

# Innovations

## June 2003 Newsletter

Two DanceSational Workshops In June Featuring.....



**DanceSational Workshop, Saturday, June 7, 2003, 6:30 – 7:45PM .....**  
**Intermediate West Coast Swing with Heidi Groskreutz** Her smile says it all. We welcome Heidi back with open arms. This may be your last chance for a long while to take from this top Pro. Don't Miss Out!!

The workshop cost, which includes admission to a dance party to follow at 8:00 p.m., is \$10 for Annual Members and \$20 for Others. Admission to just the dance is \$5 for Annual Members, Sister Clubs, and college students with I.D. and \$7 for Others.



**DanceSational "BONUS" Workshop, Sunday, June 15, 2003 (3:30 – 4:45) .....**  
**Intermediate West Coast Swing with Rob "I"**. How many of you remember the "Cool Whip"? If you were in Rob's last workshop you know exactly what we're talking about.

**This Bonus workshop is FREE to annual members with paid admission to the dance.** Cost for all others is \$20.00 which includes dance immediately following the workshop from 5:00-8:00PM.

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**Free Classes** This Month prior to the Innovation's Dance Parties:

**Friday Nights:** 7:15 – 8:00 PM Intro to Hustle with Alex Seguritan and Misty Frank

**Sunday Nights:** 4:15- 5:00 PM Intro to WCS with Jane Hance

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# MURPHY'S LAW

By Wayne Peleti

If you missed Innovations May 5th Cha Cha Workshop with **Mary Murphy** and **Phillip Gott**, you not only missed a good learning experience but a kick butt workout as well. Ten minutes into the class (about halfway through the warmups) I was reminded all too well how much of a workout Latin Dancing can be.

Mary, a nationally recognized teacher, competitor, and judge, begins her workshops with a warmup in which students dance (without partners) basic patterns. The warmup acts as a review of those patterns and fundamental technique while loosening you up and putting you in the mood.

It also gives you a pretty good workout. After a series of basics in place, side to side basics, crossovers, walk around turns, syncopated breaks, box steps, and lock steps I was definitely warmed up.

The neat thing about warming up to basic patterns is the way you start to see them as building blocks for more complex patterns. Or perhaps more correctly, the way you start to see more complex patterns as series of the basic patterns with a few styling variations (and of course attitude). Such patterns have the advantage of being easier to remember and lead.

The workshop pattern was no exception. I watched one couple work a portion of the workshop seamlessly into their cha cha. (Way to go Ron and Margaret!) Although the workshop material was definitely intermediate level even attendees taking their first cha cha class found it manageable because it was presented as "this part is just 2 basic patterns #whatever followed by a basic pattern #whatever".

Toss in some styling and a healthy dose of attitude and you have a very nice combination. Mary and her husband Phillip were nice enough to demonstrate the way it should look for the benefit of those attendees with video cameras.

For myself, I found the pattern perfectly manageable. Now if I can just get my feet, ankles, knees and hips to work right with that Cuban motion stuff. Well maybe before Mary and Phillip's next visit.....

# Innovations 2<sup>nd</sup> Anniversary Party

**Saturday, October 4<sup>th</sup> 2003**

*Celebrate Innovations 2<sup>nd</sup> Anniversary with*

- *Fun filled day of 4 Great Workshops*
- *Lunch*
- *Spectacular Evening Buffet Dinner & Dance*

## DAYTIME SESSION

Starlight Dance Studio

Workshops in NC2-Step, Waltz, CW2-Step and of course West Coast Swing

*Featuring Star Instructors\**

*Michael Kiehm, Carrie Kloss, Ronnie DeBenedetta & Stephanie McPherson, Parker Dearborn & Brandi Northrup*

## EVENING SESSION

*San Diego Mission Valley Marriott Hotel*

8757 Rio San Diego Drive

*Grand Ballroom*

*Italian Dinner Buffet & Dance*

*\*Subject to Change*

# \$\$\$ PRICING INFORMATION \$\$\$

**ALL DAY PASS** - 4 Workshops, Lunch, Italian Dinner Buffet & Dance.

**DINNER ONLY** - Italian Dinner Buffet & Dance.

	6/1/03 to 6/30/03		7/1/03 to 8/31/03		9/1/03 to 9/28/03	
	Annual Member*	Event Member	Annual Member*	Event Member	Annual Member*	Event Member
<b>All Day Pass</b>	\$40.00	not available	\$45.00	\$80.00	\$50.00	\$90.00
<b>Dinner Only</b>	\$25.00	not available	\$25.00	\$45.00	\$30.00	\$50.00

**After September 28, 2003 no Dinner tickets will be sold. Workshops may be purchased at the door.**

## October 4<sup>th</sup> – At The Door Workshop Tickets (Includes Lunch)

	Annual Members	Event Members
<b>1 Workshop</b>	<b>\$10</b>	<b>\$15</b>
<b>2 Workshops</b>	<b>\$15</b>	<b>\$25</b>
<b>3 Workshops</b>	<b>\$20</b>	<b>\$35</b>
<b>4 Workshops</b>	<b>\$25</b>	<b>\$45</b>

This is an E-ticket event. No tickets are issued. When you sign up your name and information will be entered in our data base. No refunds will be available after September 1, 2003. To purchase passes see Martha Peleti at our dances, contact her at [membership@innovationsdance.org](mailto:membership@innovationsdance.org) or phone (858) 277 – 1845. You may also fill out and mail the registration form below.

\* Annual Membership \$35 per year

Mail in registration must be received by September 28, 2003. To Order Tickets Fill Out This Form and Mail With Check to Innovations, P.O. Box 23745, San Diego, CA 92193 or see Martha Peleti at one of our Dances.

NAME \_\_\_\_\_ MEMBERSHIP # \_\_\_\_\_

PLEASE CHECK ONE: ALL DAY PASS \_\_\_\_\_ DINNER ONLY \_\_\_\_\_

DATE \_\_\_\_\_ AMOUNT PAID \$ \_\_\_\_\_

In Case of Questions Contact Me At \_\_\_\_\_

# ***ITALIAN DINNER BUFFET\****

## **Antipasto Platter**

Mushrooms, Artichoke Hearts, Pepperoncini, Olives, Salami, Mortadella, Capicola,  
Provolone and Mozzarella Cheeses  
Roasted Vegetables and Peppers with Rosemary/Garlic Aioli

## **Traditional Caesar Salad**

With Herbed Croutons and a Mild Caesar Dressing

## **Pasta Salad**

With Bay Shrimp Pesto and Pinenuts

## **Sliced Beefsteak Tomatoes, Grilled Eggplant and Feta Cheese**

With Olive Oil and Fresh Basil

## **Rustic Bread Display**

To include Garlic Bread, Ciabatta Focaccia, Herbed Bread & Bread Sticks

## **Tomato Bruschetta**

With Cheese Toast Points

## **Chicken Breast Rosa**

Sautéed Breast of Chicken

Topped with Sliced Tomato, Fresh Pesto and Provolone Cheese,  
Baked to Perfection and served on Salsa Rosa

## **Roasted New York Striploin**

With Rosemary Roasted Mushrooms, Grilled Vegetables and a Red Wine Sauce

## **Ricotta Cheese Ravioli**

Served in a Sundried Tomato Pomodoro Sauce

Bouquetiere of Fresh Seasonal Vegetables

Tiramisu, Cannoli and Fresh Berries in a Chocolate Cup

Coffee, Tea, Decaffeinated Coffee and Iced Tea

**\*Subject to Change**

## June New Members

Rudy Alquero  
Ian Crabtree  
Heather Gnau  
Harvey Self

Did You Know.....

That Innovation's has 300+ members.

Mark Your Calendar for the 2<sup>nd</sup> Annual Anniversary Party, Saturday, October 4, 2003. Special Annual Member Rate until June 30. Ask at Front Desk during dance for details. Get your tickets early.

## June Birthdays

Ian Crabtree  
2 Amelia Wong  
5 Don Clugston  
5 Earl Davis  
5 Alex Seguritan  
6 Gaylord Hanson  
7 Dale Pontow  
9 Wayne D. Peleti  
11 Kathy Kelly  
12 Randee Griffin  
13 Jim Cruzen  
13 Melanie Roberts Dawson

20 Wade Edington  
20 Gene Gage  
22 David Walkup  
26 Joe W. Leonard  
27 Karen L. McDermott  
27 Roxanne Stanard  
30 Ed Miles



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## Who Let The Dogs Out?

How well do you know your Innovation's friends and their "family"? Do you know which dogs go with which Innovations Members? They are mixed up below. Draw a line connecting the Dog to the Master. Answer at front desk.

Dog

Luke  
Roxie  
Jessica  
Bailey  
Rocky & Spencer  
Emma

Innovation's  
Member (Master)

Michael Kiehm  
Brandi Northrup  
Charlene Juszczuk  
Barbara Carlson  
Wayne & Martha  
Nick & Penny



## **Workshop Schedule**

All workshops are intermediate level unless stated otherwise.

June 7 - West Coast Swing – **Heidi Groskreutz**

June 15 - West Coast Swing – **Rob “I” Ingenthron**

July 5 – Salsa – **Al & Edie Espinoza**

August 2 - West Coast Swing - **Parker Dearborn**

October 4 – Anniversary Party – **Watch for Details**

Innovations' dances and workshops, unless specifically stated otherwise, are held at  
Starlight Dance Studio Located at 6506-H El Cajon Blvd. in San Diego, CA.

Phone: (619) 287-9036