



The Delaware Valley

Dance Spotlight



Published by the Ballroom, Latin, & Swing Dance Center for Greater Philadelphia Area Dancers - March/April, 2014

DANCING WITH THE STARS SEASON 18

Season 18 of the popular TV show, *Dancing with the Stars*, premieres on Monday, March 17 at 8 PM on ABC Television Network. Emmy Award-winning host, Tom Bergeron, is back, as well as *DWTS*'s bad boy, Maks Chmerkovskiy, but co-host Brooke Burke-Charvet has been replaced by Season 10 finalist Erin Andrews. The Harold Wheeler Band has been fired and replaced by a smaller band led by Ray Chew and more

prerecorded music. These changes are dwarfed by the biggest change: sometime mid-season, the stars who have not been eliminated will switch partners, as determined by the TV audience. Apparently, these changes are a combination of cost-cutting measures as well as a reaction to a drop in ratings since *DWTS* started competing with *The Voice* on NBC. For more info, visit www.abc.go.com/shows/dancing-with-the-stars.



Good Morning America's Lara Spencer (left) poses with the 2014 *DWTS* cast: Standing: Emma Slater, Billy Dee Williams, Danica McKellar, Valentin Chmerkovskiy, Sean Avery, Candice Cameron Bure, Maksim Chmerkovskiy, Meryl Davis, Nene Leakes, Tony Dovolani, Sharna Burgess, Charlei White, Cheryl Burke, Drew Carey, Diana Nyad, Henry Byalikov, Erin Andrews; Sitting: Karina Smirnoff, Derek Hough, Mark Ballas, Peta Murgatroyd, James Maslow, Witney Carson, Cody Simpson, Front: Tom Bergeron.

Vivian Beiswenger invites you to join her for the **BLACKPOOL DANCE FESTIVAL** (May 23-30, 2014)



This will be the fourth and probably last time that I will be coordinating a Blackpool trip. Many options exist, including

cruising from New York City to England on May 16-23 and/or cruising back from England to NYC on June 5-13. The May 16 cruise and hotels in Blackpool are almost sold out, so call to book today, 215.855.2711, or email info@blsdc.com.

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I have some very special cruises that are selling out fast. I will be on the **Queen Mary 2 sailing to England for the Blackpool Dance Festival** on May 16-23. While on the ship, I can purchase 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. See pages 10, 19, 20, 21, 22 and the three inserts (pages 25-27) for lots more dance and cruise options. Call 215.855.2711 or email info@blsdc.com ASAP to get quotes or book.



Happy Cruising & Dancing, Vivian Beiswenger

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APPLAUSE! APPLAUSE! HANDLING DANCE PERFORMANCE ANXIETY

by Renata Maslowski

*"Nobody cares if you can't dance well.
Just get up and dance.*

*Great dancers are great because of
their passion."*

- Martha Graham

Children have no trouble finding ways to entertain adults and grabbing the limelight, whether they sing, act, tumble or dance. Why, as adults, do we shun our childhood innocence for positive attention; why do we shun participating in dance performances where we can garner "applause, applause?"

The majority of adults taking dance classes shun the limelight, even withdrawing when the instructor tries to use them for a brief demonstration. Only a few dancers ever go on to regularly perform. Explanations vary, but it is common to hear: "I'm not good enough. I'm too shy. I'd forget my routine. I don't like people watching me dance."

Data that includes dance performance anxiety indicate that most people would rather die than perform publicly.¹ Whether speaking, singing, acting, or dancing, what is needed is a mind shift prior to taking on the performance challenge.

The mind shift is between risks and rewards. Lowering the risks and increasing the rewards is key. Realistically, there are few risks. Possible errors in a routine, a fall, freezing up or forgetting steps can all be catalogued under fear of embarrassment or failure. Yet most dance showcases are about



Photo by Brigitte Werner, www.pixaby.com

admiration of a dancer's courage and efforts, rather than a perfect performance.

The TV show *Dancing with the Stars* has shown us that famous people make mistakes in front of millions of viewers and share the fear of failure. Yet some of the most imperfect dancing stars become our favorites, while the perfect ones get voted off.² Audiences reward enthusiasm, passion, humility and effort rather than perfection – a striving human is prized!

Rewards for dance performances are plentiful. Taking on a challenging routine builds dance skills. Working in depth with a choreographer, dance partner or team and instructor involves finding an inspirational song and creating a work of art where the body is the instrument. Producing an authentic act of self-expression and getting a message across to the audience using the non-verbal language of dance develops confidence that spills over to the rest of a person's life. The ultimate benefit is receiving immediate applause and appreciation for the courage to

perform.

Somewhere in the transition from childhood to adulthood, we have lost our innocent desire to be seen and appreciated by others. Although there may be moments of embarrassment in life, taking a calculated risk to demonstrate proficiency in a new skill such as dance may be a worthy challenge.

The eventual result is likely to be "applause, applause" and maybe an encore. Consider also that the applause may come from audiences comprised of senior citizens or veterans who have just been entertained by dancers who came for a visit. It is not always just about the dancer, but, more so, the smiles created by sharing a common passion for dance with others. Continuing to applaud the joyful child inside all of us is what keeps dancers and dance lovers young.

¹ *The Real Story of Risk, Adventures in a Hazardous World* by Glenn Croston, Ph. D. (<http://t.co/A3AYdU5njc>).

² *The Seven Best Dancers Who Didn't Win Dancing with the Stars* by Gina Carbone (<http://t.co/aR6rK0YcWG>).

About Renata J. Maslowski: Renata dances with *Starliters Dance Studio*. When not dancing, 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, Diane J. Weinberg and Vivian Beiswenger for editorial comments.

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

- The Delaware Valley will be losing one of its favorite teachers, **Christy Kam**. Christy will be moving to Austin, Texas. Best of luck, Christy!
- Congratulations to **Lana Rossi, Jean Paul** and **John Larson** on the grand opening of their new studio, the Main Line Ballroom, in Ardmore, PA.
- A memorial for **Frank Reagan** will be held at the Avant Garde Ballroom in North Bethesda, Maryland on Sunday, April 6 at 1:00 PM.
- **USA Dance National DanceSport Championships & WDSF Open Under 21 Standard, Latin & 10-Dance Championships** will be held in Baltimore, MD on March 28-30.
- Congratulations to **Stardust Ballroom** on its 30th anniversary and to **Dance Haddonfield** on its 14th anniversary.
- The April 11-13 **Philadelphia Festival & Atlantic Coast Dancesport Championships** has a new location at the Sheraton Philadelphia Society Hill.



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Healthy Living: The Ketogenic Diet – How to Starve Cancer

By Dr. Veronica Collings, D.C.

The war on cancer has been going on for a very long time and we are not winning. It is estimated that one in three of us will get cancer. A basic understanding of these cancer cells will make clear why there are better ways than the generally accepted cancer treatments of trying to poison (chemo), mutilate (surgery) or burn (irradiate) the tumor.

Cancer is a *process*. Cells (the basic building blocks of your body) that, for most of your life, were doing their normal assigned functions of keeping you working in a predictable and organized manner; where each of the more than 70 trillion cells was doing its job, all of a sudden, some no longer followed the plan. Why these cells get derailed and go off in a different direction is fascinating. There are many known "carcinogenic," cancer-causing things, but here I want to talk about the nature of these cells and how we can use this basic nature in our favor.

What makes these cells so dangerous is that they are very fast-growing and take over, interfering with the processes of keeping you alive that normal cells are trying to carry on. That same quality of fast growth is their weakness and the basis of this article. Because they reproduce so fast, they don't fully mature and don't have all the capacities of normal cells. The most important capacity that they lack is that *they are not able to burn fat for energy*. Most cancer cells live on sugar only and literally starve in the absence of sugar-producing foods. Normal cells, in the absence of sugar, start the process of benign ketosis, not to be confused with ketoacidosis, which is a pathological condition in diabetes. Ketosis is using fat for energy. This is what allows people to live for a month or more just on water. Primitive man often went without food for extended periods (when McDonald's was closed in the Paleolithic age). Ketosis is the sophisticated survival capacity of our cells to get us through these periods. This sophistication is the key to using the Ketogenic Diet for starving cancer.



John Hopkins University first revealed the success of this diet with cancer in the early 90's. In the 1920's, the Ketogenic Diet was first used with great success to cure epileptics of seizure. Drs. Wilder and Peterman from the Mayo Clinic were the first pioneers of this diet as a treatment for epilepsy. The diet fell out of favor when more drugs started to be used for epileptics in the following decades. The renewed interest in the diet in the 1990's was the result of the efforts of Jim Abrahams, who, through his own research, rediscovered this diet and saved his son, Charley. Mr. Abraham started The Charley Foundation to popularize the diet for epileptics, thus resuming the interest in and use of the diet¹. As luck would have it, this resurgence of interest led the way to discovering many more benefits of eliminating sugar to heal other degenerative conditions.

Another well known, but mostly misunderstood, proponent of ketosis was Dr. Atkins, who applied ketosis to weight loss and healing heart disease, as well as arteriosclerosis, by eliminating the inflammatory effect of sugar on the lining of the arteries.

So how do you use this information if you know someone in the throes of cancer? My recommendation is to purchase "The Cantin Ketogenic Diet" by Elaine Cantin. Elaine was diagnosed with Stage IV

breast cancer. She had seen several women in her family die from that diagnosis after using all that modern medicine had to offer. She did not want to follow suit and, much like what Jim Abraham did for his son, she saved herself by researching her alternatives. I recommend Elaine's book rather than the many written by MD's for four reasons. Written by a layman, it is much easier to read. She incorporated an important factor in the viability of this diet by the elimination of allergenic foods, as well as the implementation of the basic diet. She lays out the program in a very simple way, so it is easier to apply, and she relates her plan for prevention of cancer recurrence. Elaine also used several other modalities to support her body in healing itself – modalities that support the immune system, as well as the systems of detoxification, which furthered her healing process. I'm familiar with and like all of them, so this adds to the value of the book. Finally, reading the account of someone who succeeded so completely (her two-inch tumor completely disappeared in a matter of weeks) in an endeavor of life and death is inspiring. I hope that this serves to at least move you to look at the possibility of this method of healing.

¹ Ketogenic Diets, Treatments for Epilepsy and Other Disorders, Drs. Eric H. Kossoff, John Freeman, Zahava Turner, James Rubenstein, Fifth Edition (2011), Demos Medical Publishing, New York, NY. pgs. 21-25.

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.



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KADEL'S KORNER: Some Quick Quickstep Ideas

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

1. "FULL STEAM AHEAD"

Use standard timing throughout:

- Having danced six steps of the Natural Spin Turn around a corner to back DC of the new LOD, start a V6 on its second step (RF back).
- Dance steps # 6, 7 and 8 of the V6 to face the LOD.
- Follow with 3 steps of the Quick Open Reverse and a Reverse Pivot ($\frac{1}{2}$ turn to the left to face the LOD again). Use count Slow or "and" on Reverse Pivot.
- Dance a full Double Reverse Spin (from facing LOD to facing LOD).
- Repeat 3 steps of the Quick Open Reverse, dancing $\frac{1}{2}$ turn to the left again.
- Follow with 4 Quick Run to DW.

This group shows maximum amounts of turn to ensure a powerful and continuous flow of reverse turns.



2. TURNING A "DON'T" INTO A "DO"

There are two types of Fishtails: one starts facing DC and ends facing DW. The other starts facing DW and goes nowhere. But is this "carved in stone?"

Let's try something:

- Dance a full Natural Spin Turn or an underturned Outside Spin or a Closed Impetus Turn at a corner to back DC.
- Dance all five steps of the Progressive Chasse (to the Left) to face DW.
- Now dance the Fishtail with a $\frac{1}{4}$ turn to the right (as given in the Book*) to end facing DW against the LOD (not given in the Book).
- Take the LF back to connect with group #1, but starting the V6 on its first step.

About the Author: Peter Kadel lives in Lansdowne, PA and teaches in various locations around the Delaware Valley.

REMEMBERING FRANK REGAN

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

In 1962, Frank Regan came for staff training to our Arthur Murray Studio in Hartford, CT, for the first time as a primary representative of the English style of ballroom dancing and of the USISTD, then in its infancy. Accompanying him was his professional partner, Connie Diamond, both just having arrived from Scotland. Frank had become dance director at Arthur Murray's in Philadelphia and had made a name for himself as coach and trainer of the ISTD syllabus.

His early success led him to open his own studio in Ardmore, PA, which he succeeded in transforming into an absolute training center. I joined his staff in 1964 and witnessed his loyalty to his profession and to the Imperial. He invited the world's most prominent coaches to his studio, making it a legendary location in the early development of international style in the US. Regular guest teachers included Alex Moore, Harry Tucker, Connie Grant, Masie Harrison, Major Eric Hancox, Guy Howard, Elizabeth Romaine, Peter Eggleton with Brenda Winslade, Bill and Bobby Irvine, etc., all offering coaching, tests and exams. Frank also had a great permanent



staff, who would later achieve much fame in our profession. These were Bill Davies, Glennis Dee, as well as Warren Cooper, who would become the first Fellow, H.C. in our area and, never lastly, Steve Hadley.

Frank's dedication to the ISTD caused him never to miss a meeting of the Imperial Society, then always held in NYC. He would make certain to gather all of us in his old Volkswagen van, the back of which was always filled with ballgowns that he had made for students, to attend those early days of the ISTD. In the old days ISTD

meetings consisted often of just about a dozen members.

Frank's constant companion, Aleta Marcy, became his new dance partner around 1970, as he trained her to his championship level. Together, they competed and trained dance teachers all over the US. Aleta would stay to operate the Ardmore studio, long after his wife, Vicky, came into Frank's life.

Frank and Vicky left the Philadelphia area to seek their success elsewhere. With many US & Canadian national titles and a USISTD Lifetime Achievement Award, Frank will be remembered as one of the greatest contributors to the success and perpetuation of the USISTD.

In Greek philosophy, the true purpose of life is to do good. Frank has exceeded this calling by a huge and untold margin. Thanks, Frank, thanks for the memory. We will keep dancing for and because of you!!!

For information about Frank Regan's Sunday, April 6 memorial, visit: www.avantgardeballroommd.com/frank-regan-memorial.html.

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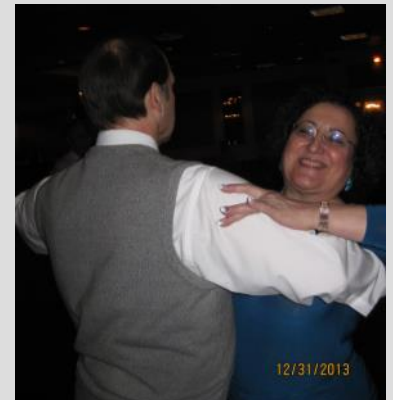
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CONTACT INFORMATION Vivian Beiswenger 215.855.2711 or 215.530.3482 • info@blcdc.com • www.blcdc.com

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Calendar of Places to Dance: MARCH/APRIL, 2014

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

MONDAYS

DANCING WITH THE STARS

8-10 PM Season 18 Premiere on ABC

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 PM Argentine Tango Practica

LINDY AND BLUES @ Ethical Society

8 PM-12 AM Lindy/Blues Lesson & Dance

REEF REST. & LOUNGE

9 PM-2 AM Salsa Lesson & Latin Dance

LUCHA CARTEL BAR & RESTAURANT

8 PM Salsa Lesson & Dance

PEPPERMINT DANCE CLUB @ Prospector's

7-10:30 PM Lesson & 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

ARGEN TANGO DANCERS

8-11 PM Argentine Tango Practica

BRASIL'S w/La Luna Dance Studio

9 PM-2 AM Salsa Lesson & Dance

DANCERS UNLIMITED

7:30-11 PM Lesson & Dance

MICHAEL'S CAFÉ

8:30 PM-12:30 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 1st Thur.

DANCE TIME OF NJ

8-9:30 PM Dance

THURSDAYS (continued)

DONNA BOYLE @ Church on the Mall

7-11 PM Lesson & Dance 3rd Thur.

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

STAR SEGUINOT @ Club 212

8:30 PM-12:30 AM Salsa Lesson & Latin Dance

FRIDAYS

AMERICAN BALLROOM COMPANY

8-11 PM Practice Party

BALLROOM, LATIN & SWING DANCE CENTER @ North Penn YMCA

7:30-9:45 PM Beginner Friendly Dance Party
(see ad)

BILL SAPP @ Phoenix Ballroom (see ads)

7:30-11 PM Lesson & Dance 3rd Fri.

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 2nd Fri.

CAROUSEL BALLROOM

8-11 PM Lesson & Dance 3/28

DONNA BOYLE @ Church on the Mall

7:30 PM-12 AM Lesson & Dance

LA LUNA DANCE STUDIO

8:30 PM-2 AM Salsa Lesson & Dance 3/14, 3/28 (Benefit), 4/11, 4/25

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 3rd Fri.

LYNNE STEVENS

8 PM-12 AM CA Mix Lesson & Dance 1st Fri.

MAIN LINE BALLROOM

7-11 PM Lessons & Dance 2nd, 4th Fri.

ROB B. & SHEILA P.

9 PM-12:30 AM WCS Dance @ Universal Ballroom Dance Center 2nd Fri.

8 PM WCS Lesson & Dance @ Collingswood Cloud Masonic Lodge 4th Fri.

SOCIETY HILL DANCE ACADEMY Center City

8:30-10 PM Dance

STAR SEGUINOT

7:30 PM-1 AM Salsa Lesson & Dance @

Sunnybrook Ballroom 3rd Fri. exc. 4/13

9 PM-2 AM Latin Lesson & Dance @ Other Farm Brewing Co. 4th Fri.

FRIDAYS (continued)

STARDUST BALLROOM

7:30 PM Lesson & Dance

STARLITERS DANCE STUDIO @ DuPont CC

7:30-11:00 PM Lesson & Dance 3/28 (see ad)

STUDIO 18

6:30-10 PM Lesson & Dance

SWEENEYS

7:30-10 PM Lesson & Dance 3/1, 4/4

THE STUDIO AT TAKE THE LEAD ON PINE

9 PM-1 AM Salsa Lesson & Dance 2nd, 4th Fri.

SATURDAYS

ARGEN TANGO DANCERS

@ Dance Time of NJ

7-11 PM Lessons & Milonga 3rd Sat.

ATRIUM DANCE STUDIO

8:30 PM-2 AM Salsa Lesson & Latin Dance

BELLA ROSA BALLROOM

8-11 PM Dance 3/1, 4/12

BLUE MOON DANCESPORT

8-10 PM Dance 3/15

BLUEBALLROOM

8-11:30 PM Ballroom & Swing/Hustle Dances 3/15, 4/26

BRASIL'S w/Estilo Dance Studio

9 PM-2 AM Salsa Lesson & Dance

CAROUSEL BALLROOM

8-11 PM Lesson & Dance Party 3/8, 3/22

CENTRAL JERSEY DANCE SOCIETY

7-11:30 PM Latin Lesson & Dance 1st Sat.

7-11:30 PM Lesson & Dance 2nd Sat.

7-11:30 PM CA Mix Lesson & Dance 3rd Sat.

7-11:30 PM Swing Lesson & Dance 4th or 5th Sat.

DANCES BY DIANE

8-11 PM Lesson & Dance 3/1

DELAWARE VALLEY SWING CLUB

7 PM-12:30 AM WCS Lesson & Dance 3rd Sat.

JOY OF TANGO Milonga La Pausa

9 PM-1 AM Milonga 1st Sat.

PEPPERMINT DANCE CLUB @ Ch. on the Mall

7:15 PM-12 AM Lessons & Dance

PHILA. ARGENTINE TANGO SCHOOL

9 PM-2 AM Milonga 4th Sat.

PHILA. SWING DANCE SOCIETY

7 PM-12 AM Swing Lessons & Dance w/Band 3/8, 3/29

ROB B. & SHEILA P. @ Sangha Space

8 PM-12 AM CA Mix Lesson & Dance 4th Sat.

SALSA IN THE SUBURBS

Calendar of Places to Dance: MARCH/APRIL, 2014

8 PM-12 AM Latin Dance 2nd Sat.

SATURDAYS (continued)

SANGHA SPACE

9 PM Argentine Tango Lesson & Milonga 3/8

STARDUST BALLROOM

9 PM-2:30 AM Salsa v Bachata Dance 2nd Sat.

STARLITERS @ Take the Lead DS

8-11:30 PM Lesson & Dance 3/22, 4/19

SWINGALONGS DANCE CLUB

7:30-10:30 PM Couples' Dance 2nd Sat.

SWING KAT ENTERTAINMENT

8-11:30 PM Swing Lesson & Dance @ North End Fire Co. 1st Sat.

8 PM-12 AM Swing Lesson & Dance w/Band @ Elks Lodge 3rd Sat.

TAKE THE LEAD DANCE STUDIO

7:30-11 PM Lesson & Dance exc. 4/26

SUNDAYS

ARGEN TANGO DANCERS @ Atrium Dance Studio

12-3 PM Milonga 1st Sun.

ATRIUM DANCE STUDIO

3-7 PM Lesson & Dance

BALLROOM DANCE VENUE @ Sunnybrook Ballroom

7 PM Lesson & Dance

BRIAN GALLAGHER @ Michael's Café

6-9 PM Lesson & Dance

CAROUSEL BALLROOM

5-8 PM Lesson & Dance Party 3/16

COASTLINE w/Atrium Dance Studio

8 PM-2 AM Salsa Lesson & Dance

DANCE HADDONFIELD

6-10:30 PM Lessons & Dance (see ad)

DANCES BY DIANE

2-5 PM Lesson & Dance 3/16

GUYS AND DOLLS DANCE CLUB w/BLSDC

1:30-4:30 PM Lesson & Dance 3/2, 3/23, 4/6, 4/20 (see ad)

JOY OF TANGO Collegeville Tango

4-8 PM Lesson & Milonga 2nd, 5th Sun.

LESLEY MITCHELL & KELLY RAY

9-11:30 PM Milonga 3rd Sun.

LINDY AND BLUES

8-11 PM Swing Dance w/Band 3rd Sun.

MARIA ALDRETE & STEVE MASON @ Atrium Dance Studio

12-3 PM Milonga 3rd Sun.

MEDALIST DC @ Stardust Ballroom

2:30-5:30 PM Lesson & Dance 1st, 3rd Sun.

SUNDAYS (continued)

MONDAY BLUES JAZZ ORCHESTRA

@ Cannstatter Volksfest-Verein

3-7 PM Dance w/Big Band 3/23, 4/6

@ German-Amer. Soc. of Trenton

3-7 PM Dance w/Big Band 3/30, 4/27

MOSTLY WALTZ

2:30-6 PM Waltz Lesson & Dance 3/30, 4/27

ROB B. & SHEILA P. @ Sangha Space

5:30-9:30 PM West Coast Swing Lesson & Dance 1st Sun.

STARDUST BALLROOM

7-10:30 PM Over-55 Dance w/Band

TANGO CAFÉ @ Society Hill Dance Acad.

3:30-7 PM Milonga 4th Sun.

TANGO SOUTH AND NORTH

4-9 PM Argentine Tango Lesson & Milonga 1st Sun.

FREE ADVERTISING

If you run a dance that is open to the public, email your event information to dancespotlight@blsdc.com or send it to Vivian Beiswenger, *The Delaware Valley Dance Spotlight* 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.

Our next deadline for ads and events will be early: APRIL 20

Did you know that most of the *Dance Spotlight* advertisers, advertise year round and have been doing so for years. It must be working for them. Reach over 3100 PA, NJ, DE dance households for pennies each.

See advertising rates on page 23.

Brian L. Wells and Starliters Dance Studio, Inc.

Presents

**1st Fabulous Fall Festival
Showcase & Dinner Dance**



DUPONT COUNTRY CLUB

(Map finder address: 1001 Rockland Road, Wilmington, DE 19803)

New Date!

Saturday November 15, 2014

New Date!

\$65/ Person Includes:

*Cocktail Hour with General Dancing (Cash Bar)

*Sit down dinner chicken entrée

Vegetarian dish Pasta Primavera available upon request

Any special food needs, please contact Brian directly by email

***Fabulous Showcase with over 3 HOURS of General Dancing**

Event times are as follows:

4:30 – 5:30 pm/ Cocktail Hour and General Dancing to DJ

5:30 – 7:30 pm/ Showcase Presentation and General Dancing to DJ

7:30 – 8:30 pm/ Elegant Sit-down Dinner

8:30 – 11:00 pm/ General Dancing to Fabulous Music from our DJ

DEADLINE FOR RESERVATIONS IS SATURDAY November 1, 2014!!!!

For reservations simply fill in form below,
make checks out to "Starliters" and mail to Brian at address below.

Please make check out to "STARLITERS" and mail with form to:

Brian Wells
3125 Wilmont Drive
Wilmington, DE 19810

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Email address (if not already on list) _____

Phone number () - _____

Seating Request _____

Amount Enclosed _____

SPECIAL EVENTS & UPCOMING COMPETITIONS

Mar. 6-9, Thur.-Sun. - Mid Atlantic Dance Jam [MADjam], Sheraton Premiere Tysons Corner, Vienna, VA, www.atlanticdancejam.com

Mar. 8, Sat. - Big Band Society Dinner Dance w/Big Band, Cavaliers Country Club, Newark, DE, 302.239.5159

Mar. 15, Sat. - Baltimore Dancesport Challenge, Westin Hotel BWI Airport, Linthicum Heights, MD, www.baltimoredancechallenge.com, 443.577.2300

Mar. 27, Thur. - Spay Our Strays Fundraiser Dinner Dance, Stardust Ballroom, Bellmawr, NJ, www.stardustbellmawr.com

Mar. 27, Thur. - WDSF Adjudicators Congress at Nationals, Baltimore, MD, www.usadance.org

Mar. 28, Fri. - Big Band Society Dinner Dance with the Serenaders Orchestra, Cavaliers Country Club, Newark, DE, reservations 302.239.5159

Mar. 28, Fri. - Eric Ebling Charity Ball, La Luna Dance Studio, Bensalem, PA, www.lalunadancestudio.com, 215.638.0418

Mar. 28-30, Fri.-Sun. - USA Dance National DanceSport Championships & WDSF Open Under 21 Standard, Latin & 10-Dance Championships, Baltimore, MD, www.usadancenationals.org

Mar. 29, Sat. - Stardust Ballroom Anniversary Dinner Dance, Stardust Ballroom, Bellmawr, NJ, tickets by 3/17, www.stardustbellmawr.com

Mar. 30, Sun. - College Showdown Bachata Workshop & Latin Dance Party, Community Educational Center, Philadelphia, PA, www.meetup.com

Apr. 4-6, Fri.-Sun. - Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NY, www.stardustdance.com, 800.794.4982 (see ad)

Apr. 5-19 - Cruise Singapore to Dubai on Cunard's Queen Elizabeth, with stops in Malaysia, Sri Lanka, India, & United Arab Emirates, part of the world tour - will sell out early, www.blsc.com, 215.855.2711 (see ad)

Apr. 11, Fri. - Dance Haddonfield 14th Anniversary Ball, Holiday Inn, Cherry Hill, NJ, marlenelcollins@comcast.net

Apr. 11-13, Fri.-Sun. - Philadelphia Festival & the Atlantic Coast Dancesport Championships, Sheraton Society Hill, Philadelphia, PA, www.philadelphiafestival.info

Apr. 13, Sun. - Shine & Inspire Benefit, Nottingham Ballroom, Hamilton, NJ, California mix dancing, www.shineandinspire.org

Apr. 22, Tue. - Lindy and Blues Spring Formal w/Fairweather Five, Ethical Society Building, Philadelphia, PA, www.lindyandblues.com

Apr. 27, Sun. - Take the Lead Showcase of Stars 2014, Sheraton South, Wilmington, DE, by tickets 4/16, www.takeleaddancestudio.com

Apr. 27-May 9, Sun.-Fri. - Starliters Hawaii Cruise, PattianBillU@aol.com, 610.436.4848 (see ad)

May 1-4, Thur.-Sun. - International Hustle & Salsa Competition, Miami Beach, FL, www.hustleandsalsa.com, 954.358.0168

May 5, Sat. - Salsa in the Suburbs Showcase, Felinton Hall, Beth El-Ner, Tamid, Broomall, PA, www.salsainthesuburbs.com

May 5, Sat. - Waltz Time Annual Viennese Strauss Ball, Glen Echo Park, Glen Echo, MD, www.waltztimedances.org

May 8-11, Thur.-Sun. - MidAtlantic Dance Classic, Westin Hotel, Herndon, VA, WCS, country, hustle event, www.midatlanticdanceclassic.com

May 9-23 - BLSDC St. Petersburg & Baltics Cruise on the Queen Victoria, 14-day roundtrip Southampton, England, 215.855.2711 (see ad)

May 16-18, Fri.-Sun. - American Star Ball, Golden Nugget Hotel & Casino, Atlantic City, NJ, www.americanstarball.com, 215.805.2213 (see ad)

May 16-23 - BLSDC Pre-Blackpool Transatlantic Cruise on Cunard's Queen Mary 2 w/Vivian Beiswenger, 7 days New York to Southampton, 215.855.2711 (see ad)

May 22-30, Blackpool Dance Festival 2014, Blackpool, UK, www.blackpooldancefestival.com, 44.(0).1253.625252

May 16-Jun. 13 - Transatlantic & Norwegian Explorer Cruise on Cunard's Queen Mary 2, 28-day roundtrip NY or 13 days roundtrip Southampton, UK, 215.855.2711 (see ad)

May 16-Jun. 13 - Grand British Isles Cruise on Cunard's Queen Victoria, 28 days roundtrip NY or 13 days roundtrip Southampton, www.blsc.com, 215.855.2711 (see ad)

May 23-26, Fri.-Tue. - Philadelphia Tango School International Tango Festival, Philadelphia, PA, www.philadelphiatangoschool.com

May 23-Jun.5 - BLSDC British Isles Cruise on the Cunard Queen Victoria, 13 days, 215.855.2711 (see ad)

May 23-Jun.5 - BLSDC Norwegian Explorer Cruise on the Cunard Queen Mary 2, 13 days roundtrip Southampton, UK, 215.855.2711 (see ad)

Jun.5-19 - BLSDC St. Petersburg & Baltics Cruise on the Queen Victoria, 14-day roundtrip Southampton, England, 215.855.2711 (see ad)

Jun. 5-13 - Transatlantic Cruise on Cunard's QM2, 8 days Southampton to New York with a stop in Halifax, www.blsc.com, 215.855.2711 (see ad)

Jun. 7-8, Sat.-Sun. - NJ DanceSport Classic Summer Sizzler, Rogers Dance Center, Hackensack, NJ, qualifying event for USA Dance National Championships, www.njdancesportclassic.com, 973.449.7654

Jun.20-22, Fri.-Sun. - Stardust Dance Weekend, Honor's Haven Resort & Spa, Ellenville, NY, www.stardustdance.com, 800.794.4982 (see ad)

Jun. 22-Jul.6 - Geysers & Glaciers Iceland Cruise on the Queen Victoria, 14-day roundtrip Southampton, UK, 215.855.2711 (see ad)

Jun. 25 or Aug. 28 for 13 days - Alaska Land and Cruise Tour on the Diamond Princess, includes Fairbanks, Dinali, McKinley & Glacier Bay from Whittier to Vancouver, www.blsc.com, 215.855.2711 (see ad)

(Continued on page 17)

Bill Sapp's

Dance Party
The Phoenix
Ballroom

1661 Mill Road, Boothwyn, PA 19061

THE LEGEND OF THE PHOENIX

Friday, May 16th, 2014
6:30PM-11PM

6:30-7:30PM Advanced Group \$8.00

7:30-8PM Social Group FREE

8-11PM Social Dance

\$20 per person in advance/\$25 at door

DOOR PRIZES

Cash Bar and hors d'oeuvres

Reserve tables for 8 or more
people

For more information
call/text/email

(302) 897-5228

BillSappiphone@gmail.com

SPECIAL EVENTS & DANCE COMPETITIONS (Continued from page 15)

Jul. 1-6 - BLSDC Independence Day Celebration Dance Cruise on the Queen Mary 2, 5-day roundtrip New York, New England Canada, 215.855.2711 **(see ad)**

Aug. 17-27 - Viva Ballroom Dance Studio Summer Dance Camp, Kerhonkson, NY, www.vivadancestudio.com, 609.392.3930 **(see ad)**

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

Oct. 16-18 - BLSDC New England/Canada Autumn Colors Cruise on the Queen Mary 2, 12-day roundtrip New York, New England Canada, 215.855.2711 **(see ad)**

Nov. 15, Sat. - Starlites 1st Fabulous Fall Festival & Dinner Dance, DuPont Country Club, Wilmington, DE, www.starlitesdance.com **(see ad)**

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

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

Mar. 12-25, 2015 - BLSDC Australia/New Zealand Cruise, 13 days on the Queen Elizabeth with stops in Milford Sound, Akaroa, Wellington, Auckland, (overnight), Bay of Islands, & six at-sea days, 215.855.2711 **(see ad)**

Mar. 18-Apr. 3, 2015- BLSDC 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)**

Apr. 3-Apr. 13, 2015 - BLSDC 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, 215.855.2711 **(see ad)**

Listings are included here free of charge, space allowing. Preference is given to our advertisers and events that we assess to be of interest to dancers in the tri-state area surrounding Philadelphia. Send event and contact info to dancespotlight@blsdc.com.

The deadline for the MAY/JUNE issue is APRIL 20.

Thanks to our advertisers who allow us to distribute this newsletter free to everyone online and at printing and mailing costs only for mailed copies.



Stardust Dance

PRODUCTIONS

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FRIDAY APRIL 4th to SUNDAY APRIL 6th 2014





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HOSTS ARE AVAILABLE FOR YOUR DANCING PLEASURE!

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www.StardustDance.com

Ballroom, Latin & Swing Dance Center Weekly Dance Classes

Register a week before the class starts and automatically deduct 10% from the price. Call 215-855-2711 or email info@blsdc.com.

Refer a new student to us and get a \$10 class credit. No limit to how many friends you can refer or credits you earn.

DAY/TIME	CLASS	STARTS	TEACHER	# WKS	COST PP
Mon. 6:30-7:10 PM	Beginner/Intermediate Quickstep	3/31/14	Vivian Beiswenger	7	\$91
Mon. 7:15-7:55 PM	Beginner/Intermediate American Tango	3/31/14	Vivian Beiswenger	7	\$91
Mon. 8:00-8:40 PM	Beginner Hustle	3/31/14	Vivian Beiswenger	7	\$91
Tue. 6:30-7:10 PM	Adv. Beg./Intermediate Waltz/Foxtrot	3/18/14	Vivian Beiswenger	8	\$104
Tue. 7:15-7:55 PM	Adv. Beg./Intermediate East Coast Swing/Jitterbug	3/18/14	Vivian Beiswenger	8	\$104
Tue. 8:00-8:40 PM	Advanced Beginner/Intermediate Salsa	3/25/14	Vivian Beiswenger	7	\$91
Wed. 6:30-7:10 PM	Beginner Waltz/Foxtrot	3/26/14	Vivian Beiswenger	8	\$104
Wed. 7:15-7:55 PM	Beginner Swing/Jitterbug	3/26/14	Vivian Beiswenger	8	\$104
Wed. 8:00-8:40 PM	Beginner Salsa	3/26/14	Vivian Beiswenger	8	\$104
Thur. 6:30-7:10 PM	Intermediate/Advanced American Waltz/Foxtrot	3/27/14	Vivian Beiswenger	7	\$91
Thur. 7:15-7:55 PM	Intermediate/Advanced Quickstep	3/27/14	Vivian Beiswenger	7	\$91
Thur. 8:00-8:40 PM	Beginner/Intermediate Viennese Waltz	3/27/14	Vivian Beiswenger	7	\$91
Sun. 10:30-11:25 AM	Beginner East Coast Swing/Jitterbug	3/23/14	Donna Boyle	6	\$88
Sun. 11:30 AM-12:10 PM	Beginner/Intermediate West Coast Swing	3/9/14	Donna Boyle	8	\$88
Sun. 12:30-1:10 PM	Intermediate/Advanced Hustle	3/9/14	Donna Boyle	8	\$88
Sun. 5:15-5:55 PM	Beginner/Intermediate Tango	2/16/14	Vivian Beiswenger	8	\$104
Sun. 6:00-6:40 PM	Beginner/Intermediate Samba	2/16/14	Vivian Beiswenger	8	\$104

No classes on Easter Sunday. Students should be prepared for cancellations for weather, illness and personal reasons. If we cancel a class, either the class series will be extended a week or a refund or credit will be issued. Walk-in prices are \$3 additional per 40- to 45-minute session. **A registration form can be found in our brochure at the YMCA or on our website, www.blsdc.com.**

Locations: All of the above classes are in Room 8 at the North Penn YMCA, 608 E. Main St., Lansdale, PA 19446

NEW SAILINGS
Over 70 combinations
available!



2014 MEDITERRANEAN

7, 14 and 21-day Cruises

Cunard has revamped its Mediterranean programme for 2014 with departures as early as June, extending into December, with the opportunity now to combine these 7-day sailings to create spectacular 14- and 21-day cruises.

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

Alaska Land & Sea Vacation - 13 Nights



Cruisetour JB6 — Denali Explorer

Choose : June 19-July 2 or August 28-September 10

By Land: Spend 6 nights exploring the Great Land

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Call for the best group rates. Past passenger and regional discounts may also apply. Please provide full names of the passengers, cabin type desired (inside, outside, balcony, suite), city of departure, phone number and email address. We can also quote air and insurance, and we will help find you a cabin mate, if needed.

Contact: Vivian Beiswenger,
Ballroom, Latin, & Swing Dance Center
215-855-2711
info@blsdc.com

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Day-by-day highlights

Day 1 Alaska's "Golden Heart City" of Fairbanks is a great introduction to the heart of this unique state.

Day 2 Enjoy a Sternwheeler Riverboat Cruise in the morning and then a Gold Dredge 8 Tour in the afternoon. Then you have the rest of the day to further explore the town.

Day 3 Take a scenic rail journey to the Denali Princess Wilderness Lodge, with our trademark Princess service. Once there, check out the deck and vistas of the Nenana River Canyon.

Day 4 Your morning begins with a Natural History Tour to learn more about the flora and fauna of the area. Afterwards, drop by the tour desk and ask about other activities.

Day 5 Mt. McKinley Princess Wilderness Lodge awaits you, where the mountain is visible from nearly anywhere on the property. Relish in the many amenities our lodge has to offer.

Day 6 You have a full day to spend however you choose. Visit the tour desk for ideas about excursions. Or, explore the nature trails for sweeping vistas. Day 7 Our Direct-to-the-Wilderness® rail service takes you on a scenic rail journey through some of the best wilderness as you head towards Whittier, where your cruise ship awaits.

Day 8-14 Embark upon your 7-day Voyage of the Glaciers cruise, highlighted by two glacier-viewing experiences, and calls into the charming ports of Skagway, Juneau and Ketchikan.





With
Brian L. Wells

Ballroom/ Latin Dance Party

Dupont Country Club

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Friday March 28, 2014



7:30 – 8:00 pm Dance lesson with Brian

8:00 – 11:00 pm General Dancing to a fabulous mix of all your favorite dances (foxtrot, waltz, tango, cha-cha, swing, salsa and more!!!)



No partner necessary to attend!

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Cash bar available and light snacks. Call [\(302\) 421-1777](tel:3024211777) for dinner reservations.

For more Information: www.starlitesdance.com

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on the **CUNARD QUEEN ELIZABETH**

16-Nights March 18 to April 3, 2015

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Bangkok, Thailand (from **Laem Chabang**); **Sihanoukville**, Cambodia; at sea; **Singapore**

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For more info visit www.dancehaddonfield.org or
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The deadline for each issue is usually the 20th of even months (e.g., April 20 for the May/June issue, which will be available to readers about May 1).

For more information, call 215.855.2711,
email: dancespotlight@blsdc.com

The Delaware Valley Dance Spotlight
Vivian Beiswenger, Editor
255 Hawthorne Circle
North Wales, PA 19454

Email: dancespotlight@blsdc.com
Published by the Ballroom, Latin, & Swing Dance Center
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Diane J. Weinberg, Associate Editor

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FIRST CLASS MAIL

ABOUT THE DELAWARE VALLEY DANCE SPOTLIGHT

The Delaware Valley Dance Spotlight is a publication of the Ballroom, Latin, and Swing Dance Center (BLSDC). It is distributed on our website (www.blsdc.com or www.DancingAtTheYMCA.com) **free of charge** with notification of each issue's availability to all dancers on our email list (**there is no charge to be on our mailing list**). Published every two months, our goal is to provide the most current and complete information available at the time of publication about ballroom, Latin, swing, and hustle/disco dance and special events for the tri-state area surrounding Philadelphia, PA.

Check out our **centerfold calendar of places to dance in the Delaware Valley**. On the page preceding the calendar, you can find **contact information for each of these dance locations**. We also list **special events**, such as **dinner dances, dance weekends, dance competitions, dance cruises, and special workshops with visiting masters** on our *Special Events* page(s). *Organizers of these events are not charged for listings* in order to make them as complete as possible for you, our readers. In fact, unlike many other dance listings, with the assistance of Diane Weinberg, we spend a considerable amount of time in collecting information and contacting organizers to make sure that the information that we provide is as accurate and complete as possible at the time of publication. We also provide **articles of interest** and a free voice for the **Delaware Valley Chapter of USA Dance**.

We encourage recipients to forward this information to others who might be interested and/or to post it on their websites unedited. Excerpts may be reprinted as long as credit is given to *The Delaware Valley Dance Spotlight*, including the issue months and year and a reference to our website (www.DancingAtTheYMCA.com) to get the complete publication. Exceptions, reprints of articles, or more information can be requested through the Editor, Vivian Beiswenger, at dancespotlight@blsdc.com or at 255 Hawthorne Circle, North Wales, PA 19454, or by calling 215-855-2711.

We invite submissions for publication, but reserve the right to edit the final documents for size, content, or interest to our readers. **Note: We do not sell or re-distribute our mailing list to anyone.** To receive or access your free copy of *Dance Spotlight*, click on the mailing list option on www.DancingAtTheYMCA.com, or send your email address to dancespotlight@blsdc.com, requesting to be added to our mailing list and/or our deadline notification list.

If you wish to receive a black and white paper copy of the *Dance Spotlight* mailed to you, please send a check or money order for \$40 payable to BLSDC to Vivian Beiswenger, *Dance Spotlight* Editor, 255 Hawthorne Circle, North Wales, PA 19454 along with your name, address, phone number(s), and email address(s).

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	Southampton , England	Depart PM
Jan	18	Sun	New York , New York	In Port
Jan	21	Wed	Fort Lauderdale , 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	Los Angeles , California	In Port
Feb	7	Sat	San Francisco, California OVERNIGHT	Overnight
Feb	8	Sun	San Francisco , 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	Sydney , Australia OVERNIGHT	Overnight
Mar	4	Wed	Sydney, Australia	In Port
Mar	6	Fri	Brisbane, Australia	In Port
Mar	9	Mon	Cairns (Yorkeys Knob), Australia MAIDEN CALL	In Port
Mar	12	Thu	Rabaul, Papua New Guinea	In Port
Mar	18	Wed	Yokohama , 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 OVERNIGHT	Overnight
Mar	26	Thu	Hong Kong	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	Singapore	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	Dubai , 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 OVERNIGHT	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	Southampton , England	Arrive AM

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

MTH	DATE	DAY	PORT	CALL TYPE
May	3	Sun	Southampton , England	Depart PM
	10	Sun	New York , 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	New York , New York	Depart PM
	10	Sat	Southampton , England	Arrive AM

MTH	DATE	DAY	PORT	CALL TYPE
Jan	10	Sat	Southampton , 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	Dubai , 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	Singapore	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	Hong Kong	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	Sydney , 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	Sydney , 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	Cape Town , 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	Southampton , England	Arrive AM

Add a Transatlantic Crossing to end your World Voyage.†

MTH	DATE	DAY	PORT	CALL TYPE
May	3	Sun	Southampton , England	Depart PM
	10	Sun	New York , 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.

QUEEN VICTORIA FULL WORLD VOYAGE

20 January – 95 days | Southampton to New York

20 January – 103 days | Roundtrip Southampton

2 February – 82 days | Fort Lauderdale to New York

2 February – 90 days | Fort Lauderdale to Southampton

WORLD VOYAGE ITINERARY

MTH	DATE	DAY	PORT	CALL TYPE	MTH	DATE	DAY	PORT	CALL TYPE
Jan	20	Tue	Southampton , 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	Fort Lauderdale , 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	Los Angeles , 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	Los Angeles , California	In Port	Apr	15	Wed	Panama Canal, Panama	Transit
Feb	19	Thu	San Francisco , 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	Fort Lauderdale , 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	New York , New York	In Port
Mar	11	Wed	Sydney , Australia	OVERNIGHT Overnight	May	3	Sun	Southampton , England	Arrive AM
Mar	12	Thu	Sydney, Australia	In Port					

EXOTIC CRUISES 8 to 48 DAYS

Exotic cruises allow you to sail with **QUEEN VICTORIA** 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.

20 January – 13 days | Southampton to Fort Lauderdale

2 February – 15 days | Fort Lauderdale to Los Angeles

San Francisco disembarkation also available

17 February – 48 days | Roundtrip Los Angeles

17 February – 21 days | Los Angeles to Sydney

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



For group rates, call
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