the fun is!

Dance instruction for all ages



Vito Buffalo Orchestra

*"A delightful treat
for dancing feet"*

The Exciting Big Band Sound

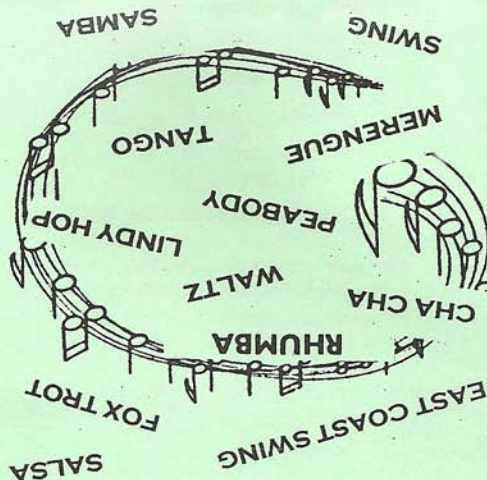
for:

- Special Events
- Weddings
- Concerts

call for availability of:

- 10-pc. Ballroom Dance Band
- 18-pc. Swing Band

Home Phone: 847/526-1979



FRANK & JACKIE PENZE
Ballroom Dance Instructors
281 Little Stonegate Road
Cary, IL 60013