

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.

Delta Store

**Will be open during
September/October**

“Back to Dance” Store Hours ALL 3 STORES

**Weekdays – Mon-Thurs
10:00 -6:00pm**

**Friday
10:00 – 8:00 PM**

**Saturday
10:00-5:30pm**

**Sunday
12:00 – 5:00 pm**

*Come out and celebrate
with us!*

Limbers Dancewear **20th year!**

Kerrisdale: 5635 West Blvd.
604-264-09

Delta: 102-6950 Nicholson Rd
604-594-6464

Rodeo Square: 5620 152nd Street

Vancouver, B.C. V6M 3W7
1-877-270-0018

Delta, B.C. V4E 1Z7
1-800-665-7709

Surrey, B.C. V3S 3K2
1-800-665-7709

August 20th!
Rodeo Square
Hwy #10 & 152



*Brianne Bland & Jared Nelson
The Washington Ballet, D.C.*

“BALLET TO BALLROOM &
EVERYTHING IN BETWEEN...”

www.dancediscount.com

Limbers@dccnet.com

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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
Fall Issue
August 15, 2007

Staff at Limbers Stores
Robyn Moro Carol Sache
Owners

Customer Service

Cindy F. Emily Glenice
Cindy W Jacqi Laura
Pia

RODEO SQUARE LOCATION
(Hwy #10 & 152nd Street)
5620 152 Street
Delta, British Columbia
V3S 3K2
604-
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:

Limbers is 20 years YOUNG! It is hard to believe that the years have past so quickly. We are extremely excited about our new digs going in at RODEO SQUARE! Here we will be able to help you with your dancing needs whether for class, performance or exams. And coming soon, we will carry Ballroom shoes for social and competitive dancing!

Last season brought about revivals and rebirth to dance companies here, across Canada and abroad. Looking forward, only more promising and inventive imagination will see the fruition of struggles, refinements, and finished products.

I've talked about Contemporary Dance here in the Vancouver area and starting this July (the 5th – 14th) is the Dancing on the Edge Festival with almost two weeks of incredible dancing. What is especially exciting this festival is the variety of styles, the integration of new ideas using diverse and innovated ideas. Some of the performers, are Karen Jamieson (Vancouver), Dancers Dancing (Vancouver), Fujiwara Dance Inventions (Toronto), Sasha Ivanochoko (Toronto), Tara Cheyenne (Vancouver), Co Erasga (Vancouver) Chuncy Move (Australia), Amber Funk Barton (Vancouver), Move: the company (Vancouver), Serge Bennathan (Vancouver) and much more. Different shows different times of the days. Check out website at www.dancingontheedge.org.

Two other new concepts that come to mind are Katy Harris-McCloed's "Brief Encounters: and Jennifer Mascall's "Bloom" Series. Within the structure of these two disciplines not only is it a forum for dance but a chance to be part of the process involving dialog with the Choreographers. The feedback received helps shape the pieces as well as give additional direction. It is exciting to see the inter-action from the dancers, Choreographers and audiences perspectives.

Welcome back to B.C. hometown dancer Brad Brannen to Ballet British Columbia. What a terrific line up for the 2007-2008 dance season including a new family ballet Septime Webe's "Peter Pan" and John Alleyne's "Four Seasons". Tickets will sell very quickly for this season. Check out their website at www.balletbc.com for more information.

Have great Summer!

Happy Dancin'

Cindy C. Funk, Editor

P.S. If you would like to be on our email listing, send your address to finepointes@shaw.ca, and we will be happy to send you updates and Finepointes Newsletter.

Ballroom Events

July 6 – Aug 31:
Oct 20:

Robson Square Summertime Dance Series, Vancouver, B.C. 8:00 PM
Wild Rose Ball, Calgary AB www.wildroseball.com

Salsa Events! INFECTIOUS..! FLIRATIOUS..! DRIVEN..! SAUCY..!

July 2 - 28:
Aug 1 - 5:
Nov 8 - 11:
Nov 8 - 11:

Puerto Rico Salsa Congress
Miami Salsa Congress
WSF World Salsa Championships, Miami Florida
Dallas Salsa Congress, Dallas, Texas



WATER

“How Important is it?”

Drinking water which is often over-looked is essential for good health and building muscle. Not to be overstated, **WATER IS THE MOST IMPORTANT NUTRIENT FOR YOUR BODY.** It is crucial for growth and persons' development; as well as being the most abundant nutrient in the body. But for many people, it is sadly lacking and/or neglected altogether.

Water itself does not provide you with energy, but it is by this means in which all energy reactions do take place within the body. Drinking a lot of water enables stamina, fuel, good health and builds muscle. Water helps your digestion, absorbs nutrients, vitamins, lubricates joints as well as detoxifies your inner organs and carries away waste. Water is by far the better choice in quenching ones thirst.

Believe it or not, our bodies are marvelous machines. Energy drinks, coffee, tea and sodas are consumed at great quantities (these contain caffeine); which in reality gives the signal for the body to lose water. Our bodies are almost 2/3rds "water weight". Think about these statistics: Blood is 83% water; Muscles are 75% water; bone is 22% water; and the Brain is 74% water.

When you become dehydrated, your blood becomes thicker, and as a result, your body now has to work much harder in its circulation. The brain goes on overdrive to aid in concentration. Your entire body slowly shuts down bringing on the feeling of fatigue, and your energy level begins to drop. Some other side effects of de-hydration are headache, dry skin, cold feet and hands, muscle cramps, sore throat, dry cough, and a burning sensation in the stomach.

Drinking water at regular intervals whether thirsty or not will help keep you on a good water schedule. Water is also effective for the heart. Keep a bottle of water with you at all times. ***Do not under estimate its Value!***



***WHAT is
YOUR OUT
LOOK ON LIFE?***

***Is the Glass
half empty
or is it half
full?***



www.hc-sc.gc.ca

Eat Well and be active!

Vegetables: 1 Dark Green and 1 orange vegetable each day

Broccoli, spinach, carrots sweet potatoes etc

Meat and Fish: 2 servings of fish a week, beans lentils tofu, poultry, pork, beef

Grains: whole grain products, brown rice whole grain breads, oatmeal whole wheat pasta etc

Milk & Alternatives: 2 Cups of skim, 1%. 2%, cheese, soy yogurt, fortified for adequate vitamin D each day

Fats & Oils: 2 TBS un-saturated fats are a must each day.

Use of lemon, vinegar, olive oil, canola oil.

WATER: drink plenty of water daily and have a water bottle in your car, work, at dance.

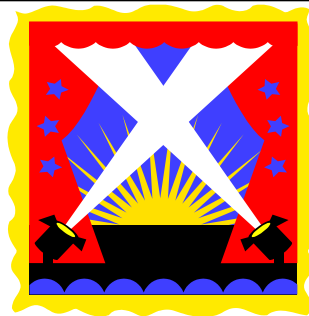


B.C. Dancer ***Kara MacDonald*** was recently interviewed for ***The Dance Current*** Magazine as she is currently working towards the completion of her Dance Teacher Course in Toronto. You can read her interview in the March 2007 Issue. *Congratulations Kara!*

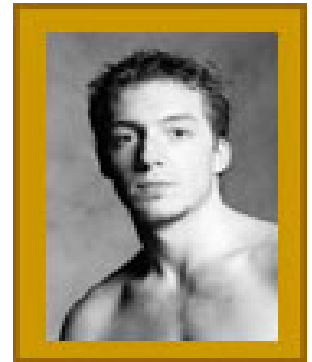


Christopher Gray, from Vancouver, B.C. and a former dancer with ***Alberta Ballet*** is now dancing with ***The Houston Ballet***

CURTAIN CALL



Brad Brennan who apprenticed with ***The Royal Winnipeg Ballet*** is now dancing with ***Ballet British Columbia***



Stanley Parks' Malkin Bowl

Grease

July 11th – August 18th



www.ticketstonight.ca

Oklahoma

July 12th – August 17th

604-231-7535



Ballet British Columbia's 2007/08 dance *Alive!* season

Giselle SEPT 26-29 Plus Polyphonia

National Ballet of Canada
The Centre for Performing Arts

Mixed Movements NOV 22 – 24

Elemental Brubeck, In and Around
Kozla Street and New Work
Ballet British Columbia
The Queen Elizabeth Theatre

The Nutcracker DEC 28-31

Alberta Ballet
The Queen Elizabeth theatre

Four Seasons FEB 14-16 Plus A Garden

Ballet British Columbia
The Queen Elizabeth Theatre

The Sleeping Beauty FEB 28-MAR 1

Royal Winnipeg Ballet
The Queen Elizabeth Theatre

Peter Pan APRIL 17-19

Ballet British Columbia
The Queen Elizabeth Theatre

www.balletbc.com

604-732-5003 ext 207



WE SHIP LOCALLY AND WORLDWIDE

***Limbers Dance Discount* makes your shopping so easy! We can even ship right to you door!**

Our secure website located at www.dancediscount.com, will guide you through the various dancewear and footwear items we carry. On-line, E-mail or by telephone (1-800-665-7709 or 604-594-6464), *Limbers* efficient staff will help you with your selections or answer any questions or concerns you may have. We have great custom ideas as well. *“From Ballet to Ballroom and everything in Between”*

Limbers@dccnet.com

www.dancediscount.com



Capezio Ladies Standard



Capezio Ladies Court Shoe



Capezio Ladies Latin Shoe



Werner Kern Nadia