

Limbers Dance Discount

Finepointes Newsletter

North Delta: 604-594-6464
Kerrisdale: 604-264-0009

1-800-665-7709
1-877-270-0018

102 - 6950 Nicholson Rd
5635 West Boulevard

It's back to dance already!

There are a lot of new products, ideas and information to greet you as Fall 2006 unfolds.

"Cookbook"

We are thrilled to present our "cooked up" fundraising idea by our exuberant staff at Limbers. Glenice, Pia and Cindy came up with a wonderful fundraising concept to add to our Fundraising projects. As you all know (see page 5 of newsletter for this years recipients)

Limbers has donated over \$4000 in scholarships for the coming season. We are hoping this wonderful cookbook will allow us to give away even more in the following year! Look for recipes from *Karen Kain, Brianne Bland, Amanda Daft Cyr*, just to name a few. We are opening this up to all dancers and teachers to enter their favourite recipe, accompanied with an optional personal photo.

The deadline for entries has been pushed back to October 30th!

Once again we will have a lot of staff over the busy season to assist you. Old and new faces to help give you friendly and helpful service.

We are thrilled to introduce our new exclusive line of **STRUT** bodysuits, including the addition of small-tall, Medium-tall and large-tall sizes to fit all dancers. Three styles to

choose from. A great fit and wonderful fabric.

Bloch has introduced a new line of ballroom shoes and they are finally here. Fabulous they are and flying out the door! Reasonably priced and the quality is top notch. *Bloch's* new "Respect" tap shoes- **WOW!** You won't find a better product for the price. It has a slight build up, supported with a balanced wood heel and great sound from shockwave taps.

Did you know that *Limbers* is a *Premier Partner* with *Capezio*? What does this mean for you? It means some products are exclusive to *Premier Partners* only. Better discounts, and promotions. We will be the *first* to receive new and exciting products!

Watch for new Ballroom styles from *Capezio*, including very stylish and comfortable practice shoes. Coming soon... the much sought after standard shoe in a **2" heel**. (Continued on page 7)

"BACK TO DANCE" STORE HOURS"

**SEPT 5 - 22,
2006**

MON - WED

10:00 AM - 6:00 PM

THURS - FRI

10:00 AM - 8:00 PM

SAT

10:00 AM - 5:30 PM

SUN

12:00 PM - 5:00 PM

"Dance is the hidden language of the soul"
Martha Graham



The Nutcracker Auditions

October 15th!

12 - 4:00 PM

Scotiabank Dance Centre

Ages 10 years and up
Male and Female dancers
between the height of
4'6" - 5'4" only

Rehearsals are every
Sunday beginning Oct. 22-
Nov. 28th · info contact
Ballet B.C. at 604-732-5003
ext. 200

Royal City Youth Ballet Nutcracker Auditions

**Company members
Sept 16th**

Juniors: 12:00 pm

Intermediate 1:00 pm

Seniors 2:00 pm

Open Auditions Sept 17th

Registration 12:30 pm

Audition 1:00 pm

More Info: 604-521-7290

*"A Ballet that brings the
family together"*

Finepointes Published
Quarterly by
Limbers Dancewear

Opinions that are expressed in articles, letters as published in **Finepointes**, do not necessarily represent the opinions of *Limbers Dancewear*, *Limbers Dance Discount*, or the editor of this publication. We reserve the right to edit articles and submissions received for length, clarity and content.

WE WANT TO HEAR FROM YOU. If you have a comment, letter or suggestion you would like to submit, please contact the editor at:

finepointes@shaw.ca

or

LIMBERS DANCE DISCOUNT
102-6950 Nicholson Road
Delta, B.C. V4E 1Z7
1-800-665-7709

SUBMISSION DEADLINE FOR
WINTER ISSUE
November 01, 2006

Staff at Limbers Stores
Robyn Moro Carol Sache
Owners

Customer Service

Cindy F. Emily Glenice
Cindy W Jacqi Laura
Pia Yolanda

DELTA STORE LOCATION

(Off 120th and 70th Street)
102-6950 Nicholson Road
Delta, British Columbia
V4E 1Z7
604-594-6464
1-800-665-7709

KERRISDALE LOCATION

(Btwn 40th & 41st)
5635 West Boulevard
Vancouver, British Columbia
V3M 1W7
604-264-0009
1-877-270-0018

STORE HOURS

Weekdays 10:00AM - 6:00 PM
Saturday 10:00AM - 5:30 PM
Sunday 12:00PM - 5:00 PM

Dear Dance Enthusiasts:

Can you believe how fast the summer went? Now we are on the threshold of a fresh new DANCE training season and classes are about to begin. Along with that, many new and exciting established dance companies will be coming to titillate our senses and cause us to ponder how the role of dancing within the arts will bring us all to witness its ever changing dynamics.

First and foremost! Have you seen the **EXCITING Ballet B.C. Dance Series** this season? What an incredible lineup of ballets and choreographer's work. The creative genius of prolific choreographers such as Alleyne, Balanchine, Godden, Maitre, Pite, Graham, Nissinen, de Mille, & Tharp. The energetic and exuberant "**Rodeo**" to the sensuous romance of "**Romeo & Juliet**", and the sinister working of "**Dracula**" And the annual innocence of the "**Nutcracker**" this year ushers in with a bang and continues throughout the year. Each ballet is unique, diverse and a delight for everyone.

Speaking of **Ballet B.C.**, you may have the opportunity of seeing this fabulous company's performance of "**Company B and Schubert**" during the month of October in the following locations: West Vancouver at the *Kay Meek Theatre*, Surrey at the *Surrey Arts Centre*, Burnaby at the *Shadbolt Centre of the Arts*, and Maple Ridge at the *Maple Ridge Arts Centre*. "**A Streetcar named Desire**" will be performed in Nanaimo and Victoria area in September. Kudos to **Ballet B.C!**

As many of you are aware, **Limbers** established a **Dance Shoe Scholarship Fund** two years ago that is awarded to outstanding dancers during their following training year. Nominated by teachers throughout the Lower Mainland, dancers selected must fit the criteria as outlined on the nomination form. This year, along with that scholarship, Glenice, Pia and I are putting together a cookbook with recipes supplied by professional dancers from all over the world. *The Vancouver Ballet Society* has graciously offered to help in the selling of these books. More information about availability will be given later. **All proceeds** from the sale of these cookbooks will go **directly to the scholarship fund, helping** to extend scholarships to even more dancers.

Look for many new items for fall in our **Limbers Stores**. **Strut** Body wear, **Ainsliewear**, **Capezio** Groove Jazz Sneaker, in pink, blue as well as black. Their new Ballroom shoes (a great new practice shoe). **Bloch** Jazz Sneaker, **Bloch** enduro-tech jazz bootie, **Bloch** Respect Tap Shoe, **Bloch's** new shaped Rehearsal and Sonata pointe shoes, several new **Bloch** Ballroom, (yes I did say Ballroom) shoe styles and the **Bloch** Chord T-Strap leather character/Tap shoe, **So Danca** Professional Tap Shoe, **Mondor** and **Capezio** "Capri" length tights, **Bunhead** beauty box, and more. Whew!

Don't forget to book for your first pointe shoe fitting. And to all teachers, we will gladly take bookings for new pointe classes. Also check out the article on dance injuries - there is a wealth of knowledge to be gained. Get acquainted with, or for those of you who know her, catch up with **Meisha Lee** in our "**A Conversation with...**" interview. Also take a look at "**Curtain Call**" and "**Your Corner**" for the latest in B.C. dancers following their dreams.

This season holds out so much promise. Take care everyone, and we will see you shine on our stages throughout British Columbia. *Our young dancers of today ...stars of tomorrow!*

Keep Dancin'

Cindy C. Funk
Editor

NEW FROM BLOCH!

BLOCH

SINCE 1932

WE ARE THRILLED TO OFFER NEW 2 NEW CHOICES FROM BLOCH!
THE "RESPECT" TAP SHOE

WONDERFUL SOUND, BUILT-UP SOLE, SOLID HEEL, KASHMIR LINING AND NOTCHED
HEEL FOR BLISTER FREE COMFORT.



ALSO NEW IS BLOCH'S LINE OF BALLROOM SHOES!
BRAVO! - GREAT STYLES, WONDERFUL COMFORT SHOES FOR THE BEGINNER TO THE
PROFESSIONAL DANCER.



CHECK OUT OUR NEW WEBSITE WWW.DANCEDISCOUNT.COM



YOUR CORNER

Stephanie Amauro	<i>Julliard School of Performing Arts School</i>
Amy Middleton	Commercial Work
Kirsten Wicklund	Outstanding Dancer
	<i>New York Dance Alliance</i>
Fei Fei Ye	Bronze Medalist <i>Varna</i>
<u>A Canadian first</u>	<i>Intn't Ballet Competition</i>
James Stout	Semi Finalist for <i>Varna</i>
Koysta Keshwshev	Semi Finalist for <i>Varna</i>
Sophia Lee	RWB School
Congratulations to <i>Goh Ballet</i> for this wonderful achievement!	



Arts Around Town

Sept 02	<i>New Star Cantonese Opera</i> , MJFox Theatre, Burnaby, B.C.
Sept 03	<i>Thillai Kalalaym Dance & Music Academy</i> , MJ Fox 604-951-1602
Sept 13-16	<i>Alberta Ballet, "Romeo & Juliet"</i> , Ticketmaster
Sept 16	<i>PNB, Seattle, WA.</i> tickets@pnb.org
Sept 16	<i>Jacuelin Au-MusicwithoutbordersII</i> Ticketmaster Chan Centre
Sept 29	<i>Monica Bai Cantonese Opera</i> Studio, MJFox Theatre 604-649-1838
Oct 01	<i>Chris Botti</i> – Jazz trumpeter, Chan Centre Ticketmaster
Oct 03	<i>Gordon Lightfoot</i> , Chan Centre, Ticketmaster
Oct 10	<i>Ballet B.C. "A Streetcar Named Desire"</i> West Vancouver, Key Meek Theatre
Oct 11	<i>Ballet B.C. "A Streetcar Named Desire"</i> Surrey, Surrey Arts Centre
Oct 14	<i>Ballet B.C. "A Streetcar Named Desire"</i> Shadbolt Centre for the Arts



CURTAIN CALL

Kevin Yee:	<i>"Mary Poppins"</i> New York City
Linnea Wong:	<i>Toronto Dance Theatre Company</i>
Katya Virshilas:	<i>"Take the Lead" Movie</i>
Noah Long:	<i>Nat'l Ballet of Canada, Corps</i>
Julia Jensen:	<i>Nat'l Ballet of Canada, Apprentice</i>
Kelly Konno:	<i>"Kickin' it Old Skool" Movie</i>
Meisha Lee:	<i>"Kickin' it Old Skool" Movie</i>
Richard O'Sullivan:	<i>"Kickn' it Old Skool" Movie</i>
Harj Rai:	<i>"Kickin' it Old Skool", Movie</i>
Adrienne Chan:	<i>"Kickin' it Old Skool", Movie</i>
Kim Sato:	<i>"Kickin' it Old Skool", Movie</i>
Joanne McCutchin:	<i>"Kickin' it Old Skool", Movie</i>
Jheric Hizon:	<i>"Kickin' it Old Skool" Movie</i>
Menina Fortunato:	<i>"Kickin' it Old Skool" Movie</i>
Stephanie Moseley:	<i>"Ildewild" Movie</i>
Carolyn Rose Ramsey	<i>Miami City Ballet</i>
Celine Gittens:	<i>Birmingham Royal Ballet</i> aritist
Tara Williamson	<i>Alberta Ballet, Apprentist</i>
Brittni Vandusen	<i>Royal Caribbean Cruise Line</i>
Stephanie McAuley	B.C. Lions Dancer
Laura Ulloch	B.C. Lions Dancer
Lacey Boyd	B.A. Lions Dancer
Rachel Vanbuskirk	Atlanta Ballet Co. Corps

Arts Around town.....con't	
Oct 15	Ballet B.C. <i>"Streetcar Named Desire"</i> Maple Ridge Arts Centre
Oct 15	Paul Lewis, Piano Chan Centre, Ticketmaster
Nov 13-14	V.S.O. Chan Centre Ticketmaster
Nov 16-18	Ballet BC, Rodeo, "Shubert" , Ticketmaster
Dec 28-31	Ballet B.C. and Alberta Ballet, <i>"Nutcracker"</i> , Ticketmaster,
Ticketmaster 604-280-3311	

LIMBERS DANCE SHOE SCHOLARSHIP

for 2006/2007

\$500.00 Scholarship winners:

<i>Reid Cummings</i>	Danzmode
<i>Bailey Spraggs</i>	Flora Pigeau Dance Acd.
<i>Krolynn Fisher</i>	Freestyle Dance Centre
<i>Tara Green</i>	Mellado Dance Centre
<i>Chris Prempeh</i>	Vancouver Tap Society

\$75.00 Scholarship Winners

<i>Brittany Wyllie</i>	Aerial Dance & Acro Acd.
<i>Allie Dufour</i>	Carla's Academy of Dance
<i>Tianna Lee Hernandez</i>	Caulfied School of Dance
<i>Adriene Voth</i>	Danceworx
<i>Shan Chung</i>	H. Z. Ballet Classique
<i>Raquel Lanziner</i>	Pro Arte
<i>Emma McLoughlin</i>	Urban Dance Company

Congratulations!



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www.ceroc.ca

Kerry, Michaela and Natalie can't wait to get you started.

**WISE HALL
1882 Adanac Street**

Two locations

Vancouver



**Scotiabank Dance Centre
677 Davie Street**

**Vancouver info@ceroc.ca
1-778-862-3762**

SURREY FESTIVAL OF DANCE

CHECK OUT THE DATES FOR THE NEXT THREE YEARS FOR THE SURREY FESTIVAL OF DANCE AT

WWW.SURREYFESTIVAL.COM

CLICK ON THE NEWSLETTER FOR INFO ON "DANCE AND WELLNESS.", " NO BOARDERS" GROUP COMPETITION, AS WELL AS THE RESULTS FROM THIS YEARS WINNING GROUPS.

SEE YOU ALL THERE!

New Brands



&

"S T R U T" Dancewear

DANCE CONVENTIONS: MARK YOUR CALENDARS

Triple Threat	Edmonton, AB	Oct 7-8, 2006
Triple Threat	Toronto, ON	Oct 21-22, 2006
Triple Threat	Winnipeg, MN	Nov 11-12, 2006
Triple threat	Montreal, QU	Nov 25-25, 2006
Groovestreet (GSP)	Vancouver,	Feb 3- 4, 2007
I Love Dance	May 5- 6, 2007	
Chilliwack Festival	February-March 2007	
Peak Invitational	April 2007	
Street Groove	Edmonton, AB	Feb 3-4, 2007
Dance Power	www.dancepower.com	

Triple Threat	Saskatoon, SK	Oct 14-15, 2006
Triple Threat	Calgary, AB	Nov 4 -, 2006
Triple Threat	Vancouver, BC	Nov 18-19, 2006
Groovestreet (GSP)	Calgary, AB	Oct 21-22 2006
Groovestreet (GSP)	Edmonton AB	Feb 18-19, 2007
N. Y. Dance Alliance	Portland, OR.	Jan 27-28, 2007
PACWEST Festival		April 2007
IDC Portland, OR		Mar 9-10, 2007
Street Groove	Vancouver	Jan 27-28, 2007
Co. Dance	www.codance.com	



“A Conversation With...”
Meisha Lee

Photo courtesy of Meisha Lee

FP: Nice to finally get a chance to talk with you. First, of all, what can you tell us about your dance training?

ML: I was born and raised in Vancouver, Canada and started dancing at the age of four. In the later parts of my childhood, I danced at *Darcelle's Dancers*, *R.P. Danzmode*, *Pacific Dance Arts* and *The Source*. After graduating I moved to New York City to train intensively in an inter/scholarship program. I've continued to study all mediums of dance: Jazz, Ballet, Tap, Hip Hop, Contemporary, Musical theatre, Lyrical, etc. Most recently trying to add Breaking, Locking, Popping and Latin to the list!

FP: When did you know that you wanted to be a dancer and performer? What goals did you set for yourself to achieve?

ML: I think I've always known I was a dancer; it was just having the guts to recognize whether or not I had the endurance to weather all the obstacles that would stand in my way in achieving a career in it. You are never done “achieving” it. I believe in setting the aim higher than imaginable, then setting a series of small goals in that direction to get there. One day you'll wake up and realize you've accomplished them!

FP: What would you say to younger dancers wanting to pursue a dancing profession?

ML: It is not easy. This industry is very difficult; however it is not impossible either! As cheesy as it may be, “where there is a will, there is a way”. Don't let ANYONE tell you otherwise.

FP: What has amazed you being a performer?

ML: That I have not found anything else in life that gives me more joy than performing. We get into rehearsal and training mode so much that I sometimes forget how much I live for it. I am filled

With an overwhelming rush which shocks me every time I step on that stage.

FP: What have you found out about yourself that perhaps you did not know before?

ML: I have learned that every skill I have acquired as been taught by through dance. This has helped me socially and in business as well. My parents have had a huge influence on my life, but I believe I am shaped by my experiences throughout my life in dance.

FP: Who inspires you the most to continue with your career choice?

ML: Definitely my Parents and family. Without their love and support, I probably would've given up by now. They feed me with encouragement when I lose perspective on what I've accomplished. It's hard not to get discouraged when you are constantly focusing on what's next and what goals you have not achieved yet.

FP: Is there anything you haven't done yet that you still want to try?

ML: The list is too long! Seriously, I'd like to accomplish everything and anything. I find difficulty in accepting that I can not excel in it all. I'm down to try new things and learn from the experiences.

FP: What various venues of Performances have you had the opportunity to do? Do you have a favorite one?

ML: I have been blessed to dabble professionally in the different realms of dance. This being said, it's the random jobs that stick out. I had the pleasure to work with legendary Sheryl Lee Ralph in the musical “Applause”. I literally had a scene where I was dancing on Pointe shoes, singing at the top of my lungs! In another stage show, I had to pretend I was working the rice field, even though I have no idea what a rice field looks like. I also did a commercial where I was riding a mechanical bull and recently did a movie where I was paid to do the robot! Life is crazy. MY favorite achievement so far

Would have to be the

Contemporary print ad for *Capezio*. It was a dream come true!

FP: You just finished work on the film “Kickin' it old Skool”. Would you describe your experience for us?

ML: It was an honour to get to work with an originator of Hip Hop, Shabadu. I asked to be part of the skeleton crew (dancers whom the choreographer tries the choreography on) and body double for a lead character. In rehearsals it was like being in an Old School Boot Camp. Learning locking over and over again. He kicked our butts in rehearsals, I learned so much from him.

FP: What is the best and worst thing about your profession?

ML: Best, getting to perform and do what we love everyday. Worst, dealing with rejection daily.

FP: What do you do to prepare yourself just before performing?

ML: I Pray.

FP: What surprises people to know about you that they may not know?

ML: Two things: My dance teacher told me I would never make it! Secondly, that I battle with thinking about other people's opinions of me while I'm on stage or in an audition. This throws off my focus. I'm working on controlling these negative thoughts which have been there since I was young.

FP: What is your greatest wish?

ML: That I may inspire someone to follow their unobtainable goal. It doesn't have to be in dance, just someone who doubted they could do it and possibly by crossing paths, I changed this outcome.

FP: Many young dancers perform in festivals and conventions. What



Links:

Allegro Dance Studios:	www.allegrodancestudios.com
Arthur Murray Tri/City:	www.dancecoquitlam.ca
Arts Umbrella:	www.artsumbrella.com
Ballet British Columbia:	www.balletbc.com
Ballet Kelowna:	www.balletkelowna.com
Ballet Victoria:	www.balletvictoria.ca
Broad Street Dance:	www.BroadStreetDance.com
CEROC	www.ceroc.ca
City Salsa Vibe:	www.CitySalsaVibe.com
Country Grapevine (The)	www.countrygrapevine.com
Crystal Ballroom:	http://crystalballroom1.tripod.com/home
Carlos Loyola:	www.danceinvancouver.com
Dance Brazil:	www.dancebrazil.com
Dance Realm:	www.dancerealm.comnce
Sportal:	www.Dancesportal.com
DanceSportsbc:	www.dancesportbc.com
Dance Spots:	www.dancespots.net
Dancing Director:	www.ballroomdancingdirector.com
Edmonton School of Ballet:	www.esbdance.com
Goh Ballet:	www.gohballet.com
Grand Ballroom (The):	www.grandballroom.com
Group America:	www.grupoamerica.com
Harbour Dance Centre:	www.harbourdance.com
Joanne Dance	www.joannedance.com
Loretta Leung Dancers	www.chinesedance.ca
National Ballet of Canada	www.national.ballet.ca
National Ballet School	www.nationalballetschool.org
Pacific Dance Arts:	www.pacificdancearts.ca
Pro Arte	www.Proarte.ca
Perform Art Studios:	www.performartstudios.com
Quick Cobbler (The):	www.quickcobbler.com
RNB Dance and Theatre Arts	www.rnbdance.ca
The Royal Winnipeg Ballet	www.rnb.org
Salsa Vancouver:	info@salsavancouver.net
Scotiabank Dancecentre:	www.thedancecentre.ca
Surrey Festival:	www.surreyfestival.com
Sweet Swing BC:	www.sweetswingbc.com
Vancouver Ballet Society;	www.vancouverballetsociety.org
Vancouver Ballroom Dance Club	www.vancouverballroom.com
Vancouver Dance Academy	www.vancouverdance.com
Yasel sport:	www.geocities.com/yasel_dancesport

Opening letter continued...

For "Arts Umbrella" students along with everyone else, we are a proud retailer of Vancouver based supplier of *Ainsliewear*. Available in both stores and at the "Always on Sale" pricing. For those not aware of our policy we discount prices *everyday* as our way of giving back to the dance community that has been so supportive of us these past 20 years!

A special thank you to *Cindy Funk* for the tremendous effort she puts into the production of this newsletter. "*Finepointes*" is distributed to dancers worldwide. Get on our email list as we no longer mail hardcopies of our newsletters.

Finepointes@shaw.ca

Robin and Carol

"A Conversation with..." continued

advice if any would you give to them Meisha?

ML: Don't wait until you're sixty to realize that you are living the "good old days" right now! I will hold those days in heart so fondly. Man, I miss the competition and convention days, they were so much fun. Also, remember that it's only someone's opinion when competing. Enjoy yourself and the rest does not matter.

FP: Do you guest teach and if so, where?

ML: I'm on faculty at Debbie Reynolds's and Millennium Dance Complex in Los Angeles, CA. I'm also on a couple of different convention circuits.

FP: If I was to peer into your dance bag Meisha, what would I find inside?

ML: Probably snacks! People that know me from back in the day would say that some things never change. I'm famous for it still to this day. Ha. You would also find my sidekick (palm pilot like device). It keeps me organized and lets me know what's next on the agenda.

FP: So where do you see yourself in five years time?

ML: I can not predict where I'll be in five years. So far, everything has pretty much surpassed my expectations. I see myself continuing to work extremely hard on my passion and as far as accomplishments, those will come with diligence.

FP: Where is home for you now Meisha? How does that compare with Vancouver?

ML: I reside outside of Los Angeles; however my home will always be Vancouver. I miss it dearly! I'm here because of work, but I love coming home especially if I can get work in Canada. (wink, wink)

FP: How often are you able to return home for a visit?

ML: At least twice a year. I'm always home for Christmas!

FP: Meisha, dancers not working with a company need an agent. It is very import for all professional dancers. What can you tell us bout selecting one that will be good representation for you as a performer?

ML: You must have a good relationship with your agency. I highly advise dancers to do their research on the agencies and have interviews with them all *before* selecting one. You want to be with an agency that supports and will work for you individually.

FP: What is the best way for you to stay in shape?

ML: I work with a personal trainer. Currently I'm learning how to box! It's so much fun. I work out on top of my daily classes and rehearsals. Unfortunately, it takes a lot when you're body is used to physical activity all your life.

FP: And I know that you don't cook very often, what fuel food do you like to eat?

ML: Fruit. Mother Nature rocks!

FP: What do you like to do on your own time?

ML: Catch up with friends, volunteer in the church weekly, shop, lay out in the sun, ride ROLLER COASTERS! Love them.

FP: It was so enjoyable to talk with you Meisha. May all your endeavors continue to bring you successes now and into the future.

ML: Thanks so much for this opportunity. It was truly an honour, I hope this will do.

FP: You betcha!

Meisha Lee now resides outside of Los Angeles, California

NEW FROM CAPEZIO!



AS A PREMIER PARTNER WITH CAPEZIO WE ARE PLEASED TO INFORM DANCERS THAT THE OLD CG 09 HAS BEEN REINVENTED AND WILL BE AVAILABLE IN DECEMBER AS THE CG100.

THIS SHOE FITS MEN AS WELL AS LADIES.

KUDOS TO CAPEZIO FOR LISTENING TO THE DANCERS. YOUR INPUT DOES MAKE A DIFFERENCE!



FINALLY! A PRACTICE SHOE WITH PIZZAZZ! 2" HEEL. ALSO COMING SOON WITH A 2" HEEL IS THEIR NEW STANDARD SHOE!





Have you ever said?

"I've landed badly from a jump and now it hurts to walk?... " I have a pain underneath my big toe, particularly while walking without shoes"... "My big toe points inward and is painful"... "I have pain with full releve'..." "My foot hurts when I walk barefoot, especially first thing in the morning..." "I have pain over the balls of my feet..." "My heel and lower calf hurt, particularly while running or jumping..." "I have pain with pointing my foot and releve'..." "I can't achieve full plie' on one side. And when I do, it's painful"

(Questions from the Harkness Center for dance injuries website)

These questions and many more are common injuries or ailments that *can* happen to dancers during the course of their training or professional life. I have searched and found the most informative website that answers these questions as well as a host of others. This website will provide you with a wealth of information concerning these common dance injuries for the foot and ankle, as well as other concerns for the knee, thigh, hip, spine, shoulder and upper body. Please be advised that neither *Limbers*, *Finepointes*, nor the information contained on this website are to be taken as a self diagnosis or as an avenue of self treatment. **It is strictly for research and/ or information purposes only.** The best person to consult if you feel you may have an injury is your personal physician. Proper medical care is essential for good health and proper healing.

Happy reading!

Harkness Centre for Dance Injuries www.med.nyu.edu/hjd/harkness/



WE SHIP LOCALLY AND WORLDWIDE

Limbers Dance Discount makes shopping easy. We will ship right to your door.

Our website located at www.dancediscount.com will guide you through the various dancewear and footwear items we carry. Online, E-Mail, or by telephone, Limbers efficient staff will help you with or answer any questions you may have. "First Position in Dancewear since 1987"

604-594-6464 1-800-665-7709

Limbers@dccnet.com

Ballroom...Salsa...Swing....and more

Sept 28-30	Houston Salsa Congress	jmercado47@sbcglobal.net
Sept 29-01	Cuban Salsa Congress-Stockholm Sweden	raffael.sonnenschein@lebevoll.com
Sept 30	IDSF Dance Championship-Karlsruhe Germany	www.czechdanceopen.com
Sept. 30	Crystal Invitational DanceSport Festival, Vancouver,B.C.	www.crystalballroom.ca
Oct 05-08	Vancouver International Salsa Congress Hilton Van. Metrotown	
Oct 05-09	Canada Salsa Congress, Toronto	Jennifer@stepsdancestudio.com
Oct 06-08	Cuban Salsa Congress Amsterdam, Netherland	raffaelsonnenschein@lebevoll.com
Oct. 21	Wild Rose Ball -Calgary, Alberta	www.wildroseball.com
Oct.27-29	Cuban Salsa Congress, London, UK	raffaelsonnenschein@lebevoll.com
Oct. 28	Crystal Ballroom "Stars of the Night Showcase" Vancouver, B.C.	www.crystalballroom.ca
Nov 04	2006 Northern Lights Classic; Ballroom	Theresa@dancesportalberts.org
Nov 09	Calgary Salsa Congress	
Nov 10-12	13th Annual Grand Ball 2006;The Grand Ballroom Richmond, B.C.	info@grandballroom.com
Nov 25	2006 IDSF World Standard-Aarhus Denmark	www.wm05-krefeld.de
Nov 21-28	New York/New Jersey Salsa Festival	info@nynjsalsafestival.com
Nov 30	All Star Salsa Cruside (Carribean)	kharris@stuckonsalsa.com earlrush@stuckonsalsa.com
Jan 23-25	UK Open Dance 2007-Bournemouth KU	www.dancesport.uk.com/events/ukopen
Feb 09-11	SNOWBALL CLASSIC, Sheraton Vancouver Hotel,	chair@snowballclassic.com
Mar 18-20	Vancouver Vibrations, Sheraton Vancouver Hotel	www.dancewithwolf.com

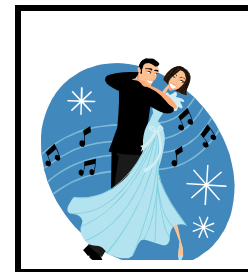


BLACKPOOL DANCE FESTIVAL

Mark your calendar

2007	BLACKPOOL DANCE FESTIVAL	MAY 25 – JUNE 1
2008	BLACKPOOL DANCE FESTIVAL	MAY 23 – 30
2009	BLACKPOOL DANCE FESTIVAL	MAY 22-29
2010	BLACKPOOL DANCE FESTIVAL	MAY 28 – JUNE 4

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Book Titles

- "Let's Lindy"
- "Samba"
- "The Swing Book"
- "Modern Ballroom Dancing"
- "Christy Lane's Complete Book of Line Dancing"
- "From Ballroom to Dancesport"
- "Tango: the art history of love"
- "The Joy of Dancing: The next step Ballroom, Latin & Jive"
- "The Joy of Dancing"

Authors

- Simon Selmon
- Paul Bottomer
- Degan Pener
- Victor Silvester
- Christy Lane
- Caroline Joan S. Picart
- Robert Farris Thompson
- Peggy Spencer
- Peggy Spencer