

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 Blvd, Van.

*Happy Holidays to All!
We wish you and your families a happy and safe holiday season.*

Available to studio wardrobe planners... a wonderful selection of Body Wrappers @ costuming choices at very reasonable prices. We would be pleased to sit down with you at any time to assist with your requirements. Great

accessories too. Please contact us.

NEW LOCATION ALERT!

We are opening a 3rd location at #10 Hwy and 152nd (old Rodeo Drive-in). Opening June/July of 2007! Watch for the Grand Opening!! More updates to come.

Carol & Robyn



WOW!!
Limbers has a fabulous new SECURE website!
www.dancediscount.com

To all studios:

Next issue will have year end recital information. To list your studio, academy or school, email: finepointes@shaw.ca. Please put in subject line: Year End Show.

11/14/06

Ms Lynda Yee Shioya delivering much appreciated pointe shoes and dancewear to the students of the Ballet Nacional de Cuba

Dear Sirs:

We have received a number of point shoes and dancewear that you kindly sent with Ms. Lynda Yee Shioya, one of the members of Travel for the Arts who traveled to Cuba for The 20th International Ballet Festival of Havana.

Ms. Shioya explained that you took the initiative to have the shoes and dancewear as a donation with the express intentions of having them sent to the members and students of the Ballet Nacional de Cuba.

We are most thankful for your thoughtfulness and kindness. I reassure you that we are most appreciative and guarantee that they will be put to very good use here at the Ballet.

With kindest regards to you and with the very best wishes for the New Year I remain,

Yours truly,
Miriam Vila, Director
Special Training Education Department
Ballet Nacional de Cuba



Limbers wishes to thank Lynda for her time and effort to oversee this successful venture.



Finepointes Newsletter
Published by
Limbers Dancewear

Opinions that are express 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
February 01, 2007

Staff at Limbers Stores
Robyn Carol
Owners

Customer Service

Cindy F. Emily Glenice
Cindy W Jacqi Laura
Pia

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:

It just seems like the days continue to proceed faster and faster and before we know it December is here and we draw to a close another year. Whew! Where did it go! The holiday season reminds us to cherish our loved ones, meet new acquaintances, and of course *support* dance in all its splendor.

For those of you who may be graduating Secondary school this next year, were you aware that you may received credits for dancing in *fine arts*? Check out the article "Graduating?" and website for more information.

Have you ever dreamed or thought about being a *Radio City Rockette*? "A Conversation with..." talks with *Julie Tomino*. *She* is now performing with this great American institution. Wonder who else is now working in the dance profession? Find out where they are working or studying at "Curtain Call" and "Your Corner"

In the last issue of "Finepointes" we announced a new cookbook. What a great response we are getting from dancers all around the world. In approaching several dancers we now have recipes from *Karen Kain, Brianne Bland, Crystal Costa, Flora Pigeau, Amanda Cyr, Nicole Caron, Julie Tomino, Heather Ogden, Chelsea Bate, Amber Funk Barton, Danielle Clifford, Kerry Lynn Turner, Theresa Coombe, Krista Savage, Sona Kharatian, Lisa Kacamarek, Jennifer White, Ron Du and Erin Mahoney-Du*, and so many more. All proceeds will go towards the scholarship shoe fund. We will let you know as soon as it is available.

Looking ahead, Vancouver will see more and more dance than ever. The *Vancouver International Dance Festival* (March 2007) and *Dancing on the Edge* (July 2007) are just two of the variety of dance that will delight enthusiasts alike. Along with the various dance competitions and conventions, Shows, in and about the Lower Mainland, there will be so much to choose from. Take care, be safe, one and all.

Keep Dancin'

Cindy C. Funk - Editor



Holiday Shopping Hours

Dec 1-23 Regular store hours
Weekdays: 10:00 - 6:00 pm
Saturday : 10:00 - 5:30 pm
Sunday : 12:00 - 5:00 pm
Dec 24 : 12:00 - 4:00 pm
Dec 25 : CLOSED
Dec 26 : CLOSED
Dec 27-30: Regular store hours
Dec 31 : 12:00 - 4:00 pm
Jan 01 : CLOSED
Jan 02-onward regular store hours



"Breakin' Down" HIP HOP

Bling bling... wack... fo shizzle... boo-yaa... a'ight...are but a few of the words associated with the urban terminology that helps to define a dance genre that has swept the world over.

But vocabulary aside, it is just a side issue to what is involved in this amazing art form. What is *Hip Hop*? *Break dancing*? *Popping*? *Locking*? *Crumping*?

From its birth in the inner city streets of New York and California, it has infiltrated into music videos, TV and feature films. It is without question a culture that will continue to solidify itself in dance studios world over.

Dress, attitude, music, along with the dance moves, all contribute to this phenomenon called *Hip Hop*. Here is a very basic break down of each style:

Hip Hop: This is mostly known for its commercial content; it is notably seen in music videos, concert tours, TV and in feature films. However commercial *Hip Hop* is not considered an authentic form, yet because of its excitement, energy and drive, studios have seen enrollments increasing continually.

Break dancing: Sometimes called B-boying or B-girling, this style also began in the south Bronx of New York city in the 1970's. It is powerful in that it encompasses acrobatic moves and it too has made inroads in commercials such as Apple's IPOD, and the classic feature film "*Breakin*".

Locking: Without question among serious dedicated hip hoppers, *Locking* was introduced by *Don Campbell* in the late 1960's. The form also includes large cartoon like gestures, such pointing and circling the arms.

Popping: Separate from *Locking*, it is associated with liquid dancing in which the body seems to glide like moon walking or body waving. The contraction of muscles gives the result of robotic like movements.

Crumping: movements associated with inner feeling, angst, anger etc. You will see more of this style as it evolving and expanding.

Available in DVD format

Hip Hop instruction #1 & #2

Richard O'Sullivan Harbour Dance Centre

All New Dance

Richard, Mo, Gian Harbour Dance Centre

Mr. Wiggles Volume 1,2,3, &4

Mr. Wiggles
Make it Happen Kelly Peters

Brown Broadway Dance Centre

Dance Like we Do

Chris Judd/Eddie Garcia

Street Jazz

Broadway Dance Centre

Breaking Foundations

Broadway Dance Centre

Websites:

www.Mr.Wiggles.biz/hip_hop_history.htm

www.b-boys.com

Editors note: Because of the nature and culture of Hip Hop dancing as a whole, its urban vocabulary, song lyrics, graffiti, dress as well as attitude; it may not be suitable for younger dancers.

Klassic

Bloch Hip Hop Sneaker
just for You!
Kerrisdale Store

MOVIES

"Breakin"

"Beat Street"

"Honey"

"Wild Style"

"Kickin' ole skool"
(coming soon)

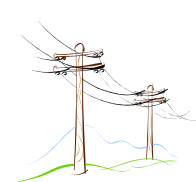
GRADUATING?

Did you know that high school level dancers may receive credits towards Graduation if they have successfully completed their exams in the following syllabus:

R.A. D., I.S.T.D., Cecchetti, I.S.T.D. Tap, I.S.T.D. Modern Theatre Dance, I.S.T.D. Imperial Ballet, or Highland in grades 10, 11 and 12?

You can be credited two to four credits for each level of dance towards fine arts.

For more info talk with your school councilor or check out: The Ministry of Education
www.bced.gov.bc.ca/graduation/courseinfo/cid.pdf



“A Conversation with...”

Julie Tomaino

Radio City Rockette

(pictured with her mother, Debbie)

Happy Holiday

FP: Let's get started July. When did you know that you wanted to be a professional dancer?

JT: I started dancing when I was two and have never really wanted to do anything else. When I was sixteen, I got really into community theatre and that is when I realized that I could do this for a living.

FP: Give us a brief history of your dance training? Where, studio?

JT: I grew up dancing in Vancouver at my mom's studio, *Dance Express*. I also went to an additional ballet school, and took a few classes from other neighboring studios to dance with some of my school friends.

Before moving to New York, I spent a lot of time at *Harbour Dance Center*. Now, I take classes all over the city, but *Broadway Dance Center* is my home.

FP: What dance teachers (s) influenced you the most?

JT: My mom, *Debbie Tomaino* was the most influential teacher in my life. She not only taught me how to dance, she also gave me so many opportunities to travel and train with teachers all over the US and Canada. The other two teachers that provided (and still do) so much encouragement, support, and knowledge are *Sivana Brienza* and *Delia Visscher*.

FP: Did you go to any summer dance training programs?

JT: Yes, I spent most of my summers at dance conventions, workshops, competitions, and summer camps.

FP: What was one of the obstacles you had to overcome during your training?

JT: I am not naturally flexible. I didn't get my splits until I was 12! That's pretty old for someone who has danced their whole life...I remember my teachers bribing me with chocolate to get my splits. I worked really, really hard and still work hard to maintain my flexibility, however the eye-high kicks have definitely helped and I'm much more flexible than I used to be.

FP: What brought you to New York?

JT: Originally I moved here to study musical theater at AMDA. I loved New York right away and knew that I wanted to live here for a long time. I believe if you want to be doing something specific, you should put yourself in the best possible environment to accomplish it, so New York was where I had to be.

FP: How long have you been a dancer with the renowned *Rockettes*?

JT: This is my second year as a *Radio City Rockette*.

FP: Cast your mind back if you will to your first auditions, what were your feelings?

JT: Well, I had been to the audition in previous years and made it past a few cuts, and then was cut. This time was different. I was focused and confident that I was going to do the best job I could. Of course, I was nervous as well, but I tried not to think about it.

FP: About how many dancers auditioned that day?

JT: There were about 400 dancers at the audition, everyone lines up outside *Radio City Music Hall* as early as 8:00 am and they let you in about 100 at a time.

FP: What did they tell you about what they were looking for?

JT: They are looking for dancers between the heights of 5'6 and 5'10 1/2 who are proficient in tap, jazz, and ballet. You never know how many dancers they are looking for.

FP: How did you react when you found out you had been one of the dancers selected for *The Rockettes*?

JT: I jumped up and down and did a bunch of high kicks!! Then I called my mom and started crying.

FP: How did you prepare yourself for that type of precision dancing?

JT: I take a lot of dance classes for technique, and a lot of Pilates for strength and stability. I do cardio for stamina. Nothing can prepare you the way rehearsals do, but being in the best shape possible definitely helps.

FP: Can you tell us what a typical work day is like for you?

JT: On show days, I either swim or do Pilates early in the morning to get my body

moving. Then I get to the theater about 90 minutes before the first show starts to do my make up and hair, and then stretch. We generally do 3-4 shows per day, so once we're at the theater, we're there for the day. In between shows, I usually rest with my feet up or go to our 'in house' physical therapy if something feels usually tight, then eat. 30 minutes before the next show, we do touch ups, stretch, and get back into our costumes.

FP: What do you like to do with your time off?

JT: REST! I normally spend my day off pretty quietly, not being too physical. I love sitting at Starbucks for hours with my friends. Sometimes I'll get a massage or just go for a really nice dinner and see a movie with my boyfriend. I love cooking and especially creating new recipes from scratch. Basically by throwing together whatever I have in the house until it tastes good.

FP: If you could dance with anyone particular person, who would it be?

JT: *Gene Kelly*. Hands down. He's such a man.

FP: He is one of my favourites too. So *Julie*, where has dancing taken you?

JT: That's the best part of this career!! I've been all over the place...Italy, France, Spain, Portugal, across the United States and Canada, as well as all over the Eastern Caribbean.

FP: What is the most exciting thing about living in New York to you?

JT: There is something artsy going on at all times. Big gala openings in the theater district, little shows in the village, parades and street fairs every weekend. Even on your subway ride home there will be kids break dancing for money or some guy playing bong drums. I love that art is all around, all the time.

FP: Where would you like to see yourself in about five years?

JT: That is a tough question. I have

(continued on page 6)



CURTAIN CALL

Jessica Fletcher *Wen Wei Dance*
Janiene Laidlow *South African Ballet Co.*
James Stout *The Royal Ballet - UK*
Kaitlin Standeven *Les Ballet jazz de Montreal*
Teresa Coombe *Chicago-The Musical- NYC*



YOUR CORNER

Sophia Lee Winnipeg Ballet School
 Alisa Keogh Placed 2nd in Star Search
 (Limber Scholarship Winner)



CEROC SURREY CHRISTMAS PARTY
 Friday, DEC 8th Sullivan Hall
 64th & 152nd. 7:30 pm
 Christmassy costumes encouraged. All profits to The Province Empty Stocking Fund Call Kerry 778-862-3762 For more info. www.ceroc.ca

UP COMING AUDITIONS

Ballet de Printemps: *Vacuovers newest Ballet Company* Dec 17th, 2006 1:30 PM, seeking both male and female dancers. Pre register with artistic CV bdp@balletdeprintemps.com 105 Bower Ave., No. Vancouver 604-986-3837 ex2

Nat'l Ballet of Canada: Feb 10, 2007
 For audition space send resume, headshot and 1 dance shot no later than Jan 25, 2007. Specify applying for a spot at the Company Audition. Do not send DVD's or videos. Artistic Department 470 Queens Quay West, Toronto, ON M5V 3K4

Les Grand Ballet Canadiens: Feb 10, 2007 info and email at www.lesgrandballets.qc.ca

School of Toronto Dance Theatre: Feb 25th & July 14th, 2007 info@SchoolofTDT.org 416-967-6887

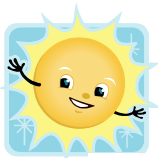
Arts Umbrella: Summer Intensive Aug 6-24, 2007 info@artsumbrella.com 604-681-5268

Ballet Jorgen: Montreal Jan 21st, Toronto, Feb 11th, Halifax Feb 25th. Seeking male & female dancers
 More info: artisticdirector@balletjorgen.ca 416-415-2865

The RWB.org: Download Register form for Company Auditions from website at www.rwb.org. fax to 204-943-1994 attention Judy Arnason Artistic Department..

Aspen Santa Fe Ballet: New York Jan 27th, Chicago II, Mar 5th, San Francisco TBA. www.santafeballet.com for more info:

PNB-Summer School: Feb 3 & 24, 2007 info, pnbschool@pnb.org, 206-441-2435 No company auditions this year.



SUMMER STUDIES



Summer Intensive
 AUGUST 7-24, 2007
www.balletbc.com



JULY 2-27, 2007
info@SchoolofTDT.org
 1-416-967-6887

 **The Banff Centre**
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 July 2-Aug 5th, 2007
 Professional Training
 June 18-July 28th, 2007
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 1-800-565-9989

