



The Delaware Valley

# Dance Spotlight



Published by the Ballroom, Latin, & Swing Dance Center for Greater Philadelphia Area Dancers - July-August, 2014

## NATIONAL DANCE DAY, SATURDAY, JULY 26

Excerpted from [www.dizzyfeetfoundation.org](http://www.dizzyfeetfoundation.org)

Launched in 2010 by “So You Think You Can Dance” co-creator and Dizzy Feet Foundation (DFF) co-president Nigel Lythgoe, National Dance Day (NDD) is an annual celebration that takes place on the last Saturday in July. This grassroots campaign encourages Americans to embrace dance as a fun and positive way to maintain good health and fight obesity. NDD achieved national recognition when Congresswoman Eleanor Holmes Norton (D-DC), a long-time proponent of healthy lifestyles, announced at a press conference on July 31, 2010, in Washington, DC, that she was introducing a congressional resolution declaring the last Saturday in July to be the country’s official National Dance Day.

Launched in 2010 by “So You Think You Can Dance” co-creator and Dizzy Feet Foundation co-president Nigel Lythgoe, National Dance Day is an annual celebration that takes place on the last Saturday in July.

Each year, DFF joins with the Music Center in Los Angeles for a west coast celebration at downtown’s Grand Park, while Senator Eleanor Holmes Norton hosts events at The Kennedy Center in Washington, DC. This summer, we are pleased to announce a new partnership with Lincoln Center in New York City through its Lincoln Center Out of Doors program.

If you are not near any of these locations, don’t worry. National Dance Day is for everyone, so we encourage you to create your own events in your community. Be creative! The list is endless: Do something charitable using dance; organize a Flash Mob in your area; host a dance-a-thon or raise money for kids to have more access to dance. Then share your events on the DFF



Facebook page so that others can join in the celebration.

Each year, DFF creates instructional dance videos for people to learn and perform dance routines and share them with others as part of NDD. Created by some of your favorite SYTYCD choreographers and featuring SYTYCD alumni, our videos represent a range of dance abilities so everyone can take part.

All instructional videos and iTunes tracks are available at [www.dizzyfeetfoundation.org](http://www.dizzyfeetfoundation.org).

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## CRUISE SALES AND LAST-MINUTE DEALS!!

There is still availability on the very popular **September 15-27 and October 16-28 12-night NEW ENGLAND/CANADA cruises roundtrip New York on the Queen Mary 2**. I will be on the October sailing. While on the ship, I can purchase Cunard **future cruise credits** for my customers. The combination of booking on the ship, my group rates and cruise sales and promotions will get you the best deal in price, onboard credits and deposit.

The **November 28 (Thanksgiving Weekend) 7-day ITALY cruise from VENICE TO ROME** is available from the great rate of \$749 per person based on double occupancy plus about \$60 in taxes plus airfare (while cabins last). The deal includes gratuities. Start **November 21 and sail from ROME TO VENICE 7 days** for \$898 per person double occupancy. Do both cruises and sail roundtrip Rome for 14-nights on the Queen Elizabeth.

I will be doing the **December 6-13 7-night Dancing with the Stars at Sea Western CARIBBEAN** cruise on HAL's ms Westerdam. Meet *DWTS* celebrities and pros and see Grand Turk, San Juan, St. Thomas & Half Moon Cay.

We still have availability and a lady looking for a cabin mate for the **December 22-January 3 CHRISTMAS/NYE Caribbean Cruise on the Queen Mary 2 roundtrip New York**. Don't spend the holidays alone! Party onboard!

**TOKYO TO SINGAPORE 16-night March 18 Queen Elizabeth dance cruise is sold out** but we have a lady and a gentleman looking for a cabin mate. Get on the waiting list now to have an option for this cruise. We have a really great group of dancers going! I will be on this cruise and continuing on from **SINGAPORE TO DUBAI**, too.

Call 215.855.2711 or email [info@blsdc.com](mailto:info@blsdc.com) ASAP to get quotes or book. See our ads in this newsletter for lots more 2014/2015 cruises.

Happy Cruising & Dancing, Vivian Beiswenger



# BLACKPOOL DANCE FESTIVAL 2014 AND 2015

*By Vivian Beiswenger, Owner/Director BLSDC Dance Studio and Travel Agency for Dancers*

Every year, starting the Thursday before Memorial Day Weekend and running until the Friday after Memorial Day, one of the most prestigious competitions in the world is held at the Winter Gardens in Blackpool, England. In my opinion, every lover of ballroom and Latin dancing should attend this event, at least once in his or her lifetime.

First, built in 1896, the Empress Ballroom in the Winter Gardens is the largest, most impressive ballroom that I have ever seen. With two tiers of balconies, it seats thousands of spectators, but, on the last four evenings, possibly another thousand are standing to watch the competition. The dancers do justice to the room. There are no beginner- or intermediate-level dancers competing at Blackpool. The dancers are the best in the world (although everyone can enter the qualifying rounds). Each evening, the 48 couples who have made it through several qualifying rounds against hundreds of couples put on a show that is incomparable. Any couple making even one cut at Blackpool can be proud.

During the first half of the nine-day festival, rising star amateur and professional competitors, as well as under 21 and senior (over 35... sigh) competitors are featured with an exciting international team match highlighting Saturday night. (This year, again, the USA/Canada Team won.) The last four days of the Festival feature the top events: the professional and amateur ballroom and Latin events, the formation teams and the invitational exhibitions.

On Sunday evening, North American competitors are invited to a special dinner at the Imperial Hotel (about a mile from Winter Gardens), sponsored by the North American Blackpool Project. The Americas Team does an informal show and the US/Canadian couples who made semi-finals are introduced. Only North American competitors and the Project sponsors and their guests can attend the dinner. It is free to the competitors, but they must pre-register for the dinner. To be a sponsor, contact Colin or Joy Hillary, the organizers of the Project.



All week long, the best vendors in the dance world are open for business. In addition to the 30-40 vendors who fill the Exhibition Hall at the Winter Gardens, more vendors can be found at the Imperial Hotel with a free shuttle operating about every 15 minutes between the two locations while the vendors are open. The entire seaside resort of Blackpool seems to be geared to sell to dancers, so come prepared to shop! Some vendors use pounds, some US dollars and some euros, and you will be introduced by some to Great Britain's VAT (Value Added Tax), which is worth tracking because tourists leaving the country can apply for a refund at the airport.

There are many dance newsletters that have reported the results, so I am not going to repeat them here. I'll just say that the USA did very well and is getting better.

This was my fourth year to attend Blackpool. In the first two years, I attended the entire eight days. Last year, I attended the last four days (covering the amateur and pro Latin and standard championships - the top events) and this year, I attended the first few days (covering some rising star events, the very popular Saturday night team match where the best dancers in the world represent their continents, and the Sunday North American dinner). These last two options are great for dancers who can't afford the time or money to attend all nine days.

Dancers who attend the Blackpool Dance Festival should reserve at least one afternoon to do some social dancing at the Blackpool Tower Ballroom (not affiliated with the Festival). The Tower Ballroom is open every afternoon for dancing (but check for special events that may close it to the public).

Next year will be the 90th Blackpool Dance Festival (May 21-29) and, making it extra special to me, coincides with Cunard's 175th anniversary celebration in Liverpool (about 1-2 hour train ride from Blackpool) on Monday, May 25 (Memorial Day in the US and a bank holiday in England).

This year, I sailed to Southampton, England on the Queen Mary 2 (QM2) and flew home from Manchester. Sailing there takes more time (seven days versus one day to fly back) but it was much more enjoyable. (The transatlantic sailing on the QM2 is one of my favorite cruises). Next year, one can sail over (May 10-17) and/or back (May 27-June 3). This allows for a few days to visit London or other areas of the UK before the Festival starts, but requires leaving the Festival a few days early to sail back. For most dancers who are not die-hard competitors, spending three to five days at the Festival is enough.

I am planning to take the 10-day British Isles cruise (May 17-27) that stops in Liverpool overnight on May 25 and connects the two transatlantic sailings.



*The Ballroom, Latin, & Swing Dance Center  
is celebrating its eleventh anniversary with an*

# *American DanceWheels Foundation Fundraiser*

*(also celebrating Vivian Beiswenger's Birthday)*

*Saturday, August 2*

*7:30-11:30 PM*

at Williamson's Banquet & Event Center  
500 Blair Mill Road, Horsham, PA 19044

**MUSIC DJ - LARRY SILVERMAN**

**7:30 PM Doors Open for Dinner**

**9 PM Exhibition by American DanceWheels  
Dancing until 11:30 PM**

Singles & Couples Tables; Dance Hosts

Gourmet Buffet Dinner; Cash Bar

Cocktail/Semi-formal Dress

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or visit [www.BLSDC.com](http://www.BLSDC.com).*

# Stand Tall, Stay Loose – How Posture and Balance Improve Dance Performance

by Renata Maslowski

A visually pleasing dance performance entails well-timed movement, excellent posture and graceful balance. To achieve their craft, great dancers learn to stand tall and stay loose throughout their movements, perfecting their posture and balance.

Practice exercises and coaching help dancers imprint how standing tall feels, what maintaining frame means and how to keep balanced while moving through dance choreography.

Essential training techniques can help dancers appear taller while performing ballroom dance movements, as shown in Diane Jarmolow and Kasia Kozak's *Move Like a Champion*<sup>1</sup> video. Learning proper alignment of the spine and building core strength help dancers maintain posture and support excellent balance while executing dances.

Balance is more significant for dancers than for other people. Dancers must have secure postures while executing elaborate movements in space and time and with immense grace. In each case, the overall control of the body comes from the brain as it receives continuous and distinct sensory information<sup>2</sup>.

Perfecting balance is a lifetime feat - a learned process for navigating in the world that starts in infancy and continues into mature age. Stability can be challenged most during slow intricate movements. It is a delicate balance between inner ear, eyes, and muscle reflexes and its complexity requires fast responses from the nervous system<sup>3</sup>.

*"A good stance and posture reflect a proper state of mind."  
Morihei Ueshiba, Aikido Founder*

As the Rockettes student guide notes, balance can become second nature for dancers by training the mind and body<sup>4</sup>.

- a. Strengthen ankles with exercises for pronation and supination to wobbling
- b. Strengthen core muscles to help maintain alignment in every position
- c. Think of growing upward, expanding outward, and sending energy down into the floor
- d. Practice without a mirror
- e. Practice in dim light, with eyes closed, or practice on a soft or uneven surface
- f. Take risks, go further off-balance, maintain poses longer, reach a bit more
- g. Find a focus point on the wall or a light at the back of the theater to keep balanced longer
- h. Master a movement well with support, then try it without that support
- i. Visualize the body in perfect balance



Above: Laura Oliver & Brian L. Wells, Instructor.

Photo: Luann D'Agostino

Followers should control their own balance and build stability to avoid relying on the leader for balance. Leaders vary in the support that they can give to followers and they do not enjoy followers that hang on them as it throws off their balance<sup>5</sup>. So stand tall, using your core muscles and stay loose in the knees and shoulders to improve posture, balance, and, ultimately, the dance performance.

**About Renata J. Maslowski:** Renata dances with Starliters Dance Studio. She is a News Journal blogger who writes on topics of local entertainment, health and wellness. The author gratefully acknowledges Brian L. Wells, Jack Pollock, Laura Oliver, Diane J. Weinberg and Vivian Beiswenger for editorial review.

1 <http://movelikeachampion.com>

2 [www.istd.org/courses-and-training/resources/balance-and-posture](http://www.istd.org/courses-and-training/resources/balance-and-posture)

3 [http://c.ymcdn.com/sites/www.iadms.org/resource/resmgr/Public/Bull\\_2-1\\_pp14-16\\_Batson.pdf](http://c.ymcdn.com/sites/www.iadms.org/resource/resmgr/Public/Bull_2-1_pp14-16_Batson.pdf)

4 <http://www.rockettes.com/dance/the-student-guide-balance.html>

5 <http://www.addicted2salsa.com/dance/7-great-tips-to-improve-balance-while-dancing>





**ST. PETERSBURG & BALTIC DISCOVERY — 14 Days**  
5 June 2014 (V406)

DAY	PORT	TIME SPENT IN PORT
1	<b>Southampton, England</b>	Depart PM
2-4	<i>Cruising the North Sea</i>	
5	Tallinn, Estonia	Full Day
6-7	St. Petersburg (overnight)	2 Full Days
8	<i>Cruising the Baltic Sea</i>	
9	Stockholm, Sweden	Full Day
10	<i>Cruising the Baltic Sea</i>	
11	Warnemunde, Germany	Full Day
12	Copenhagen, Denmark	Full Day
13	Kristiansand, Norway	Full Day
14	<i>Cruising the North Sea</i>	
15	<b>Southampton, England</b>	Arrive AM



**ST. PETERSBURG & BALTIC DISCOVERY — 14 Days**  
6 July (V409), 10 August (V412) 2014

DAY	PORT	TIME SPENT IN PORT
1	<b>Southampton, England</b>	Depart PM
2-4	<i>Cruising the North Sea</i>	
5	Stockholm, Sweden	Full Day
6	<i>Cruising the Baltic Sea</i>	
7	Tallinn, Estonia	Full Day
8-9	St. Petersburg (overnight)	2 Full Days
10	<i>Cruising the Baltic Sea</i>	
11	Warnemunde, Germany	Full Day
12	Copenhagen, Denmark	Full Day
13	Kristiansand, Norway	Full Day
14	<i>Cruising the North Sea</i>	
15	<b>Southampton, England</b>	Arrive AM



**ROYAL VIKING ADVENTURE 14 Days**  
31 August 2014 (V414)

DAY	PORT	TIME SPENT IN PORT
1	<b>Southampton, England</b>	Depart PM
2-4	<i>Cruising the North Sea</i>	
5	Stockholm, Sweden	Full Day
6	<i>Cruising the Baltic Sea</i>	
7-8	St. Petersburg (overnight)	2 Full Days
9	Helsinki, Finland	Full Day
10	<i>Cruising the Baltic Sea</i>	
11	Warnemunde, Germany	Full Day
12	Copenhagen, Denmark	Full Day
13	Skagen, Denmark	Full Day
14	<i>Cruising the North Sea</i>	
15	<b>Southampton, England</b>	Arrive AM



FOR MORE INFORMATION, CONTACT YOUR TRAVEL AGENT:

Vivian Beiswenger  
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# Healthy Living: “The Truth About Cancer, The Quest For The Cures”

By Dr. Veronica Collings, D.C.

The life-saving information that has been on the fringes of the cancer industry for decades is finally available to you. It has been compiled into a cohesive and easy-to-assimilate format. A seven-episode, 10-hour DVD series was produced by the first organization independent of pharmaceutical interests to investigate cancer cures, the Independent Cancer Research Foundation (ICRF).

Why should you care?

Catastrophically enough, the current estimates are that one in two men and one in three women will get cancer. You or someone you know will need this information in your lifetime. Think of it as a fire drill. If cancer strikes, you'll be prepared. Of course, prevention is, by far, the best approach. In the program, a plethora of preventive methods are presented. The cancer patients that applied these strategies did not suffer the fate of the “five-year recurrence,” which so many conventionally treated cancer patients experience.

We can no longer depend on cancer “treatment” whose science is based on chemical warfare agents from WWI, burning radiation which also, like chemo, causes cancer (Madame Curie killed herself, experimenting with it, thinking it was safe), and cutting out diseased organs until there's nothing left to mutilate for a “cure.”

I had the luxury of being given this series as a free preview in digital format that played on my phone. It was very user-friendly to watch/listen to while I went about my life. Even though it was a huge amount of material, it was easy to wrap my head around. It was very well produced and, despite the difficult subject, very entertaining. This is because it was so inspiring that I couldn't put it down. In all fairness, since health is my profession and my passion, I'm sure I enjoyed it more than most. However, I am also in a better position to be



critical. It is my critical understanding that I am sharing with you now.

Here's what you can expect to get from this program: (1) understanding why cancer has reached epic proportions worldwide, (2) what's different now than just 100 years ago and (3) what you can do about it. The first steps to preventing and curing cancer is understanding exactly what it is, how it forms, and what is currently offered by most mainstream doctors as treatments. In Episode 1, you'll be looking at the Cancer Pandemic.

Episode 2 asks the question: Are You Immune? When most of us think about our immune system, we generally just relate to getting sick like catching a cold. This episode teaches you how important your immune system is for fighting, destroying, and preventing the development of cancer and many other diseases. You'll learn how to build your immune system, what causes it to break down, and what you can do about it. Episode 3 addresses a term that I often use: Franken-Foods & Cancer Causers. This episode alone is worth the price of admission. I'll be able to share this with you for free. As part of my purchase of DVDs to play in my reception area, I also got the rights to share the digital format with my friends. So contact me when you want your free copy.

Episode 4, Spoiled Rotten, is about specific detoxifying methods for keeping you cancer free. Up to this point, it's a pretty good summary to use the lines I use in my practice:

toxins out, good nutrients in, as the basis of health.

Episode 5, Eating Away at Cancer, turns the tables around on our old nemesis. You hear “cancer is eating away at your body.” This episode will show you proven methods to reverse this so that you're eating away at cancer instead. Yes, more on nutrition, but at this point, who doesn't get it that “you are what you eat.”

Episode 6 features the many doctors who have contributed to the show and exactly what approaches they would personally undertake if they were confronted with cancer.

Finally, Episode 7 showcases the many inspirational cancer cures by patients who had been declared terminal and found their way outside the box.

Many of the doctors, scientists, researchers and even lay people who have cleared the path for many cancer cures about which I've been reading over the years were featured in this program. This allowed me to “meet them” and expand my understanding of their approaches and successes. For you, it will consolidate my nearly 20-year study of this work into 10 hours. Granted, there are some luminaries in alternative cancer treatment hall of fame missing from this show; however, if you take this information in as it is intended, you'll never fear the word cancer again.

For more information on this program, go to [www.thetruthaboutcancer.com](http://www.thetruthaboutcancer.com) or call my office with your e-mail address. I will forward the program to you. See you on the dance floor.

*About the Author: Dr. Collings is an alternative health practitioner, she utilizes only natural remedies. Her offices are located at 120 W. Germantown Pike, Suite 210 in the Meetinghouse Business Center in Plymouth Meeting, PA. For more information, visit her website: [www.drveronicacollings.com](http://www.drveronicacollings.com).*





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- Compete in the *Dancing with the Stars: At Sea* competition. Following an early elimination process, finalists will have the opportunity to take to the main stage with the ship's dance professionals. One Cruise Champion will emerge, based on the highest combined point total from our panel of three judges, as well as audience participation.
- At the end of October 2014, the Cruise Champion with the highest score from each ship will have an opportunity to perform as a finalist on the Champions Cruise in December 2014. Finalists, plus a guest, will be invited on a complimentary 7-day Champions Cruise to the Caribbean, where the 15 finalists will dance for the coveted mirror ball trophy and the title Holland America Line *Dancing with the Stars: At Sea* Grand Champion.

### 2014 theme cruises just announced!

In addition to classes and competition, select cruises will also feature "Dancing with the Stars" celebrities and famed dance professionals\*\*. Guests will enjoy a chance to meet the dancers, ask questions and take photos; and see a dazzling production starring the celebrities and dance professionals, including Kym Johnson, Tristan MacManus, Sabrina Bryan and Carson Kressley.

#### June 14 & 21, 2014

*ms Zuiderdam*, 7-Day Alaska

#### July 26; August 2, 2014

*ms Westerdam*, 7-Day Alaska

#### November 29, 2014

*ms Westerdam*, 7-Day Eastern Caribbean

#### Champions Cruise — December 6, 2014

*ms Westerdam*, 7-Day Eastern Caribbean

Join Vivian  
December 6-13  
Eastern Caribbean  
*DWTS at Sea!*

\* Please see eligible cruise dates and complete terms and conditions at [hollandamerica.com/DWTSrules](http://hollandamerica.com/DWTSrules)  
\*\* Professionals and celebrities are subject to change.

## DANCING AROUND THE WORLD

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# QUEEN ELIZABETH FULL WORLD VOYAGE

10 January – 112 days | Roundtrip Southampton  
 10 January – 119 days | Southampton to New York†  
 18 January – 104 days | New York to Southampton  
 Fort Lauderdale embarkation also available  
 18 January – 111 days | Roundtrip New York†  
 Fort Lauderdale embarkation also available

5 February – 86 days | Los Angeles to Southampton  
 5 February – 93 days | Los Angeles to New York†  
 8 February – 83 days | San Francisco to Southampton  
 8 February – 90 days | San Francisco to New York†

## WORLD VOYAGE ITINERARY

MTH	DATE	DAY	PORT	CALL TYPE
Jan	10	Sat	<b>Southampton</b> , England	Depart PM
Jan	18	Sun	<b>New York</b> , New York	In Port
Jan	21	Wed	<b>Fort Lauderdale</b> , Florida	In Port
Jan	22	Thu	Nassau, Bahamas	In Port
Jan	25	Sun	Willemstad, Curaçao	In Port
Jan	27	Tue	Panama Canal, Panama	Transit
Jan	29	Thu	Puntarenas, Costa Rica	In Port
Feb	2	Mon	Cabo San Lucas, Mexico	In Port
Feb	5	Thu	<b>Los Angeles</b> , California	In Port
Feb	7	Sat	San Francisco, California <b>OVERNIGHT</b>	Overnight
Feb	8	Sun	<b>San Francisco</b> , California	In Port
Feb	13	Fri	Honolulu, Hawaii	In Port
Feb	14	Sat	Lahaina, Hawaii	In Port
Feb	20	Fri	Pago Pago, American Samoa	In Port
Feb	22	Sun	Apia, Samoa	In Port
Feb	24	Tue	Nuku 'Alofa, Tonga	In Port
Feb	27	Fri	Auckland, New Zealand	In Port
Feb	28	Sat	Bay of Islands, New Zealand	In Port
Mar	3	Tue	<b>Sydney</b> , Australia <b>OVERNIGHT</b>	Overnight
Mar	4	Wed	Sydney, Australia	In Port
Mar	6	Fri	Brisbane, Australia	In Port
Mar	9	Mon	Cairns (Yorkeys Knob), Australia <b>MAIDEN CALL</b>	In Port
Mar	12	Thu	Rabaul, Papua New Guinea	In Port
Mar	18	Wed	<b>Yokohama</b> , Japan	In Port
Mar	20	Fri	Nagasaki, Japan	In Port
Mar	21	Sat	Busan, South Korea	In Port

MTH	DATE	DAY	PORT	CALL TYPE
Mar	23	Mon	Shanghai, China	In Port
Mar	25	Wed	Hong Kong <b>OVERNIGHT</b>	Overnight
Mar	26	Thu	<b>Hong Kong</b>	In Port
Mar	28	Sat	Nha Trang, Vietnam	In Port
Mar	29	Sun	Ho Chi Minh City (Phu My), Vietnam	In Port
Mar	31	Tue	Bangkok (Laem Chabang), Thailand	In Port
Apr	1	Wed	Sihanoukville, Cambodia	In Port
Apr	3	Fri	<b>Singapore</b>	In Port
Apr	4	Sat	Kuala Lumpur (Port Kelang), Malaysia	In Port
Apr	9	Thu	Mumbai, India	In Port
Apr	12	Sun	Abu Dhabi, United Arab Emirates	In Port
Apr	13	Mon	<b>Dubai</b> , United Arab Emirates	In Port
Apr	20	Mon	Safaga (for Luxor & Karnak), Egypt	In Port
Apr	21	Tue	Sokhna (for Cairo & Giza), Egypt	In Port
Apr	22	Wed	Suez Canal, Egypt	Transit
Apr	24	Fri	Istanbul, Turkey <b>OVERNIGHT</b>	Overnight
Apr	25	Sat	Istanbul, Turkey	In Port
Apr	27	Mon	Valletta, Malta	In Port
Apr	30	Thu	Lisbon, Portugal	In Port
May	3	Sun	<b>Southampton</b> , England	Arrive AM

Add a **QUEEN MARY 2** Transatlantic Crossing to end your World Voyage.†

MTH	DATE	DAY	PORT	CALL TYPE
May	3	Sun	<b>Southampton</b> , England	Depart PM
	10	Sun	<b>New York</b> , New York	Arrive AM

## REGIONAL VOYAGES 8 TO 22 DAYS

Regional Voyages allow you to sail with **QUEEN ELIZABETH** for only a portion of her 2015 World Voyage, giving you the opportunity to see whichever region most appeals to you while still being part of a Cunard World Voyage.

10 January – 8 days | Southampton to New York  
 Fort Lauderdale disembarkation also available  
 18 January – 21 days | New York to San Francisco  
 Fort Lauderdale embarkation and/or Los Angeles disembarkation also available  
 8 February – 22 days | San Francisco to Sydney  
 3 March – 15 days | Sydney to Yokohama  
 18 March – 16 days | Yokohama to Singapore  
 3 April – 10 days | Singapore to Dubai  
 13 April – 20 days | Dubai to Southampton

## LINER VOYAGES 26 TO 61 DAYS

Liner Voyages combine two or more consecutive Regional Voyages shown above, allowing you to explore several regions that interest you most. The choice is yours.

18 January – 43 days | New York to Sydney  
 8 February – 37 days | San Francisco to Yokohama  
 3 March – 61 days | Sydney to Southampton  
 3 March – 31 days | Sydney to Singapore  
 18 March – 26 days | Yokohama to Dubai

For group rates call:  
**Vivian Beiswenger**  
**215-855-2711**  
**info@blsdc.com**

\*Ports shown in **bold** are turnaround ports/days. †Must be booked as separate, linked voyages that include all or part of the 112-day Roundtrip Southampton Full World Voyage, 104-day New York to Southampton Full World Voyage, 86-day Los Angeles to Southampton Full World Voyage or 83-day San Francisco to Southampton Full World Voyage plus a Transatlantic Crossing aboard **QUEEN MARY 2** at the end. Cruises subject to change without notice.

# QUEEN MARY 2 FULL WORLD VOYAGE

3 January – 120 days	New York to Southampton†
3 January – 127 days	Roundtrip New York†
10 January – 98 days	Southampton to Cape Town
10 January – 113 days	Roundtrip Southampton

10 January – 120 days	Southampton to New York†
30 January – 93 days	Dubai to Southampton
30 January – 100 days	Dubai to New York†

## WORLD VOYAGE ITINERARY

Add a QUEEN MARY 2 Transatlantic Crossing to begin your World Voyage.\*

MTH	DATE	DAY	PORT	CALL TYPE
Jan	3	Sat	<b>New York</b> , New York	Depart PM
	10	Sat	<b>Southampton</b> , England	Arrive AM

MTH	DATE	DAY	PORT	CALL TYPE
Jan	10	Sat	<b>Southampton</b> , England	Depart PM
Jan	13	Tue	Malaga, Spain	In Port
Jan	15	Thu	Barcelona, Spain	In Port
Jan	17	Sat	Civitavecchia (for Rome), Italy	In Port
Jan	21	Wed	Suez Canal, Egypt	Transit
Jan	21	Wed	Sokhna (for Cairo & Giza), Egypt	OVERNIGHT Overnight
Jan	22	Thu	Sokhna (for Cairo & Giza), Egypt	In Port
Jan	23	Fri	Safaga (for Luxor & Karnak), Egypt	In Port
Jan	29	Thu	Dubai, United Arab Emirates	OVERNIGHT Overnight
Jan	30	Fri	<b>Dubai</b> , United Arab Emirates	In Port
Jan	31	Sat	Abu Dhabi, United Arab Emirates	In Port
Feb	4	Wed	Cochin, India	In Port
Feb	6	Fri	Colombo, Sri Lanka	In Port
Feb	10	Tue	Phuket, Thailand	In Port
Feb	11	Wed	Penang, Malaysia	In Port
Feb	12	Thu	Kuala Lumpur (Port Kelang), Malaysia	In Port
Feb	13	Fri	<b>Singapore</b>	In Port
Feb	15	Sun	Sihanoukville, Cambodia	MAIDEN CALL In Port
Feb	17	Tue	Ho Chi Minh City (Phu My), Vietnam	In Port
Feb	19	Thu	Sanya, China	MAIDEN CALL In Port
Feb	21	Sat	<b>Hong Kong</b>	OVERNIGHT Overnight
Feb	22	Sun	Hong Kong	In Port
Feb	25	Wed	Bandar Seri Begawan, Brunei	MAIDEN CALL In Port
Feb	28	Sat	Bitung, Indonesia	MAIDEN CALL In Port

MTH	DATE	DAY	PORT	CALL TYPE
Mar	3	Tue	Darwin, Australia	In Port
Mar	8	Sun	Whitsunday Islands, Australia	In Port
Mar	10	Tue	Brisbane, Australia	In Port
Mar	12	Thu	<b>Sydney</b> , Australia	In Port
Mar	15	Sun	Milford Sound, New Zealand	Scenic Cruising
Mar	17	Tue	Akaroa (for Christchurch), New Zealand	In Port
Mar	18	Wed	Wellington, New Zealand	In Port
Mar	20	Fri	Auckland, New Zealand	OVERNIGHT Overnight
Mar	21	Sat	Auckland, New Zealand	In Port
Mar	22	Sun	Bay of Islands, New Zealand	In Port
Mar	25	Wed	<b>Sydney</b> , Australia	In Port
Mar	27	Fri	Melbourne, Australia	In Port
Mar	29	Sun	Adelaide, Australia	In Port
Apr	2	Thu	Fremantle (for Perth), Australia	In Port
Apr	9	Thu	Port Louis, Mauritius	In Port
Apr	13	Mon	Durban, South Africa	In Port
Apr	15	Wed	Port Elizabeth, South Africa	In Port
Apr	17	Fri	Cape Town, South Africa	OVERNIGHT Overnight
Apr	18	Sat	<b>Cape Town</b> , South Africa	In Port
Apr	20	Mon	Walvis Bay, Namibia	In Port
Apr	28	Tue	Las Palmas, Gran Canaria	In Port
Apr	29	Wed	Funchal, Madeira	In Port
May	3	Sun	<b>Southampton</b> , England	Arrive AM

Add a Transatlantic Crossing to end your World Voyage.†

MTH	DATE	DAY	PORT	CALL TYPE
May	3	Sun	<b>Southampton</b> , England	Depart PM
	10	Sun	<b>New York</b> , New York	Arrive AM

## REGIONAL VOYAGES 8 TO 24 DAYS

Regional Voyages allow you to sail with QUEEN MARY 2 for a portion of her 2015 World Voyage, giving you the opportunity to see whichever region most appeals to you, while still being part of a Cunard World Voyage.

10 January – 20 days	Southampton to Dubai
30 January – 14 days	Dubai to Singapore
13 February – 8 days	Singapore to Hong Kong
21 February – 19 days	Hong Kong to Sydney
12 March – 13 days	Roundtrip Sydney
25 March – 24 days	Sydney to Cape Town
18 April – 15 days	Cape Town to Southampton

## LINER VOYAGES 34 TO 61 DAYS

Liner Voyages combine two or more consecutive Regional Voyages shown on the left, allowing you to explore several regions that interest you most. The choice is yours.

10 January – 61 days	Southampton to Sydney
10 January – 42 days	Southampton to Hong Kong
10 January – 34 days	Southampton to Singapore
12 March – 52 days	Sydney to Southampton
25 March – 39 days	Sydney to Southampton

**For group rates, call Vivian Beiswenger, 215.855.2711.**

\*Ports shown in **bold** are turnaround ports/days. †Must be booked as separate, linked voyages that include all or part of the 113-day Roundtrip Southampton Full World Voyage or 93-day Dubai to Southampton Full World Voyage, plus a Transatlantic Crossing aboard QUEEN MARY 2 at the beginning and/or end. Cruises subject to change without notice.



# Delaware Valley Dance Organizer Contact Information

Adelphia Nightclub, Deptford, NJ, 856.686.0700  
 American Ballroom Company, Ewing, NJ,  
 mark@americanballroomco.com, 609.931.0409  
 Atrium Dance Studio, Pennsauken, NJ,  
 barbara@atriumdance.com, 856.661.9166  
 Ballroom, Latin & Swing Dance Center, Lansdale, PA,  
 www.blstdc.com, 215.855.2711  
 Ballroom Dance Venue, 610.967.4897  
 Bella Rosa Ballroom, Broomall, PA,  
 bellarosaballroom@comcast.net, 215.258.5587  
 Bill Sapp, billsappiphone@gmail.com, 302.897.5228  
 BlueBallRoom, Wilmington, DE, ken@blueballroom.net,  
 302.290.2583  
 Brasil's, Philadelphia, PA, 215.413.1700  
 Brian Gallagher, g11brian@aol.com, 215.292.3340  
 Carousel Ballroom, West Chester, PA,  
 dance@carouselballroom.com, 610.701.0600  
 Central Jersey Dance Society, Princeton, NJ,  
 www.centraljerseydance.org, 609.945.1883  
 Coastline Bar & Grill, Cherry Hill, NJ, 856.795.1773  
 Damian Lobato & Sarah Chung, Marlton, NJ, 503.729.2362  
 Dance Haddonfield, Haddonfield, NJ,  
 www.dancehaddonfield.org, 856.429.9154  
 Dance Time of NJ, Marlton, NJ,  
 info@dancetimeofnewjersey.com, 856.574.4018  
 Dancers Unlimited, Broomall, PA, 610.352.1996  
 Dances by Diane, Westville, NJ, info@dancesbydiane.com,  
 856.456.3900  
 DanceSport Academy, Ardmore, PA, 610.642.2525  
 Delaware Valley Swing Club, Collingswood, NJ,  
 delvalswing@yahoo.com, 856.858.6753  
 Donna Boyle, Plymouth Meeting, PA,  
 donnaboyledisco@aol.com, 215.740.3472  
 DuPont Country Club, Wilmington, DE, annrave@verizon.net,  
 302.421.1747  
 Estilo Dance Studio, Philadelphia, PA,  
 info@estilodancestudio.com, 215.336.0170  
 Flaco's Dance Factory, Phila., PA, maestroflaco@gmail.com  
 Guys & Dolls Ballroom Dance Club, Newtown, PA,  
 guysanddolls@comcast.net, 215.666.2535  
 Jersey Dance, Princeton Junction, NJ,  
 go.dancing@jerseydance.com  
 Jersey Shore Ballroom Dance Club, Somers Point, NJ,  
 jsbdclub@gmail.com, 609.645.3269  
 Juan Carlos & Teresa Figueroa, Marlton, NJ,  
 pilofl@aol.com, 302.475.5446  
 Kimberton Dance Society, Kimberton, PA,  
 kimberton.dance.society@gmail.com, 610.935.2721  
 La Luna Dance Studio, Bensalem, PA,  
 info@lalunadancestudio.com, 215.638.0418  
 Lesley Mitchell & Kelly Ray, Philadelphia, PA,  
 lesleymitchell2x4@gmail.com, 215.574.9555  
 Lindy and Blues, Philadelphia, PA, lab@lindyandblues.com  
 Lucha Cartel Bar & Restaurant, Philadelphia, PA,  
 267.761.9209  
 Lynne Stevens, lasdance13@comcast.net  
 Main Line Ballroom, Ardmore, PA,  
 mainlineballroom@gmail.com, 610-909-7718  
 Mambodelphia Ent., Phila., PA, info@mambodelphia.com,  
 609.330.6804

Maria Aldrete & Steve Mason, Pennsauken, NJ,  
 tengotango@comcast.net, 610.246.2043  
 Medalist DC, Bellmawr, NJ, sgrussenmeyer@gmail.com  
 Michael's Café, Bensalem, PA, 215.633.7171  
 Milonga La Pausa, Philadelphia, PA,  
 laparisienne23@yahoo.com  
 Monday Blues Jazz Orchestra, info@mondaybluesjazz.com,  
 609.910.3434  
 Mostly Waltz, Broomall, PA, info@mostlywaltz.com,  
 215.643.4397  
 Parents w/o Partners, aadonnaa@comcast.net, 484.494.7060  
 Peppermint Dance Club, various locations,  
 bettykrout@verizon.net, 610.558.4556  
 Philadelphia Argentine Tango School, Philadelphia, PA,  
 meredithklein@gmail.com, 617.291.3798  
 Philadelphia Swing Dance Society, Philadelphia, PA,  
 215.629.2344, 610.676.0123  
 Princeton Tango, Princeton, NJ, tango@princeton.edu  
 Reef Restaurant & Lounge, Philadelphia, PA, 215.629.0102  
 Rob Baen & Sheila Purkey, robandsheiladance@yahoo.com,  
 609.519.0793  
 Rumero Entertainment, Philadelphia, PA,  
 info@rumeroentertainment.com  
 Salsa in the Suburbs, Media, PA,  
 info@salsainthesuburbs.com, 610.800.8182  
 Sangha Space, Media, PA, 610.864.2323  
 Society Hill Dance Academy, Philadelphia, PA,  
 info@societyhilldance.com, 215.574.3574  
 Sparklage Productions, Ardmore, PA, sparklage@gmail.com,  
 610.662.0404  
 Stardust Ballroom, Bellmawr, NJ, stardustbellmawr.com,  
 856.931.4000  
 Starlites Dance Studio, Inc., www.starlitesdance.com,  
 Hockessin, DE, 302.798.6330  
 Star Seguinot, various PA locations,  
 star@salsavenuestudio.com, 215.920.4511  
 Studio 18, Somers Point, NJ, studio18nj@gmail.com,  
 609.788.4021  
 Sweeneys, Bala Cynwyd, PA, 610.896.5221  
 Swing Kat Entertainment, Pottstown, PA, faryl@swingkat.com,  
 610.348.6727  
 Swingalongs, Doylestown, PA, 215.675.3914 or 215.858.2922  
 Take the Lead Dance Studio, Hockessin, DE, 302.234.0909  
 Tango Café, Philadelphia, PA, davidwalterp@verizon.net,  
 215.629.2344  
 Tango South and North, Ardmore, PA,  
 tangosouthandnorth@hotmail.com, 267.320.5210  
 The Studio at Take the Lead on Pine, Philadelphia, PA,  
 215.471.3215  
 Top Hat Dance Studio, Philadelphia, PA,  
 info@tophatdancestudio.com, 215.676.3100  
 Universal Ballroom Dance Center, Collingswood, NJ,  
 856.869.0010  
 Viva Ballroom Dance Studio, info@vivadancestudio.net,  
 Lawrenceville, NJ, 609.392.3930  
 Viva Tango!, Princeton, NJ, Princeton.vivatango@gmail.com

## Calendar of Places to Dance: JULY/AUGUST, 2014

Contact information for events listed here is on the previous page.

### MONDAYS

**LINDY AND BLUES @ The Adrienne**  
8:30 PM-12 AM Blues Lesson & Dance

**MAMBODELPHIA ENT. @ Encore**  
8:30 PM-1:30 AM Salsa Lesson & Dance

**PRINCETON TANGO CLUB**  
10:30 PM-12:30 AM Argentine Tango Practica

**ROB B. & SHEILA P. @ Haddonfield School of Dance**  
9:15 PM West Coast Swing Practica

### TUESDAYS

**ADELPHIA NIGHTCLUB**  
8:30 PM Hustle Dance

**LESLEY MITCHELL & KELLY RAY**  
8:30-11:30 PM Argentine Tango Practica

**LINDY AND BLUES @ Ethical Society**  
8 PM-12 AM Lindy/Blues Lesson & Dance

**LUCHA CARTEL BAR & RESTAURANT**  
8 PM Salsa Lesson & Dance

**PEPPERMINT DANCE CLUB @ Prospector's**  
7-10:30 PM Lesson & Dance

**REEF RESTAURANT & LOUNGE**  
9 PM-2 AM Salsa Lesson & Latin Dance

**ROB B. & SHEILA P. @ Sangha Space**  
9:30-11 PM West Coast Swing Practica

### WEDNESDAYS

**AMERICAN BALLROOM COMPANY**  
7-9 PM Newcomers' Lesson & Practice Party

**BRASIL'S w/La Luna Dance Studio**  
9 PM-2 AM Salsa Lesson & Dance

**DANCERS UNLIMITED**  
7:30-11 PM Lesson & Dance

**JERSEY DANCE**  
8:30-11 PM Dance

**JUAN CARLOS & TERESA FIGUORA**  
8-11 PM Argentine Tango Practica

**MICHAEL'S CAFE**  
8:30 PM-11 AM Hustle Lesson & Dance

**PHILADELPHIA ARGENTINE TANGO SCHOOL**  
9 PM-12 AM Argentine Tango Lesson & Practica

### THURSDAYS

**BRASIL'S w/La Luna & Estilo Dance Studios**  
9 PM-2 AM Salsa Lesson & Dance 1<sup>st</sup> Thur.

**DANCE TIME OF NJ**  
8-10 PM Dance

### THURSDAYS (continued)

**DONNA BOYLE @ Church on the Mall**  
7-11 PM Lesson & Dance 3<sup>rd</sup> Thurs.

**LINDY AND BLUES @ Univ. City Arts League**  
8-11 PM Lindy Hop/Balboa Lessons & Dance

**PARENTS WITHOUT PARTNERS Newtown Sq.**  
8-11 PM Dance w/Band

**ROB B. & SHEILA P. @ Haddonfield School of Dance**  
7:30-9 PM West Coast Swing Practica 7/10

**STAR SEGUINOT @ Club 212**  
8:30 PM-12:30 AM Salsa Lesson & Latin Dance

**UNIVERSAL BALLROOM DANCE CENTER**  
7:45-9:30 PM Dance

**VIVA TANGO**  
8-11:45 PM Argentine Tango Practica

### FRIDAYS

**AMERICAN BALLROOM COMPANY**  
8-11 PM Practice Party

**BALLROOM DANCE VENUE @ North End Fire Co.**  
7:30-10:30 PM Arg. Tango Lesson & Milonga 2<sup>nd</sup> Fri.

**BALLROOM, LATIN & SWING DANCE CENTER @ North Penn YMCA until 7/25**  
7:30-9:45 PM Beginner-Friendly Dance Party

**BRASIL'S w/La Luna Dance Studio**  
9 PM-1:30 AM Salsa Lesson & Dance

**BRIAN GALLAGHER @ Rhythm DanceSport Center**  
8 PM-12 AM Hustle & West Coast Swing Lessons & Dance 2<sup>nd</sup> Fri.

**CAROUSEL BALLROOM**  
8-11 PM Lesson & Dance 7/18

**CENTRAL JERSEY DANCE SOCIETY @ Albert Hinds Plaza**  
7:30-10 PM Dance (outdoor) 7/11, 7/25, 8/8, 8/22 (rain: indoor 7:30-8:45 PM)

**DONNA BOYLE @ Church on the Mall**  
7:30 PM 12 AM Lesson & Dance

**GUYS & DOLLS BALLROOM DANCE CLUB**  
7:15-9:45 PM Lesson & Dance Party 8/1, 8/15

**LA LUNA DANCE STUDIO**  
8:30 PM-2 AM Salsa Lesson & Dance 7/11, 7/25

**LESLEY MITCHELL & KELLY RAY**  
8:30 PM-2 AM Arg. Tango Lessons & Milonga

**LINDY AND BLUES @ Adrienne Theater**  
8 PM-12 AM Balboa Lesson & Dance 3<sup>rd</sup> Fri.

### FRIDAYS (continued)

**LYNNE STEVENS**  
8 PM-12 AM CA Mix Lesson & Dance 1<sup>st</sup> Fri.

**MAIN LINE BALLROOM**  
7:30-11 PM Lessons & Dance 2<sup>nd</sup>, 4<sup>th</sup> Fri.

**ROB B. & SHEILA P. @ Collingswood Cloud Masonic Lodge**  
8 PM WCS Lesson & Dance 4<sup>th</sup> Fri.

**SOCIETY HILL DANCE ACADEMY Center City**  
8:30-10 PM Dance

**STAR SEGUINOT**  
8 PM-1 AM Salsa Lesson & Dance @ Sunnybrook Ballroom 3<sup>rd</sup> Fri.  
9 PM-2 AM Latin Lesson & Dance @ Other Farm Brewing Co. 4<sup>th</sup> Fri.

**STARDUST BALLROOM**  
7:30 PM Lesson & Dance

**STARLITERS DANCE STUDIO @ DuPont CC**  
7:30-11:00 PM Lesson & Dance 7/18

**STUDIO 18**  
6:30-10 PM Lesson & Dance

**SWEENEYS**  
7:30-10 PM Lesson & Dance 7/25, 8/15

**SWING KAT ENTERTAINMENT @ Ballroom on High**  
7:30-11 PM Lindy/Charleston Lesson & Dance 8/8  
7:30-11 PM Balboa/Shag Lesson & Dance 8/22

**THE STUDIO AT TAKE THE LEAD ON PINE**  
9 PM-1 AM Salsa Lesson & Dance 2<sup>nd</sup>, 4<sup>th</sup> Fri.

### SATURDAYS

**ATRIUM DANCE STUDIO**  
8:30 PM-2 AM Salsa Lesson & Latin Dance

**BELLA ROSA BALLROOM**  
8-11 PM Dance 7/26, 8/23

**BILL SAPP @ Phoenix Ballroom**  
7:30-11 PM Lesson & Dance 3<sup>rd</sup> Sat.

**BLUEBALLROOM**  
8-11:30 PM Ballroom & Swing/Hustle Dances 7/19, 8/23

**BRASIL'S w/Estilo Dance Studio**  
9 PM-2 AM Salsa Lesson & Dance

**CAROUSEL BALLROOM**  
8-11 PM Lesson & Dance Party 7/12, 7/26

**CENTRAL JERSEY DANCE SOCIETY**  
7-11:30 PM Latin Lesson & Dance 1<sup>st</sup> Sat.  
7-11:30 PM Lesson & Dance 2<sup>nd</sup> Sat.  
7-11:30 PM CA Mix Lesson & Dance 3<sup>rd</sup> Sat.  
7-11:30 PM Swing Lesson & Dance 8/30



## Calendar of Places to Dance: JULY/AUGUST, 2014

SATURDAYS (continued)	SUNDAYS	FREE ADVERTISING
<p><b>DAMIAN LOBATO &amp; SARAH CHUNG</b> 7-11 PM Argentine Tango Lessons &amp; Milonga <i>3<sup>rd</sup> Sat.</i></p> <p><b>DANCES BY DIANE</b> 8-11 PM Lesson &amp; Dance 7/19</p> <p><b>DELAWARE VALLEY SWING CLUB</b> 7 PM-12:30 AM WCS Lesson &amp; Dance <i>3<sup>rd</sup> Sat.</i></p> <p><b>KIMBERTON DANCE SOCIETY</b> 6:30 PM Dance 7/19</p> <p><b>MILONGA LA PAUSA</b> 9 PM-1 AM Milonga <i>1<sup>st</sup> Sat.</i></p> <p><b>PEPPERMINT DANCE CLUB @ Ch. on the Mall</b> 7:15 PM-12 AM Lessons &amp; Dance</p> <p><b>PHILA. ARGENTINE TANGO SCHOOL</b> 9 PM-2 AM Milonga <i>4<sup>th</sup> Sat.</i></p> <p><b>PHILA. SWING DANCE SOCIETY</b> 7 PM-12 AM Swing Lessons &amp; Dance <i>7/12, 7/26, 8/9</i></p> <p><b>ROB B. &amp; SHEILA P. @ Sangha Space</b> 8 PM-12 AM CA Mix Lesson &amp; Dance <i>4<sup>th</sup> Sat.</i></p> <p><b>SALSA IN THE SUBURBS</b> 8 PM-12 AM Salsa Lesson &amp; Dance <i>2<sup>nd</sup> Sat.</i></p> <p><b>SANGHA SPACE</b> 9 PM-4 AM Argentine Tango Lesson &amp; Milonga <i>2<sup>nd</sup> Sat.</i></p> <p><b>SPARKLAGE PRODUCTIONS</b> 8 PM-1 AM Hustle &amp; WCS Lessons &amp; Dance <i>2<sup>nd</sup> Sat. @ North Penn Elks</i></p> <p><b>STARLITERS @ Take the Lead DS</b> 8-11:30 PM Lesson &amp; Dance <i>7/26, 8/30</i></p> <p><b>SWINGALONGS DANCE CLUB</b> 7:30-10:30 PM Couples' Dance <i>2<sup>nd</sup> Sat.</i></p> <p><b>SWING KAT ENTERTAINMENT</b> 8-11:30 PM Swing Lesson &amp; Dance @ Ballroom on High <i>7/19 w/Band, 8/9, 8/16 w/ Band, 8/23, 8/30</i> 8-11:30 PM Swing Lesson &amp; Dance @ North End Fire Co. <i>1<sup>st</sup> Sat.</i></p> <p><b>TAKE THE LEAD DANCE STUDIO</b> 7:30-11 PM Lesson &amp; Dance</p> <p><b>TOP HAT DANCE STUDIO</b> 8 PM Lesson &amp; CA Mix Dance <i>7/26</i></p>	<p><b>ATRIUM DANCE STUDIO</b> 3-7 PM Lesson &amp; Dance</p> <p><b>BALLROOM DANCE VENUE</b> 6:30-10 PM Lesson &amp; Dance</p> <p><b>BRIAN GALLAGHER @ Michael's Café</b> 6-9 PM Lesson &amp; Dance</p> <p><b>COASTLINE w/Atrium Dance Studio</b> 8 PM-2 AM Salsa Lesson &amp; Dance</p> <p><b>DANCE HADDONFIELD</b> 6-10:30 PM Lessons &amp; Dance (<i>see ad</i>)</p> <p><b>ESTILO DANCE STUDIO @ Holiday Inn Stadium</b> 9 PM-2 AM Salsa Lesson &amp; Dance</p> <p><b>GUYS &amp; DOLLS BALLROOM DANCE CLUB</b> 1:30-4:30 PM Lesson &amp; Dance <i>7/12, 7/19, 8/10, 8/24</i></p> <p><b>LESLEY MITCHELL &amp; KELLY RAY</b> 9-11:30 PM Milonga <i>3<sup>rd</sup> Sun.</i></p> <p><b>LINDY AND BLUES</b> 4-6 PM Swing Dance (outdoor) 8-11 PM Swing Dance w/Band <i>3<sup>rd</sup> Sun.</i></p> <p><b>MARIA ALDRETE &amp; STEVE MASON @ Atrium Dance Studio</b> 12-3 PM Milonga <i>7/20</i></p> <p><b>MEDALIST DC @ Stardust Ballroom</b> 2:30-5:30 PM Lesson &amp; Dance <i>1<sup>st</sup>, 3<sup>rd</sup> Sun.</i></p> <p><b>MONDAY BLUES JAZZ ORCHESTRA @ Cannstatter Volksfest-Verein</b> 3-7 PM Dance w/Big Band <i>7/20, 8/10</i> <b>@ German-Amer. Soc. of Trenton</b> 3-7 PM Dance w/Big Band <i>7/27, 8/24</i></p> <p><b>MOSTLY WALTZ</b> 2:30-6 PM Waltz Lesson &amp; Dance <i>4<sup>th</sup> Sun.</i></p> <p><b>ROB B. &amp; SHEILA P. @ Sangha Space</b> 5:30-9:30 PM WCS Lesson &amp; Dance <i>1<sup>st</sup> Sun.</i></p> <p><b>STARDUST BALLROOM</b> 7-10:30 PM Over-55 Dance w/Band</p> <p><b>TANGO CAFÉ @ Society Hill Dance Acad.</b> 3:30-7 PM Milonga <i>4<sup>th</sup> Sun.</i></p> <p><b>TANGO SOUTH AND NORTH</b> 4-9 PM Argentine Tango Lesson &amp; Milonga <i>1<sup>st</sup> Sun.</i></p>	<p><b>FREE ADVERTISING</b> If you run a dance that is open to the public, email your event information to <a href="mailto:dancespotlight@blsdc.com">dancespotlight@blsdc.com</a> or send it to Vivian Beiswenger, <i>The Delaware Valley Dance Spotlight</i> Editor, 255 Hawthorne Circle, North Wales, PA 19454 or call 215.855.2711. We reserve the right to limit inclusion due to space and time constraints. Preference will be given to advertisers and submissions received before the deadline.</p> <p><b>Our next deadline for ads, news and calendar and special events will be August 20.</b></p> <p>Did you know that most of the <i>Dance Spotlight</i> advertisers, advertise year round and have been doing so for years? It must be working for them. Reach over 3100 PA, NJ, and DE dance households for pennies each.</p> <p><b>See advertising rates on page 23.</b></p>

# DANCING AROUND THE WORLD

*with Vivian Beiswenger and*

**"Best River Cruise Line" 2013 Cruise Critic Editors' Picks Award**



## WATERWAYS OF THE TSARS

**May 30, 2015 - June 11, 2015**  
**St. Petersburg to Moscow**

on the Viking Truvor 13-day cruise  
with 11 guided tours  
4 days St. Petersburg, Mandrogy,  
Kizhi Island, Kuzino, Yaroslavl, Uglich,  
4 days Moscow



Extensions: 3 nights Helsinki, 2 nights St. Petersburg, 2 nights Moscow

## ROOF OF THE WORLD

**August 22 - September 16, 2015**  
**CHINA & TIBET**

on the all-veranda Viking Emerald  
16-day cruise with 18 guided tours,  
6-day Yangtze River cruise,  
3 days Beijing, 2 nights Xian,  
3 nights Lhasa, 2 nights Shanghai



Extensions: 2 nights Shanghai, 4 nights Hong Kong & Guilin

## GRAND EUROPEAN TOUR

**October 11 - 26, 2015**  
**Amsterdam to Budapest**

on the Viking Eistla 15-day cruise  
with 13 guided tours Amsterdam,  
Kinderdijk, Cologne, Koblenz,  
Miltlenberg, Würzburg, Rothenburg,  
Bamberg, Nuremberg,  
Passau, Melk, Krems, Vienna,  
Bratislava, Budapest



Extensions: 2 nights Amsterdam, 2 nights Budapest, 3 nights Prague

## PARIS & THE HEART OF NORMANDY

**October 14 - 22, 2015**  
**on the Viking Neptune**

*Vivian plans to escort this trip  
and hopes you can join her*

8-day cruise with 6 guided tours  
Paris, Giverny, Vernon, Seine River,  
Rouen, Les Andelys, Conflans, Paris



Extension: 3-nights Paris.

**With all four trips:** all meals, wine, beer, or soft drinks with lunch & dinner, audio headsets with all tours.

We have group rates on the above dates but can book you on any Viking River Cruise dates.

Call 215.855.2711 or 215.530.3482 or email [info@blsdc.com](mailto:info@blsdc.com). **Call about 2-for-1 rates and air.**



## SPECIAL EVENTS & UPCOMING COMPETITIONS

**Jul. 16-20, Wed.-Sun. - Virginia State DanceSport Championships**, Hyatt Regency, Reston Town Centre, VA, [www.dancesportchampionships.com](http://www.dancesportchampionships.com)

**Jul. 17-20, Thur.-Sun. - Philadelphia BachataFest & World Music Weekend**, Clarion Hotel & Conference Center, Essington, PA, [philadelphiabachatafest.com](http://philadelphiabachatafest.com)

**Jul. 25-27, Fri.-Sun. - Lindy and Blues Hot Mess Weekend**, Philadelphia, PA, [www.lindyandblues.com](http://www.lindyandblues.com)

**Jul. 26, Sat. - BlueBallroom Showcase & Dance**, BlueBallroom, [www.BlueBallroom.net](http://www.BlueBallroom.net)

**Jul. 26, Sat. - Dinner & Dancing at DuPont Country Club**, Wilmington, DE, RSVP by 7/24, 302.421.1747

**Jul. 26 or Aug. 2 - 7-day Dancing with the Stars at Sea Alaska Cruise**, Holland America ms Westerdam, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) (see ad)

**Jul. 31-Aug. 3, Thur.-Sun. - Swing Fling**, Sheraton Premiere, Tysons Corner, Vienna, VA, [www.swingfling.com](http://www.swingfling.com)

**Aug. 2, Sat. - American DanceWheels Foundation Fundraiser & BLSDC 11th Anniversary Dinner Dance**, DanceWheels Exhibition, Williamson Banquet Center, Horsham, PA, [www.blsdc.com](http://www.blsdc.com), 215.855.2711 (see ad)

**Aug. 2, Sat. - Argentine Tango Milonga Benefit for Save the Golden Lion Tamarins**, Blue Ball Barn, Wilmington, DE, [tengotango@verizon.net](mailto:tengotango@verizon.net)

**Aug. 2, Sat. - Pittsburgh DanceSport Challenge**, Hyatt Regency Airport, Pittsburgh, PA, [www.pittsburghdancesport.com](http://www.pittsburghdancesport.com)

**Aug. 6-10, Wed.-Sun. - Empire Dance Championship**, Conrad Hotel, New York, NY, [infodanceempire@gmail.com](mailto:infodanceempire@gmail.com), 917.535.2536

**Aug. 17-27 - Viva Ballroom Dance Studio Summer Dance Camp**, Kerhonkson, NY, [www.vivadancestudio.com](http://www.vivadancestudio.com), 609.392.3930

**Aug. 20-24, Thur.-Sun. - Capital Dancesport Championships**, Hilton Alexandria Mark Center, Alexandria, VA, [www.capitaldancesport.net](http://www.capitaldancesport.net)

**Aug. 27-Sep. 1 - New York Hustle Dance Congress**, New Yorker Hotel, New York, NY, [www.loribrizzi.com](http://www.loribrizzi.com)

**Aug. 27-Sep. 1 - New York International Salsa Congress Dance & Music Festival**, Hilton New York, NY, [www.nycsalsacongress.com](http://www.nycsalsacongress.com)

**Aug. 31-Sep. 14 - BLSDC St. Petersburg & Baltics Cruise on the Queen Victoria**, 14-day roundtrip Southampton, England, 215.855.2711 (see ad)

**Sep. 1-6, Mon.-Sat. - United States Dance Championships**, Walt Disney World Swan, Orlando, FL, [www.unitedstatesdancechampionships.com](http://www.unitedstatesdancechampionships.com)

**Sep. 12-14, Fri.-Sun. - Stardust Dance Weekend**, Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800.794.4982 (see ad)

**Sep. 15-27 - BLSDC New England/Canada Autumn Colors Cruise on the Queen Mary 2**, 12-day roundtrip New York, 215.855.2711 (see ad)

**Sep. 19, Fri. - Big Band Society Dinner Dance w/Serenaders Orchestra**, Cavalier Country Club, Newark, DE, RSVP: 302.239.5159

**Sep. 19-21, Fri.-Sun. - Philly Swing Classic**, Clarion Hotel, Essington, PA [www.phillyswings.com](http://www.phillyswings.com)

**Oct. 3-5, Fri.-Sun. - Carolina Fall Classic & WDSC Senior I & II Championships**, University Hilton, qualifying event for USA Dance Nationals, Charlotte, NC, [www.carolinafallclassic.com](http://www.carolinafallclassic.com)

**Oct. 16-28 - BLSDC New England/Canada Autumn Colors Cruise w/Vivian Beiswenger on the Queen Mary 2**, 12-day roundtrip New York, New England Canada, [www.blsdc.com](http://www.blsdc.com), 215.855.2711 (see ad)

**Oct. 17-19, Fri.-Sun. - Swustlicious**, Hilton Garden Inn Valley Forge, PA, [www.sparklage.com](http://www.sparklage.com)

**Oct. 18, Sat. - Princeton Ballroom Competition**, Dillon Gym, Princeton University, Princeton, NJ, [www.princeton.edu/~pbdc/competition.html](http://www.princeton.edu/~pbdc/competition.html)

**Oct. 26, Sun. - Breast Cancer Benefit CA Mix Dance**, Norristown, PA, [brendapetaccio@yahoo.com](mailto:brendapetaccio@yahoo.com)

**Oct. 31-Nov. 2 - Halloween in Harrisburg & SwingZing**, Best Western Premier Central Hotel, Harrisburg, PA, [www.halloweeninharrisburg.com](http://www.halloweeninharrisburg.com)

**Nov. 15, Sat. - Starlites 1st Fabulous Fall Festival & Dinner Dance**, DuPont Country Club, Wilmington, DE, [www.starlitesdance.com](http://www.starlitesdance.com)

**Nov. 13-16, Thur.-Sun. - DC Swing Experience**, Dulles Hyatt, Herndon, VA, [www.dcswingexperience.com](http://www.dcswingexperience.com)

**Nov. 18-23 - Ohio Star Ball Championships and USA Dance Collegiate DanceSport Championships**, Hyatt Regency Convention Center, Columbus, OH, [www.ohiostarball.com](http://www.ohiostarball.com), [www.usadance.org](http://www.usadance.org)

**Nov. 21-23, Fri.-Sun. - Stardust Dance Weekend**, Honor's Haven Resort & Spa, Ellenville, NY, [www.stardustdance.com](http://www.stardustdance.com), 800.794.4982 (see ad)

**Nov. 21 - 7-day Rome to Venice Cruise on Queen Elizabeth**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) (see ad)

**Nov. 23, Sun. - Society Hill Dance Academy Showcase & Dinner Dance**, Cescaphe, Philadelphia, PA, [www.societyhilldance.com](http://www.societyhilldance.com)

**Nov. 28 - 7-day Venice to Rome Cruise on Queen Elizabeth**, 215.855.2711; [info@blsdc.com](mailto:info@blsdc.com) (see ad)

**Nov. 29 - 7-day Dancing with the Stars at Sea Eastern Caribbean Cruise**, Holland America ms Zuiderdam, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) (see ad)

**Dec. 6 - 7-day Dancing with the Stars at Sea Eastern Caribbean Cruise w/Vivian Beiswenger**, Holland America ms Zuiderdam, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) (see ad)

**Dec. 22-Jan. 3 Christmas/NYE Caribbean Cruise on the Queen Mary 2**, 12-day roundtrip New York, 215.855.2765 (see ad)

(Continued on page 17)

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4/6/15 - 4/25/15 19-day Los Angeles to New York



## SPECIAL EVENTS & DANCE COMPETITIONS *(Continued from page 15)*

**Jan.-April - World Cruise on Cunard's Queen Mary 2, Queen Elizabeth or Queen Victoria**, call for options, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

**Jan. 18, Sun. - Manhattan Amateur Classic**, Manhattan Center, NY, NY, qualifying event for USA Dance Nationals, [www.mac.nyusadance.org](http://www.mac.nyusadance.org)

**Jan. 18 - 18-day NYC to LA Panama Canal Cruise on Cunard's Queen Elizabeth**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

**Feb. 2 - 15-day Fort Lauderdale to LA Panama Canal Cruise on Cunard's Queen Victoria**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

**Feb. 17 - 48-day LA to LA South Pacific Cruise on Cunard's Queen Victoria**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

**Feb. 19 - 19-day San Francisco to Sydney South Pacific Cruise**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

**Mar. 9-20 - Stardust Dance Cruise X**, Costa Mediterranea roundtrip Miami, FL, [www.stardustdance.com](http://www.stardustdance.com), 800.537.2797 **(see ad)**

**Mar. 12-25 - Australia/New Zealand Cruise, 13 days on the Queen Elizabeth**, stops in Milford Sound, Akaroa, Wellington, Auckland, (overnight), Bay of Islands, six at-sea days, [info@blsdc.com](mailto:info@blsdc.com), 215.855.2711 **(see ad)**

**Mar. 18-Apr. 3 - Tokyo (Yokohama) to Singapore Dance Cruise w/Vivian Beiswenger**, 16 days on the Queen Elizabeth with stops in Nagasaki (Japan), Busan (South Korea), Shanghai & Hong Kong (China), Nha Trang & Ho Chi Minh City (Vietnam), Bangkok (Thailand), & Sihanoukville (Cambodia), 215.855.2711 **(see ad)**

**Mar. 27-29, Fri.-Sun. - USA Dance 2015 National Championships**, Baltimore MD, [www.usadance.org](http://www.usadance.org)

**Apr. 3-13 - Singapore to Dubai Dance Cruise w/Vivian Beiswenger**, 10 days on the Queen Elizabeth with stops in Malaysia, India (optional land tour to Taj Mahal), Abu Dhabi and Dubai, [info@blsdc.com](mailto:info@blsdc.com), 215.855.2711 **(see ad)**

**Apr. 6 - 19-day LA to NYC Panama Canal Cruise on Cunard's Queen Victoria**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

**May 3-10, Pre-Blackpool "Lusitania Remembered" Great Britain & Paris Cruise on Cunard's Queen Victoria** roundtrip Southampton, UK with stops in St. Peter Port (Guernsey), LeHavre (Paris), Cork, & Dublin, [info@blsdc.com](mailto:info@blsdc.com), 215.855-2711 **(see ad)**

**May 10-17, Sun.-Sun. - Pre-Blackpool 7-Day Transatlantic Cruise on Cunard's Queen Mary 2**, spend a few days in London before Blackpool, [info@blsdc.com](mailto:info@blsdc.com), 215.855.2711 **(see ad)**

**May 11-27 - Baltics Cruise with overnight in St. Petersburg on Cunard's Queen Elizabeth** with additional stops in Oslo, Copenhagen, Stockholm, Tallinn, Warnemunde, Kirkwall (Scotland) and Liverpool (for Cunard 175th Anniversary celebration), [info@blsdc.com](mailto:info@blsdc.com), 215.855.2711 **(see ad)**

**May 17-27 - British Isles 10-night Cruise on Cunard's Queen Mary 2 (overlaps with Blackpool)** roundtrip Southampton with stops in Cobh (Cork) & Dublin Bay, Ireland, Greenock, Great Britain, Oban, Scotland, Liverpool (overnight), England, St. Peter Port, Great Britain, [info@blsdc.com](mailto:info@blsdc.com), 215.855.2711 **(see ad)**

**May 22-28 - British Isles 6-night cruise on Cunard's Queen Victoria** with stops in St. Peter Port and Liverpool for Cunard's 175 Anniversary Celebration, [info@blsdc.com](mailto:info@blsdc.com), 215.855.2711

**May 22-29, 2015 Fri.-Fri. - 2015 Blackpool Dance Festival**, Blackpool, England, [www.blackpooldancefestival.com](http://www.blackpooldancefestival.com), 44.(0).1253.625252

**May 27-Jun. 3 - Post-Blackpool 7-Day Transatlantic Cruise on Cunard's Queen Mary 2**, miss the last three nights of Blackpool to sail leisurely back to NY, [info@blsdc.com](mailto:info@blsdc.com), 215.855.2711 **(see ad)**

**May 30-June 11 - Waterways of the Tsars St. Petersburg to Moscow River Cruise 13-days on Viking Truvar**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

**Sep. 19-24, 2015 - Bermuda Cruise 5-nights roundtrip Cape Liberty, NJ on Royal Caribbean's Liberty of the Seas**, stops in King's Warf Bermuda, [info@blsdc.com](mailto:info@blsdc.com), 215-855.2711

**Sep 27-Oct. 11 - Canada New England Fall Colors 14-night cruise roundtrip New York on Cunard's Queen Mary 2**, [info@blsdc.com](mailto:info@blsdc.com), 215.855.2711 **(see ad)**

**Oct. 11-26, 2015 - 15-day Grand European River Cruise Amsterdam to Budapest on Viking Eistla**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

**Oct. 14, 2015 - 8-day Paris & the Heart of Normandy River Cruise roundtrip Paris on Viking Neptune w/ Vivian Beiswenger**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

**Dec. 22, 2015-Jan. 3, 2016 - Christmas/NYE Caribbean Cruise on the Queen Mary 2**, 12-day roundtrip New York, 215.855.2765 **(see ad)**

**Aug. 22-Sep. 16, 2015 - 16-day China/Tibet Roof of the World Tour on Viking Emerald from Beijing to Shanghai**, 215.855.2711 or [info@blsdc.com](mailto:info@blsdc.com) **(see ad)**

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**The deadline for the September/October issue is August 20.**



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# KADEL'S KORNER: Having Fun with Foxtrot

by Peter Kadel, Fellow & Trainer, Imperial Society (ISTD)

Having fun with foxtrot is never to have to change rhythm, that is, dancing the foxtrot continuously around the floor without ever changing the timing of slow-quick-quick (SQQ), while dancing only syllabus figures valid for competitions and medal testing. This obviously involves the elimination of all figures with rhythms other than slow-quick-quick and amalgamating these in a way that fit in rhythm and alignments. Using only the timing of SQQ ensures an even, consistent flow of movement, enhanced by:



1. Every slow will have contra body movement (CBM), the turning action of the body.
2. Every slow will perpetuate the body swing and commence the body's sway, the leaning action of the body.

This sway will constantly change with each measure. Example: If your slow is on the left foot, your sway on the next two quicks will be to the left. The same applies when starting your slow on the right foot, when you must sway to the right.

The above applies to the man and the lady, going forward, backward or on all turning patterns.

Here are some SQQ only ideas for your consideration:

1. Man starts forward on right foot, dancing the Feather Step and the Three Step in a straight line.
2. Man starts back on right foot, dancing the Three Step and the Feather Step in a straight line.

3. Dance the Feather Step, the Three Step, three steps of the Natural Turn, a Closed Impetus Turn and a Feather Finish to diagonal center (DC).
4. From DC, man will dance a Feather Step, a Reverse Turn, a Three Step, 3 steps of a Natural Turn, a Closed Impetus Turn and a Feather Finish to DC into the Reverse Turn again.
5. Change the Closed Impetus Turns to be Open Impetus Turns by turning these to promenade position. Now follow with a Feather Ending to DC into the Reverse Turn.

While the Impetus Turns serve to connect right with left-turning patterns, try dancing Telemarks to do the opposite.

From DC, dance an Open Telemark with only  $\frac{1}{2}$  turn to the left to face diagonal wall against the line of dance (LOD). Follow with an Open Natural Turn to an Impetus Turn, then follow Impetus, as in groups #4 or 5 above.

From DC, dance an Open Telemark with  $\frac{3}{4}$  turn to the left, body facing wall. Now dance a Feather Ending to diagonal wall. Follow with: a) Three Step, b) Reverse Wave or a Continuous Back Feather and Back Three Step, as in group #2 above.

Now try a Closed Telemark from DC to diagonal wall (DW), ending "outside partner." Follow this with a Curved Feather to Back Feather to back LOD, then proceed with a Feather Finish.

Note: The above amalgamations are designed for the fun of never having to break the rhythm of S Q Q while dancing the Foxtrot. The list for this is not complete, as you might use your own favorite groupings to accomplish the same.

Have fun!

## **BITS AND PIECES** of News of Potential Interest to Delaware Valley Dancers

- Congratulations to **Brian Wells** for passing his Master Silver Rhythm DIVIDA exam with high honors.
- **Jersey Dance** is moving its location for the summer to the West Windsor Arts Center in Princeton Junction.
- **BLSDC** will stop running dances at the **North Penn YMCA** at the end of July and **Guys and Dolls Ballroom Dance Club** will pick up some of the slack by running dances every other Friday, as well as every other Sunday.
- **Bill Sapp** has moved his monthly dances from Fridays to Saturdays at the **Phoenix Ballroom**.
- Our condolences to the family and friends of **Jeanne McGuire**, a long-time Delaware Valley dance teacher, who passed away recently.
- **BLSDC** is running an **American DanceWheels Fundraiser** in conjunction with its 11th anniversary dinner dance and **Vivian Beiswenger's** birthday.
- Congratulations to **Donna Boyle and Joyce Szili** on another successful **DiscoAmerica** competition. Congratulations to **Jameson Kilburn** for Top Teacher and to **Daniel McGee & Ginny Carey** for being inducted into the Disco America Hall of Fame. Congratulations to the many area pros and amateurs who placed.
- **USA Dance** is suspending the proficiency point rule for all USA Dance competitions until after 2015 Nationals. Expect new rules in 2015.





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MTH	DATE	DAY	PORT	CALL TYPE	MTH	DATE	DAY	PORT	CALL TYPE
Jan	20	Tue	<b>Southampton</b> , England	Depart PM	Mar	16	Mon	Wellington, New Zealand	In Port
Jan	23	Fri	Ponta Delgada, Portugal	In Port	Mar	17	Tue	Akaroa (for Christchurch), New Zealand	MAIDEN CALL In Port
Jan	29	Thu	St Johns, Antigua and Barbuda	In Port	Mar	19	Thu	Auckland, New Zealand	In Port
Jan	30	Fri	Road Town, Tortola	In Port	Mar	22	Sun	Rarotonga, Cook Islands	MAIDEN CALL In Port
Feb	1	Sun	Nassau, Bahamas	In Port	Mar	24	Tue	Papeete, French Polynesia	In Port
Feb	2	Mon	<b>Fort Lauderdale</b> , Florida	In Port	Mar	25	Wed	Bora Bora, French Polynesia	MAIDEN CALL In Port
Feb	5	Thu	Kralendijk, Bonaire	In Port	Mar	30	Mon	Hilo, Hawaii	In Port
Feb	6	Fri	Oranjestad, Aruba	In Port	Mar	31	Tue	Kahului, Hawaii	In Port
Feb	8	Sun	Limon, Costa Rica	MAIDEN CALL In Port	Apr	6	Mon	<b>Los Angeles</b> , California	In Port
Feb	9	Mon	Panama Canal, Panama	Transit	Apr	9	Thu	Cabo San Lucas, Mexico	In Port
Feb	12	Thu	Puerto Quetzal, Guatemala	In Port	Apr	13	Mon	San Juan del Sur, Nicaragua	MAIDEN CALL In Port
Feb	17	Tue	<b>Los Angeles</b> , California	In Port	Apr	15	Wed	Panama Canal, Panama	Transit
Feb	19	Thu	<b>San Francisco</b> , California	In Port	Apr	17	Fri	Cartagena, Colombia	In Port
Feb	24	Tue	Honolulu, Hawaii	In Port	Apr	19	Sun	Georgetown, Grand Cayman	In Port
Mar	2	Mon	Apia, Samoa	In Port	Apr	21	Tue	<b>Fort Lauderdale</b> , Florida	In Port
Mar	4	Wed	Suva, Fiji	In Port	Apr	22	Wed	Port Canaveral, Florida	In Port
Mar	6	Fri	Port Vila, Vanuatu	In Port	Apr	23	Thu	Charleston, South Carolina	In Port
Mar	9	Mon	Brisbane, Australia	In Port	Apr	25	Sat	<b>New York</b> , New York	In Port
Mar	11	Wed	<b>Sydney</b> , Australia	OVERNIGHT Overnight	May	3	Sun	<b>Southampton</b> , England	Arrive AM
Mar	12	Thu	Sydney, Australia	In Port					

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19 February – 19 days | San Francisco to Sydney

11 March – 27 days | Sydney to Los Angeles  
6 April – 19 days | Los Angeles to New York  
6 April – 15 days | Los Angeles to Fort Lauderdale  
21 April – 12 days | Fort Lauderdale to Southampton  
25 April – 8 days | New York to Southampton



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# 2014 MEDITERRANEAN

## 7, 14 and 21-day Cruises

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### QUEEN ELIZABETH 7-Day Cruises

#### PEARLS OF THE ADRIATIC A



20 Jun (Q409A)	3 Oct (Q416C)
25 Jul (Q411C)	24 Oct (Q418A)
29 Aug (Q414A)	21 Nov (Q420A)

#### AEGEAN JEWELS B



27 Jun (Q409C)	10 Oct (Q417A)
1 Aug (Q412A)	31 Oct (Q418C)
5 Sep (Q414C)	

#### AEGEAN INTERLUDE C



4 Jul (Q410A)	12 Sep (Q415A)
8 Aug (Q412C)	

#### MEDITERRANEAN MOMENTS D



11 Jul (Q410C)	19 Sep (Q415C)
15 Aug (Q413A)	

#### MEDITERRANEAN DISCOVERY E



18 Jul (Q411A)	26 Sep (Q416A)
22 Aug (Q413C)	14 Nov (Q419C)

#### MEDITERRANEAN DELIGHTS F



17 Oct 2014 (Q417C)

#### ITALIAN SERENADE G



7 Nov 2014 (Q419A)

#### ITALIAN SOJOURN H



28 Nov 2014 (Q420C)

FOR MORE INFORMATION,  
CONTACT YOUR TRAVEL AGENT:

**Vivian Beiswenger**  
251.855.2711 or  
215.530.3482 (cell)  
email: [info@blsdc.com](mailto:info@blsdc.com)

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USA Dance Delaware Valley Chapter 3012

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8/3 Country Two Step, 8/10 Night Club Two Step,  
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For more info visit [www.dancehaddonfield.org](http://www.dancehaddonfield.org) or  
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The deadline for each issue is usually the 20th of even months (e.g., August 20 for the September/October issue, which will be available to readers about September 1).

For more information, call 215.855.2711,  
email: [dancespotlight@blsdc.com](mailto:dancespotlight@blsdc.com)



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Diane J. Weinberg, Associate Editor

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## FIRST CLASS MAIL

### YOU MAY HAVE NOTICED

This issue is a bit late. This newsletter has been a labor of love since I put out the first issue in August, 1992. It was originally published free with all proceeds going to the Delaware Valley Chapter of USABDA (now USA Dance). At various times, others volunteered to produce the newsletter and it was renamed and redesigned at least twice. In 2003, the Chapter asked me to be editor, once again, and I have been the editor ever since.

By the end of 2007, the Chapter decided it could no longer afford to produce the newsletter which usually ran at a loss, so we agreed that I would take over its ownership to keep it from dying. As my dance studio business grew and I added a travel agency for dance cruises, it became even harder to get the newsletter out on time. Almost always, producing the newsletter meant at least one sleepless night - usually more than one.

Last November, my first grandchild was born and my priorities adjusted, again, so as not to miss her development. This year, my business has continued to change, with a large growth in my travel business. Also, the stress of trying to do it all has had an impact on my health.

In order to free my time to visit my grand daughter in Virginia and to travel more, as of July 31, I will no longer be running group classes or dance parties (except for dinner dances) and I will restrict my teaching of dance to private and private group lessons.

The difference in the travel business versus the dance studio business is dramatic. Where teaching dance is mostly scheduled - i.e., dance classes, private lessons and dance parties - booking travel is almost completely unscheduled. As a result, it is becoming harder and harder to make the time to produce this newsletter on time. Without enough advertisers, it operates at a loss, but money was never my motivation. For the past 22 years, I have been fanatical about trying to get the *Spotlight* out on time. In the past year or two, that self-imposed added pressure has affected my health and my illness ensured failure to deliver on time: Catch-22.

I am trying to keep the *Spotlight* alive, but changes are inevitable. Its focus will change with my business to cover both dance and cruises for dancers and I will have to make some hard decisions about what is included for free and how often issues are published. It has been suggested that I not give it away online for free, but I really do not want to alter that aspect of the newsletter. I will probably stop printing and mailing copies of the newsletter as subscriptions for printed copies expire. If advertising income does not significantly increase, I may have to charge dance and event organizers for inclusion. Be prepared for changes - and your support and suggestions are welcome and appreciated. **Thanks to the advertisers who have kept this newsletter going.**

