



## SPA CITY BOP AND SWING DANCE CLUB

### MARCH 2016 NEWSLETTER

#### 2016 PROMISES TO BE FUN YEAR

I enjoy a glass of wine each night for the health benefits. The other glasses are for my witty comebacks and flawless dance moves.

Happy Birthday to all those born in the month of March. If you were born any other month and would like your birthday to be published here, please email month and day to

Pam Haringsma at [pharingsma@yahoo.com](mailto:pharingsma@yahoo.com)

#### Jan/Feb Highlights



Chili supper/Dance on Jan 29 boasted 130 attendees and was great fun for all.



Valentine/Birthday dance on Feb 12 was a "red attire" evening as we danced the night away.

Greetings fellow dancers. Can you believe we've already been dancing for two months? How time flies when we're having fun.

2015 was a great year for our 194 members and friends, and 2016 is off to a wonderful start. New President Mickey Matthews has hit the ground running. He and the board members are exploring some inventive ideas to make 2016 a rewarding experience for all.

We hope you took advantage of the free dance classes during the past two months. In January Mick and Bette taught the two-step, and in February Jim and Virginia taught the East Coast Swing. Great teachers and great fun! In March we look forward to more East Coast Swing with Jim and Virginia.

As a reminder, there is usually a free class beginning at 6:15 before the 2nd, 4th and 5th Friday dances. You don't want to miss it.

Remember to wear your Irish green for the

March 11th dance!

Plans are in the works for Dancing in the Park May 6-7. There will be some great workshops and lots of fun dancing. Cost is only \$50 per person. Tables can be reserved for parties of 10. More information coming soon.

Last but not least, let's give all our visitors a warm welcome and ask them to dance. It doesn't matter if you are male or female. If you see a new face, introduce yourself and offer to dance. They will appreciate it, just as you did on your first visit.

#### BENEFITS OF DANCING

**Dancing** enhances your life in so many ways: Health, Confidence, Self-Expression, Social, Relaxation, and Fun. When you **dance**, your cardiovascular system improves, your muscle tone increases and you burn calories. This low-impact aerobic activity also increases flexibility, strength, and balance. So let's dance!

May your pockets be HEAVY and your heart be light. May good luck pursue you each morning and night...





**Caption describing picture or graphic.**

**INSIDE STORY HEADLINE**

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your

readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your

articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

**"To catch the reader's attention, place an interesting sentence or quote from the story here."**

**INSIDE STORY HEADLINE**

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial.

You can also profile new employees or top customers or vendors.

**INSIDE STORY HEADLINE**



**Caption describing picture or graphic.**

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey.

Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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**SPA CITY BOP  
AND SWING  
DANCE CLUB**

Primary Business Address  
Address Line 2  
Address Line 3  
Address Line 4  
Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com



## Organization

Hot Springs Bop and Swing  
Club

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

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**We're on the Web!**

[example.com](http://example.com)

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### BACK PAGE STORY HEADLINE



**Caption describing picture or graphic.**

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way

to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.