

# PLAID NEWSLETTER

## July Fun!

The month of July is gonna ROCK!!  
PLAID has planned multiple events throughout the month and everybody's invited!!

Starting on July 10<sup>th</sup>, we will begin the July schedule. Please note that the 10<sup>th</sup> is a TUESDAY. There is NO CLASS on Monday the 9<sup>th</sup>. July 10<sup>th</sup> will be our PLAID pool day! What better way to kick start our summer events than a day at the pool?

Beginning on the 10<sup>th</sup>, every Tuesday and Thursday will be a different PLAID outing. Every Monday, Wednesday, and Friday will host a morning workshop in the Fullerton studio. Please note that there will be NO CLASS in Glendora, only Fullerton for July.

Also, be sure to wish our National competitors luck! A list of names can be found below. And be sure to sign up for upcoming Feis' before late fees are applied!

Oh and above all else, don't forget to enjoy yourself! Live a little, laugh a little, and improve your health while doing so! (check out the Health and Fitness section to know what the heck this means)

Also, for the July outings, feel free to invite friends and family!

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- We Need to Laugh More!



Tara, Katie, JJ, Nicole, and Chris backstage at the Muckenthaler in June of 2011.



# News and Updates

## July Events

The July workshop and events are here! Michelle recently sent out an email with details for these, and there will be a list of events posted in the Fullerton studio.

Remember that all the workshop classes are held in the Fullerton studio ONLY! There will be no class in Glendora for the month of July.

Be sure to bring plenty of water to the outings, as well as snacks and sunscreen as all of our events will be outside and in the sun.

## Beginner Workshop

The beginner workshop will be held on July 24<sup>th</sup>, 25<sup>th</sup>, and 26<sup>th</sup>. We will begin with softshoe from 1:30-2:30pm, followed by hardshoe from 2:45-4:00pm each day. Make sure your child brings water (or money for water). Also make sure they bring a snack for the 15-minute break. Fruits and vegetables and some form of protein are recommended snacks.

## Nationals Pride!

Be sure to give our Nationals-bound PLAID girls warm wishes before they take off! Here is a list of our 2012 National competitors: Tricia Deyo, Anna Hsieh, Bethany Hsieh, Sarah Hsieh, Tara Linehan, Becky Sanders, Julia Straszewski, and Tasha Straszewski.

Good luck girls and have fun in Chicago!



## July Feis Entries

The Maitiu O'Maoileidigh Feis is on July 28<sup>th</sup> and 29<sup>th</sup>. Just a quick reminder that the deadline for entries is on July 13<sup>th</sup>! All entries submitted past this date will have a late fee. Further details can be found at [www.feisworks.com](http://www.feisworks.com) or the Feis' website, [http://www.celticgold.com/Celtic\\_Gold/Welcome.html](http://www.celticgold.com/Celtic_Gold/Welcome.html)



Meghan, Tasha, and Julia waiting to dance at the Muckenthaller in June of 2011.



# Health and Fitness

## Laugh, It's Good for You!

*"Life is too important to be taken seriously." - Oscar Wilde*

Laughing is always fun, but when in a very serious environment like an Irish dance class, there is no time to laugh, right? WRONG!

First and foremost, if we go to class and don't enjoy it, then we need to remember why we dance – because we love it! Secondly, laughter is necessary for a healthy life!

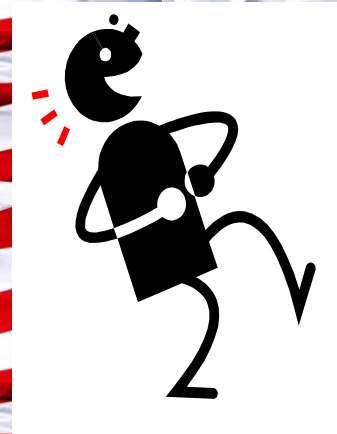
In an article titled "We Need to Laugh More!" by Rick Allen, it explains that the U.S.A. in particular is a very stressed and serious nation. We've all been stressed before, and some level of stress is good. But too often we have more stress than is good for us and that leads to physical and mental health issues.

The cure? Laughter. Laughing relieves anxiety, makes our worries and stresses seem smaller, reduces our aggression and conflict, and even improves our breathing!

When we dancers are at class, it is important to enjoy ourselves. Of course we still need to follow our teacher's instructions (or we won't be laughing anymore) but be sure to have fun with class! Laugh a little, it does nothing but good for us.

We can all laugh because laughing is universal. It's also contagious, so when you laugh it brightens up the entire room! Laughter also improves our mental attitudes, making us more positive – something that is crucial for us dancers!

Laughter improves our creativity and problem-solving. This means that after a good laugh, that dance step you've been working on all day will be easier to get!



I would like to send out a challenge to all the dancers. I want each and every one of you to have a good laugh at the next competition you're at and see how you feel after. Be sure to let me know the result!

Get out there and have a good time! See you all in class ☺

Source: <http://www.ridance.com/og-health.html#laugh>

