

Rockin' Horse Tales

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Keep this flyer thru December 2003

Dave's Desk

Hello everyone,

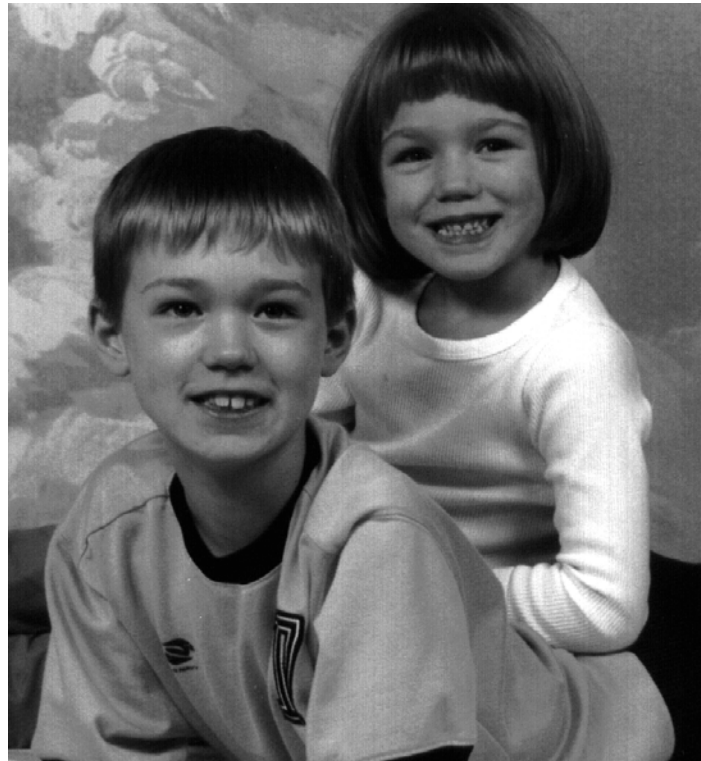
I hope the summer has been good to you. It sure is a hot one for our standards.

SUMMER CLASSES & DANCES: The classes and dances have done well even in the face of the fear of "too hot to dance". I have fine tuned my system for keeping The Barn cool during the day so by evening with fans blowing and the doors wide open the dancers are quite comfortable. I haven't offered classes this late in the summer in the past due to a trend of lack of interest, but I have found a surprising number of people who do want to dance in the summer. Some classes went beyond my expectations and no classes had to be canceled.

NEW SCHEDULE: The new schedule for classes and dances is on the website and in this newsletter. If you have a place to post these schedules where you work, go to church or spend time with other organizations, let me know and I will give you additional copies. I am sure you will find a class or two that you would like to take. Please consider inviting someone new to take a class with you. I would love to see more new faces. There have been many new faces in classes and on Friday nights and I have enjoyed meeting everyone. My thanks to all of you who are helping to get the word out about our place.

DANIEL (8 1/2) and MADELYNN (6 1/4) are growing too fast. If you caught a glimpse of them recently, you've probably noticed that. Madelynn has her first loose tooth and a really short haircut and Daniel is starting to get used to having an orthodontic palate spreader. With the heat, we have enjoyed some days down in the Cedar River to cool off. I love having kids so I can have an excuse to play in the river. I think it's been nearly twenty years since I did that.

MY THANKS: Keeping The Barn going is a big job. Thanks to the ladies in my Tuesday morning intermediate Line Dance classes, I have had help with the landscape work. Kristin Haugan checks people in on Tuesday and Thursday nights and helps with the janitorial work. On Friday nights, you may have seen Mason Emanuel taking money at the door. Betty (Mason's wife) and Mason have helped in many ways including the "Save the Barn" committee. On Monday nights, Al Stuth checks people in for classes. To all of you, A HUGE THANKS!



Daniel & Madelynn before her "Short Haircut"

SATURDAY NIGHT EVENTS: I am working on events for Saturday nights. One of the challenges is finding the right types of dances to attract people. We are going to start with **Christian Singles Dances on the 3rd Saturday** of the month. Please try these dances out. Ron Bolin has agreed to DJ for me. He is very popular with the Singles Groups and he knows what music to play to keep you dancing. The first one is scheduled for **September 20th**. Look for the separate flyer for details.

SPECIAL WORKSHOP September 6th. Please read the last page on the cover of this newsletter.

UPCOMING HOLIDAYS: It's time for lots of parties and I hope you can make it to some or all of ours.
Oct 17 The Rockin' Horse's 5th Anniv. & Dessert Potluck
Oct 31 Halloween Costume Dance & Dessert Potluck
Nov 28 Thanksgiving Leftover Potluck
Dec 19 Annual Ho Ho Ho Down Potluck & Dave's B-day Party
Dec 31 New Year's Eve Dinner & Dance

*Thank you all for your support and bless you,
Dave*

www.learn2dance4fun.com
425-255-9211

Testimonial...

Who says you have to work hard and sweat to stay fit?

I've been dancing for 4 months and one of the biggest reasons I started was to have fun with my friends who wanted to take lessons. The Rockin' Horse Dance Barn was our best choice because fun was a major focus they spoke about (learn2dance4fun). Quite to my surprise I got more than that. Ladies, (and I'm sure men appreciate this also) don't you just love it when people around you start commenting, "have you lost weight"?, "you look really good", "you look really fit", "you look really healthy"... I started to get these comments and the only thing I was aware of was my new dance regime of dancing 3 days each week with lessons and the social dance. In the past, I have been a committed gym rat with my workouts lasting 2-3 hours 6 days each week. I would work very hard to improve my cardiovascular fitness, tone up and lose weight. Running, treadmills, elliptical machines, ski cross trainers, stationery bikes, aerobics and lifting weights were the way I chose to do that. I got results, but I worked so hard to earn them. Within the four months I've been dancing, I have lost 5 lbs, there's extra room between me and my clothes (especially around the waistband) and I've lost overall 9.87 inches. My curiosity took me to the gym to test my cardiovascular fitness. I used the elliptical machine and was shocked with how strong and steady my heart rate was not to mention my balance was beyond anything I was ever able to achieve with my previous regime. If you are new to dance or a longtime patron, make no mistake about the health benefit you are receiving while dancing. Look at the new schedule and block the time for your dance and notice how your fitness improves.

Delighted With Dancin'.