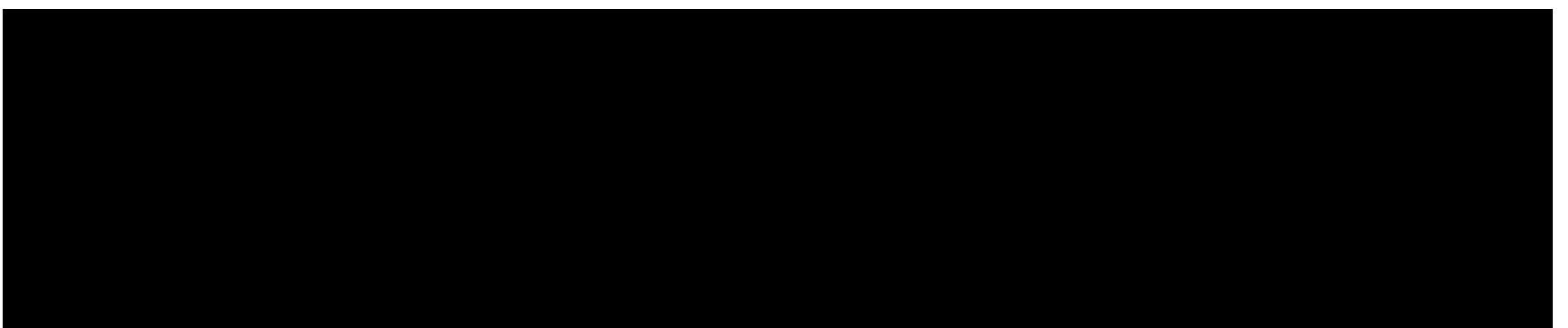
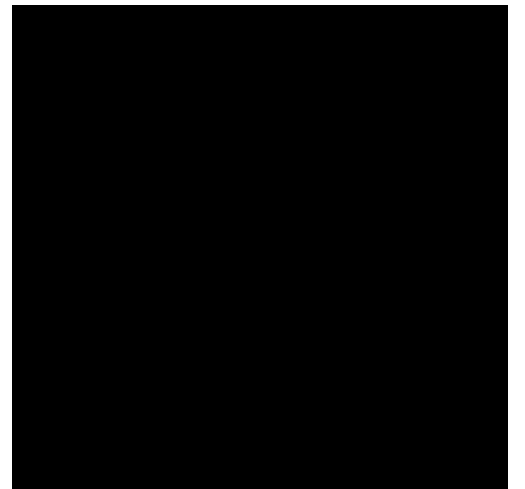
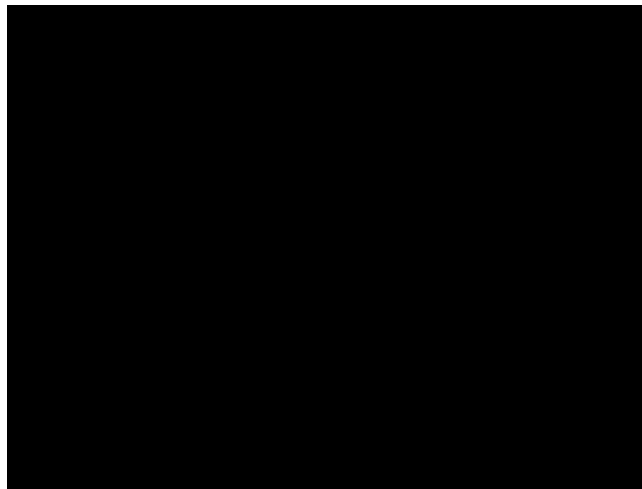
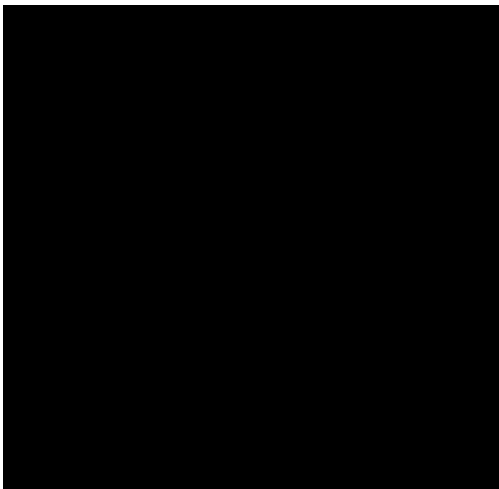
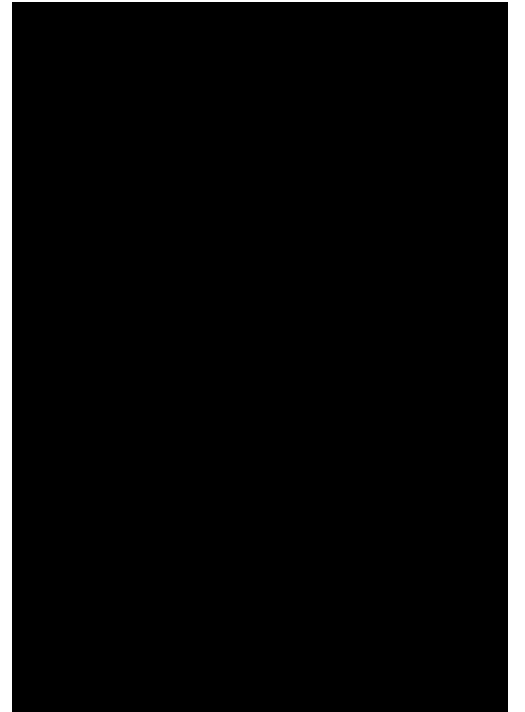
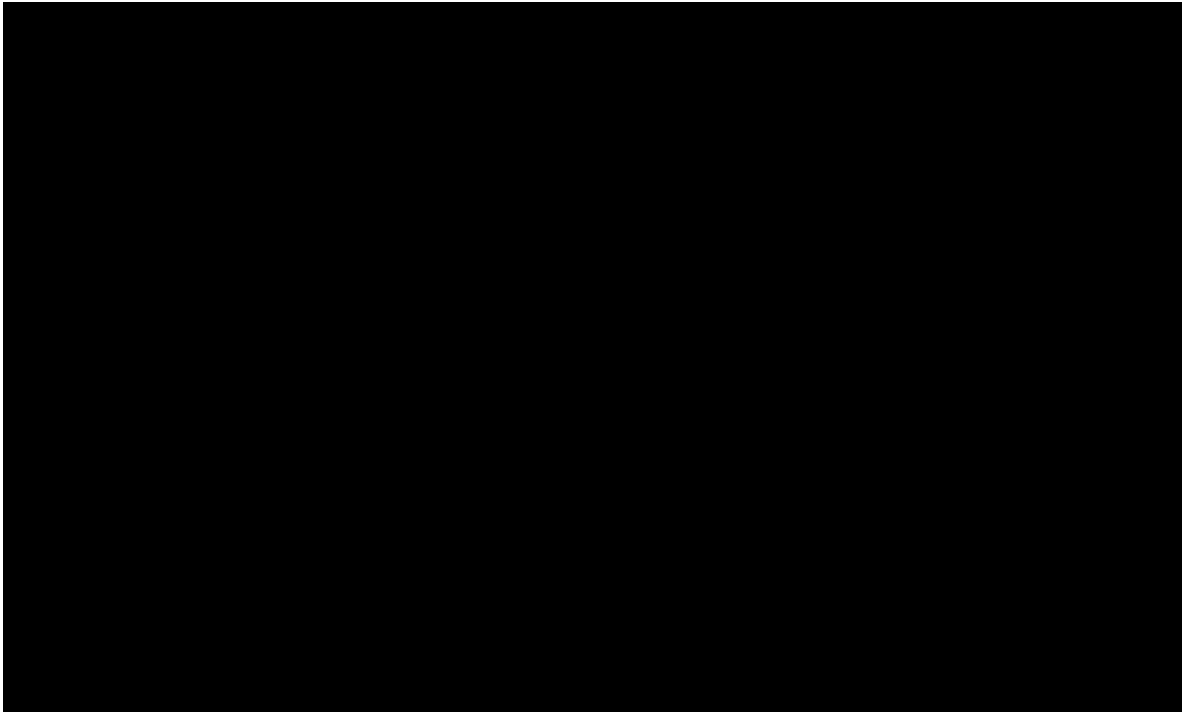


MovingOn  
Semiannual Newsletter  
Issue 22 Winter 09



Career **Transition**  
For Dancers

The connection to your future



# “America, the mover and shaker of all times,” is what some would say after seeing *America Dances!*

November 2nd, audiences at New York City Center saw some of America’s greatest choreographers and dance genres along with some of the bright stars of tomorrow.

Produced and Directed by **Ann Marie DeAngelo**, the 90-minute show featured works by **George Balanchine, Isadora Duncan, Bob Fosse, Benoit-Swan Pouffer, and Sonya Tayeh**. The lineup included many companies and artists such as **Lori Belilove & The Isadora Duncan Dance Company, Ashley Boudier & Andrew Veyette** of New York City Ballet, the **Lombard Twins, Cedar Lake Contemporary Ballet, DecadanceTheatre, Sonya Tayeh Dance**, and featured performances by **Caitlin Carter, Kent Drake, Mercedes Ellington, Nicole Graniero, Robert LaFosse, John Selya**, and an additional 90 dancers from across the country.

**Jock Soto** presented the Award for Outstanding Contributions to the World of Dance to **Lawrence Herbert**. **Samuel Ramey** presented the second award to **James D. Rigler**, President of the Lloyd E. Rigler – Lawrence E. Deutsch Foundation. **Desmond Richardson** was joined by Tony Winner **Kiril Kulish** of “Billy Elliot” in presenting the Rolex Dance Award to **Lisa Niemi Swayze** in honor of her late husband **Patrick Swayze**. **Laura Benanti, Jacques d’Amboise, Nicole Fosse, Valerie Harper, and Kathleen Marshall** made special appearances to share their love for dancers and introduce some of the acts. **Gayle Conran**, former member of the Boston Ballet and newly appointed board member, introduced the audience to **Mary Barnett, Hope Clarke, James Crescent, Hans Kriefall, Krisha Marcano, Dottie Belle Meymann**, and **Leo Schmidt** to share their transition stories and how the organization contributed to their careers.

The evening continued with dinner and dancing with the stars at the Hilton New York’s Grand Ballroom, styled by Dinner Chair, **Janice Becker**, followed by a live auction that raised \$95,000, thanks to the hard work of Auction Chairs **Ann Van Ness, Heléne Alexopoulos Warrick** and their committee. The organization would like to thank our Presenting Sponsor, Rolex Watch USA, the hard work of Jubilee Chair **Michele Herbert**, 24th Anniversary Chairs **Anka K. Palitz** and **Allen Brill**, Gala Chairs **Victor Elmaleh, Michele Riggi, James D. Rigler, Susan Fawcett Sosin, Lisa Niemi Swayze**, and all the Chairs, Vice-Chairs, committee members and donors who enabled us to raise over \$924,000 that evening to support our programs and services.

## President’s message Helping dancers weather the storm

BY CYNTHIA FISCHER

As reported on our website and in various materials, there has been a dramatic increase in services needed by the dance community this year. Scholarship requests are up 46% and career counseling hours are up 29%.



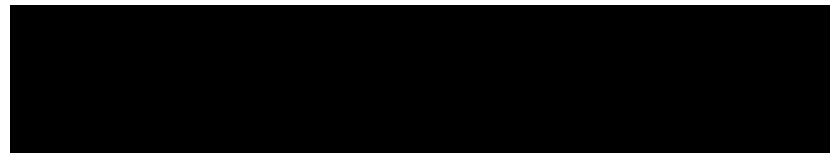
So, what do these statistics mean and how do they affect our dancer-clients?

Some are taking advantage of the forced hiatus to further their education or plan for future careers. Some are deciding that this is the time to stop performing and are coming to our counselors to develop an exit plan. Some are waiting out the storm and seeking survival jobs in fields such as yoga and pilates until new work can be found.

At Career Transition For Dancers, we are and will always be the connection to their future. We help them find ways to earn a living until work is available or support them if they decide to seek a new career. We also provide grants

through the Caroline H. Newhouse Scholarship Fund if they feel finding a new career involves earning a degree or certification in a particular field.

In the past year, we have provided counseling and scholarships to dancers seeking careers in such diverse fields as accounting, acupuncture, holistic medicine, law and nursing, to name a few.



As the demand for services increases, so does our reliance on donations from people like you. The Board of Directors and I have pledged unwavering support for the organization's programs to ensure they continue to be provided free of charge to every dancer who needs our help, whether they be in person at our New York, Los Angeles or Chicago offices, online at [Careertransition.org](http://Careertransition.org), or around the country through CareerLine hotline or National Outreach Projects.

Thank you for making these services possible and best wishes from all of us for a happy, healthy and productive new year.

## Executive Director's message Celebrating 25 years of service

BY ALEXANDER J. DUBÉ

2008 and 2009 have been tumultuous years both financially and psychologically to our dancer-clients nationwide.

With businesses, including dance companies and other arts related organizations, cutting back, Career Transition For Dancers' Board of Directors has resolved that we will not reduce any of our programs and services, and this is evidenced this year by a 46% increase in awarding scholarships for education, entrepreneurial endeavors and certification programs that will total an expenditure of \$406,000, plus a 29% increase in our one-one-one career counseling services.

Our dancer-clients need us now more than ever and we will continue to be their "safety-net" through and including our 2010 25th Silver Anniversary Jubilee.

At this star-studded event on—**HOLD THE DATE—Monday, November 8, 2010**, we will celebrate our past, present and future achievements, and dedicate this very important milestone to the more than 4,300 dancer-clients we have had the privilege to serve the past quarter century.

Our mission continues to enable dancers to define their career possibilities and develop the skills necessary to excel in a variety of disciplines.

From a very grateful organization, we thank our Board of Directors, underwriters, sponsors, patrons, staff, friends and volunteers for allowing us to not only achieve our mission, but to surpass it. The transition journey continues for all of us, and thank you for allowing Career Transition For Dancers to be a part of each of your journeys. Here's to the next 25 years!

Be sure to follow the gala on [Facebook](#) and [Twitter](#) to be the first to know about performers and presenters.

From top: Acacia Schachte and Jason Kittelberger, John Selya and Nicole Graniero, Andrew Veyette and Ashley Boudier

(Photos: Richard Termine)

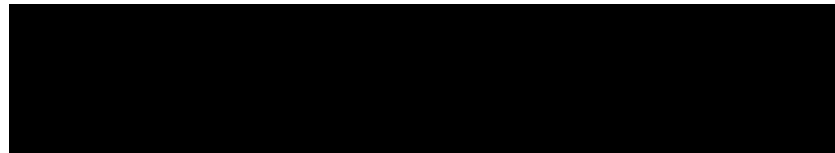
# Transition tips Helpful information

BY LAUREN GORDON

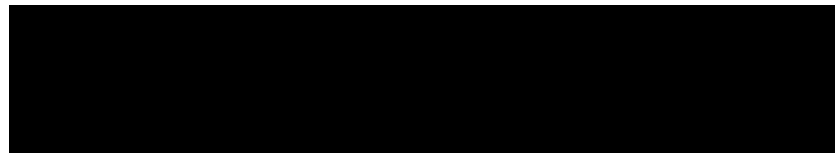
Our New York career counselor answers questions frequently asked by dancers. If you have questions that may help other dancers, please email us your inquiries at [info@careertransition.org](mailto:info@careertransition.org).



File for unemployment if you can. Then research with your state Workforce Career Center—[ServiceLocator.org](http://ServiceLocator.org)— or the job bank in your local library for available employment. Check in with the organization's counselors and the job book in our New York and Los Angeles resource centers. The Actors Work Program, local job search groups, [Craigslisat.org](http://Craigslisat.org), [twitter.com/Getdancejobs](https://twitter.com/Getdancejobs) and bulletin boards in dance studios are usually helpful in these situations as well. Looking for "survival work" as we call it, is usually most helpful as it provides you with income but leaves you flexible enough for auditioning and taking class. Consider late hour work, or part-time and temp positions. Before looking for work, identify skills you already have and enjoy. Brush up on your Pilates or fitness training knowledge. If you can cook, find work in a kitchen. If you can sew, fix computers, walk dogs, take quality photographs, teach a skill, houseclean, tutor or work in a school program, you have multiplied your chances to get work that will help pay the bills and keep your dance career on track.

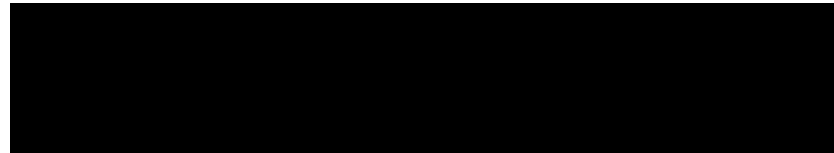


For state by state insurance options and health care resources, the Artist Health Insurance Resource Center—[AHIRC.org](http://AHIRC.org)—is a must for all performing artists. The Actors Fund has ongoing seminars in New York, Los Angeles and helps people over the phone. If you left work that had health insurance, COBRA can provide at least 18 months of coverage. You might also be eligible for Federal Stimulus 2/3 premium costs if you've been laid off. There are several ways to obtain low cost, consumer savvy insurance through artist organizations such as Fractured Atlas, the Freelancers Union, and Media Bistro. Entertainment union members should check regulations for eligibility updates. If you're in college, even part-time, check with the school or a student association to see if you are eligible for coverage. For prescription coverage or chronic care needs, try [PPARx.org](http://PPARx.org) or ADAP, for illness specific assistance. For those dancers who have minimal income, find out about Medicaid, or programs like Healthy New York and Family Health Plus. Though not perfect, there is something affordable out there for everyone.

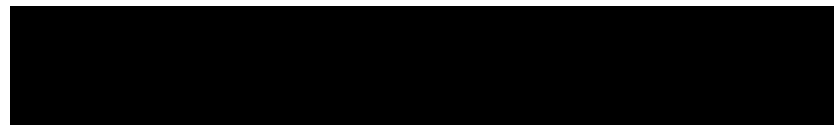


Start by brainstorming and imagining what you want to do. Career assessment tests may also be valuable to get a base line of interests, skills, and compatibility; so contact one of our career counselors. Consider your values and level of education. How much or how minimal training is needed for a new job? For some, job search and resume writing alone may be a good step as everyone may not want or need additional training. Certificate programs,

workshops, online classes, or starting a business may also be options. When you update your resumes—functional or chronological depending on what you're pursuing—any teaching, retail, philanthropy, fundraising, volunteer, pro-bono, and/or PTA work can be considered as a legitimate skill and experience set. Finally, use your lifetime of networks and contacts to see what immediate options you have.



Dancers are multifaceted, have among the most adaptable skills of any profession and are amazing at multitasking. Don't forget that in many cases adding a new skill to your portfolio will also enhance your performing. Career transition research has shown that successful transitions are easier to manage by preparing. So brainstorm to think about what you want to do five, ten, 20 years down the road and see what action steps you will need to take along the way. Also, be curious about what interests you have outside of just performing. Childhood dreams, a cool business idea, cooking skills, knowledge of a second language, experience in yoga, photography, choreography, writing, traveling, are all things that can help you develop a successful and passionate second career. Finally, talk with others, use the organization's National Career Network online, read or go to an educational workshop or short class, shadow someone, or identify skills to upgrade or learn. Even while on tour it's doable to take the next step. Many of our dancers try their ideas while on the road. Some have even started businesses during intermission in their dressing rooms.



The organization's resource centers, online resources, support groups and our dedicated career counselors in Los Angeles (Linda Bunch) and Chicago (Maryellen Langhout) are always available to help. If you have questions, please make an appointment or send us an email. Lastly, take advantage of all the free resources available online. Never forget that you are a dancer, someone in one of the most competitive and challenging professions out there, so you already know how to succeed. Please note: All referenced websites are posted on the [Transition Links](http://Transition Links) directory at [Careertransition.org](http://Careertransition.org).

## Stepping into hope and change A message from our client outreach coordinator

BY KAYLEN RATTO

On April 8, 2010 Career Transition For Dancers will partner with The Harkness Center for Dance Injuries, The Field, Pentacle, and other dance service organizations to address the changing economic climate and provide you with resources that will help your career development.

We are fortunate that the New York division of Actors' Equity Association has donated their 2nd floor conference rooms for the seminar activities. Seminars will be split into three tracks based on dancers' different career needs:

## Track 1: Survival work Short term, immediate bread and butter

### Session 1: Help, I need income now! Survival strategies to pay the bills

Learn how to use the interests and adaptable skills you have cultivated as a dancer to find creative and sustainable work immediately. Whether it is for your primary income between gigs or secondary income to make ends meet, the session will give you loads of ideas on how to stay financially afloat.

### Session 2: Putting your best self forward: networking, marketing, and entrepreneurial techniques

Learn how to market yourself to get your foot in the door quicker. Using the skills you have developed as a dancer or even at another job, you will learn how to develop a professional identity outside of the concert hall and feel comfortable with promoting yourself in various mediums such as email, new media, online, in-person, etc.

## Track 2: Hot careers and exploration Mid term career exploration, further education

### Session 1: What opportunities are out there? A look at hot career areas for future career planning

Learn how to take the experience and skills you already have and get into an industry that is in high demand—as reported by the U.S. Dept. of Labor. We will explore careers in the environment (green jobs), nursing, technology, education, health, fitness, and more. You will learn how vast, promising, and complimentary these careers are for dancers.

### Session 2: This year counts! Get a certification/degree in under a year

Are you getting ready to transition or take your interests to the next level? Learn about certifications, degrees, and training programs that take under a year to receive. In addition to pilates and yoga certification, dig deeper to find programs that build on your skills and will accelerate your career.

## Track 3: Dancing into a passion-based career Long term, self exploration

### Session 1: Where do I go from here? How do I find my next passion?

Take an inside-out approach to self exploration with a playful approach to tapping into your creative possibilities. Exercises will include fantasy work and creative imagery—all designed in a safe environment to help you think “outside the box” and into your next passion-filled career.

### Session 2: I've got my passion! Now, how do I use it?

Learn how to find an energizing career that incorporates your passion with your values, ideal work style, work environment, and even your preferred customers. This is your chance to get all the resources you need to find a “good fit” career.

Check the **National Outreach** section of our **Schedule of events** page for time, location and details. If you have any other questions or suggestions about the seminar materials, email us at [nationaloutreach@careertransition.org](mailto:nationaloutreach@careertransition.org), with the subject: **Stepping into hope and change**.

**Did you know? Of all performing artists, dancers are in the lowest income bracket, earning less than \$20,000 a year, with just 25% having full-time positions.**

# Mail call Letters from our clients

## Alicia Graf

Dear Career Transition For Dancers,

Thank you so much for your generous support! I honestly feel like you have been with me on my life's journey since I became a professional dancer in 1996. No other organization has been so gracious about supporting my life outside of dance. Thank you for believing in me.

Much love,  
Alicia Graf

## Leah Gallimore

Dear Career Transition For Dancers,

I wanted to send you a note thanking you for all that you have done and for all that you will do in the future. I am sure that you already know the impact that the organization has had on the lives of dancers, but I still want to let you know how much I appreciate everything that has been done for me. Your organization really does make a difference and I thank you for all it has made in my life.

Sincerely,  
Leah Gallimore

## Mahri Relin

Dear Ms. Westerfield:

I want to thank you and AEA for helping contribute to the Newhouse Grant that I was recently awarded. I have begun taking preparation classes for the GRE exam so that I can ultimately attend grad school for clinical psychology. This grant paid for the classes, and I already know that they will help me improve my GRE scores considerably.

As dancers, we often worry that there is very little left for us to do after we choose not to dance professionally anymore. We also have spent so many years sacrificing money for the joy of dancing that many of us worry about having enough resources to make that transition in the first place. The Newhouse Grant makes this transition feel so much more possible.

Thank you for helping me—and the rest of us—move ahead in our lives with more support. I have enjoyed being a part of Actors Equity, and I look forward to my future as a dancer-turned-psychologist!

Warmest,  
Mahri Relin

## Carol Bryan

Dear Mr. Fayette,

I am most fortunate to be a recent recipient of an entrepreneurial business grant from Career Transition For Dancers. I am so grateful for this organization and have great respect for those who are involved; from the career counselors, to all the speakers they invite to present and for all the resources they provide.

I had a wonderful professional performing career with American Ballet Theatre as an adult and as wonderful a performing career for ten years at the School of American Ballet with NYCB.

I became a client in 1995 when I wanted to stop teaching ballet after a lengthy teaching career of thirty years and didn't know what to do. I certainly felt I had no transferable skills to bring to a different career. I knew I had to go to

your organization but resisted for a long time thinking I could transition to something else myself. Not so easy! So, I made the phone call and scheduled an appointment. I knew that they understood and knew the struggle I was facing. Enter, Suzie Jary, my career counselor. I looked forward to each and every counseling session with her. Suzie gave me tremendous guidance and paved the way for me to think more clearly about what my interests, objectives, and goals were. More importantly, what my strengths and attributes were. My confidence and self-esteem were something I really needed to work on. After working with Suzie, I felt empowered to try new things. Suzie was patient, supportive, and never negative. She believed in me and helped me believe in myself.

Career Transition For Dancers is a true 'gift' for any dancer. The organization has a special place in my heart and I will always be grateful that my second and third career is the direct work I did with your counselors.

Sincerely,  
Carol Bryan

## Career Conversations In Los Angeles

- Jan 26 **Dancer's Round Table**
- Feb 23 **Personal finances—recession does not have to mean depression**
- Mar 30 **Finding meaning in your life**
- Apr 27 **LinkedIn, Twitter, Facebook and social networking: more trouble than it's worth or a lifeline to your success?**

## Video Conversations Recently added

### Creating and navigating website design

Bridge the gap between your creative visions and web design: be your own best guide to better website technology and navigation

### The business of being a freelance dancer / choreographer

Find out how to master the business of show as an arts entrepreneur

### How to survive & thrive in healing, wellness & fitness careers—Part 2

Get a job in a rewarding industry while making a living and staying fit

### The art of blogging

Connect to the world through the popular community of blogging and find better resources and ways to network

For more detailed information on all workshops and seminars, visit our [Schedule of events at Careertransition.org](#).

## National Career Network Professional mentoring

The National Career Network is now available online for dancers seeking peer support and professional mentoring opportunities. Former dancers and other professionals volunteer their knowledge, time, and experience to help dancers nationwide. Do you have knowledge about a specific career path or trade you want to share? Volunteer your time as a member of the network by visiting [Careertransition.org/network](#). It only takes a few minutes to sign up and can have a substantial impact on the career development of a dancer.

## Transition Links External resources

The organization has added new transition links that can help you improve your resume, find scholarship money for school, and more. If you know of any helpful career development websites, please email us at [info@careertransition.org](mailto:info@careertransition.org).

**Did you know? Because dance is so competitive, many working dancers go out of their way to keep quiet when injured or feel they are being underpaid, fearing it may prematurely end their careers.**

# Program updates Free services around the country

## National Outreach Projects Workshops in 2010

Career Transition For Dancers extends its reach by taking its programs and services on the road in the following cities:

- Austin, TX
- Charleston, SC
- Cleveland, OH
- Las Vegas, NV
- Nashville, TN
- New Orleans, LA

## Career Conversations In New York City

Career Conversations are a series of seminars designed to introduce dancers to a variety of career options and to elaborate on key topics to help with their development. In early 2009, archival videos of each seminar were made available to view on our site or for download through iTunes, all free of charge.

- Jan 25 **Getting / completing your degree**
- Feb 22 **Health & wellness careers**
- Mar 22 **Embracing your transition**
- May 17 **Planting and growing your business**

**Did you know? Performing artists have college degrees at double the rate of the total labor force, except for dancers, which are actually lower than the national rate.**

# About

## Career Transition For Dancers

We believe in the potential of dancers. Through our career counseling, scholarships and grants, and various career resources, we are committed to providing the tools dancers need to define their career possibilities and develop rewarding post-performance careers.

### Our mission Your future

Career Transition For Dancers is a not-for-profit organization that enables dancers to define their career possibilities and develop the skills necessary to excel in a variety of disciplines.

### Our commitment Your potential

With offices in New York City, Los Angeles, Chicago and a mobile National Outreach Project, we have provided over 43,000 hours of individual and group career counseling, with a dollar value of over \$4 million, and awarded over \$3.7 million in educational and entrepreneurial support. Outside of the organization's 4,300 active clients, we have helped thousands of dancers in 47 states take their first steps toward discovering rewarding second careers.

### Donate now Help dancers across the country

Every contribution towards our mission makes a difference. \$5, \$10, or \$50 may not seem like a lot from one person, but combined with the over 1,900 donors who are committed to our programs, it provides almost 70% of our annual budget of \$1.3 million. The organization also accepts donations in quarterly or monthly installments. Creating a \$2,000 scholarship may seem like a large sum, but divided into 12 installments of \$167, it can be much easier to manage. To make a donation, please return the enclosed mailing envelope or go to our secure website at [Careertransition.org/DonateNow](http://Careertransition.org/DonateNow).

### Outside Donations Other ways to give

As a human service organization our programs are more in demand than ever. Donating cash is not the only way to help dancers. Giving time, talent, and resources can help us focus more efforts towards our mission.

**Volunteer** to mail letters, make phone calls, stuff goodie bags or donate a unique service you think can benefit our operations. Extra man power is always appreciated and gives you an opportunity to personally see the impact we make nationwide.

**Donate** frequent flyer miles to help transport gala performers and presenters from out of town. The more we can reduce expenses for this event, the more resources we can dedicate to dancers.

**Donate** an in-kind item such as product for the auction or goodie bag, newly used office equipment, or something of value that can be sold to a third party. Items like these are almost like donating cash.

**Purchase tickets** for a show using [Givenik.com](http://Givenik.com) and designate us as your beneficiary; 5% of all ticket purchases go directly to the organization.

**Join** our **Facebook** fan page or **Twitter** feed and invite your friends to learn more about our free programs and services, because personal endorsement is always the strongest form of advertising and sometimes only takes a few seconds to do.

**Matching gift** programs are offered by many companies. If not by yours, ask them to create one as part of their community involvement. This could double or perhaps even triple the value of your gift.

**Did you know? The work of Career Transition For Dancers has led to the creation of transition centers in Australia, Canada, the Netherlands and South Korea.**

## Happenings

### Working to help dancers across the country

#### Board announcements New members

The organization is proud to announce the appointment of Angela Lansbury as its first Honorary Chairwoman. Current board member Anka K. Palitz has enhanced her involvement with the organization to become its first Vice-President of Fundraising. Gayle Conran and Ann Van Ness have also joined as the board's newest members.

#### Happy Birthday Sono Osato Thank you

Sono Osato celebrated her 90th birthday at the organization's headquarters in New York City with the organization's Board of Directors and recipients of her scholarship program. At the end of the celebration she and her husband Victor Elmaleh announced they were donating an additional \$100,000 to enhance their scholarship fund to help more dancers seeking graduate degrees. If you are interested in learning about the Sono Osato Program for Graduate Studies, visit the scholarships and grants section of our site at [Careertransition.org](http://Careertransition.org).

#### Pre-gala celebration Ann and William Van Ness

Auction Chair Ann Van Ness and her husband William opened their home to celebrate America Dances!, the organization's 24th Anniversary Jubilee. They joined by Anniversary Chairs Anka K. Palitz & Allen Brill, Jubilee Chair Michele Herbert and the other gala chairs, vice-chairs, and leadership committee members.

#### Barbara Taylor Bradford Walk-on role of a lifetime

Anniversary Chair Anka K. Palitz hosted a book signing party for Barbara Taylor Bradford's new novel, **Breaking the Rules**. Regina Wyles won the coveted spot at the 2008 gala auction to be immortalized in a walk-on role by the first lady of fiction. As a gift, Regina extended the opportunity to her close friends Rebecca Byam and Ann Molloy who also attended the event.

