



Ballroom Beat

Official Monthly Publication of Piedmont NC USABDA, Chapter 619
Vol. 9, No 3 March 2002 Marcia Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

Your Pres Says

Members and Friends,

There's evidence that spring is just around the corner. It's time for renewal. We have planned an exciting opportunity to renew and gain more techniques in dance with a Dan Calloway workshop in April. You don't want to miss this opportunity. Dan is one of the best. Make sure you mark your calendars and get your name on the list early.



The Board has been busy lining up some exciting events this year with the help of many of you. Note on the Calendar below the dates for our Showcase of Dancers and for our National Ballroom Dance Week events.

We are still looking for members interested in working with our youth program. Let me know if you have any interest in this area – you could be helping a future Olympian!

See you on March 10 and 24.

Ellis Pardue

Calloway Workshop Planned

On Saturday afternoon, April 27 Dan Calloway, a widely known Instructor from the Washington/Maryland area and coach for Wayne and Marie Crowder, will be offering a 2 hour workshop for USABDA members and dancing friends. The Workshop will cover Waltz for an hour and Rumba for an hour. It will be held at the Grange in Greensboro.

Cost to attend the workshop will be under \$50 per person. Reservations are encouraged since Dan's Workshops are regularly sold out events. You can make reservations at either our second or fourth Sunday Tea Dances in March.

A limited number of private lesson are also available. Call Lib Johnson (*right with Henry James*) at (336) 299-7412 to register for a private lesson.



Memorable March

On March 10 – at the Grange in Greensboro:
Swing Lesson by Tom Patillo – 4:30-5:30 PM
General Dancing: 5:30 – 7:30 PM, Lib's music

On March 24 –
Skateland USA of Clemmons
Lesson - 5:30 – 6:00 PM
General Dancing – 6:00 – 8:00 PM-*THE floor*
Music by Marcia (*Gunter Noris emphasis*)
Returning: *Phantom DJ, Ask-me Roses*

2002 Condensed

Tea Dance - Every second Sunday 4:30 – 7:30 PM at the Grange in Greensboro
Tea Dance – Every fourth Sunday 5:30 – 8:00 PM (Except Dec) Skateland, Clemmons
April 27 – Workshop – Grange, Greensboro
August 31 – Showcase of Ballroom Dancers
Sept 15–22 – National Ballroom Dance Week
September 21 - Black Tie Dinner and Dance
Benton Convention Center, Winston-Salem
November 24 – Holiday Premier Promenade – Skateland, Clemmons – 5:30 – 8:00 PM
December 8 – Christmas Party, the Grange
December 29 – Pre-New Years Party,
Officers Installation - 5:30 – 8:00 PM
Skateland, Clemmons, Semi-formal dress

When life gives you lemons just go dancing!

Inside

- New column – Dancing With Duncan
- Consignment Corner on the Web
- Why Dance?
- Directions to Grange and to Skateland
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Directions to the Grange from Interstate 40: Take Exit 213 (Guilford College Rd). Go N app. 1 mile, cross Market St. Turn left onto Lindley Rd., Turn rt. onto Guilford School Rd. Grange is on the right.

Directions to Skateland: From I-40 on the west side of Winston-Salem take the Clemmons exit. Go south into downtown Clemmons. Turn right onto Cephis Dr. at the "Bronze Plaza" sign beside Dockside Seafood Restaurant. Turn left onto Neudorf Rd. Skateland is just ahead on the right.

Welcome New Members:

Bruce Gibson (*right with Grace Moran*), a tennis player as well as a shag and swing dancer has decided to devote more time to ballroom dancing. Bruce is from Greensboro.



Travis and Linda Jackson, (*I*) who been overheard extolling the virtues of ballroom dancing for body and mind, joined us in February. Travis and Linda are from Winston-Salem.

Welcome Guests

Jeannie Scott (*r*), from Winston-Salem, visited us at the Grange and at Skateland in February.

Charlene Compton and **Virginia Vaughn** of Greensboro also visited us on February 10 and on February 24.



Cindy and Bill Wall, (*I*) experienced ballroom dancers who recently moved to Greensboro, visited us on February 10. Former member **Lynn Messik** and

Please come again!



Triangle member **Bill Caspary** also visited on February 10.

We were delighted to dance with several of our Winston-Salem friends on February 24: **John Dorosk, Lucy Chambers, Joyce Lambert, Tom and Grace Moran.**

Margaret Norton, Joan Hester's sister, also visited on February 24.

First-time visitors included **Barbara Hall, Karen Chandler, and Randa Cartwright.**

More Benefits of Ballroom Dancing

We are still compiling a list of the benefits of Ballroom dancing. If you have one (or a dozen), please send it, or them, to your editor.

Kay Gilley, a superb dancer and motivator from Raleigh, provided the following comments:

"I don't have a source, but an older man in the dance community once told me that he'd read an article that dancers live an average of 6 years longer than non-dancers. (And my bet is that they have more fun during those years.)" *Felix Kubiak, above right with May Martin, would surely agree.*



Good Dance Habits

Notes from a Dan Calloway Class at Intercontinental DanceSport Festival 2002

- Take **lessons** – private and group. Lessons are great for learning additional material. They are also the method by which we rid ourselves of bad habits that may have slipped into our dancing.
- **Practice** privately, alone and with a partner, and with a group. Private practice helps make those good habits we learn become permanent. When practicing, have an agenda. Warm up, and then practice in a pre-determined order. Group practice helps us learn to dance in traffic where we have less control of space.
- **Develop stamina** by keeping physically and mentally fit. Augment your dancing with aerobic exercise and a bit of strength training. If you don't have a mentally stimulating job, find ways to exercise the mind also.

- **Understand the Vocabulary** of dance. Be able to communicate with your instructor and with other dancers.

Senior Games

Each year Senior Games are held in counties throughout North Carolina. At the end of the year state champions in numerous divisions are named. One division is

Performing Arts and a category is Dance.

This year let's be sure a ballroom dance performance is the state winner. To enter, both (or all if it is a

formation team) dancers must be at least 55 years old. The registration fee is about (varies slightly among counties) \$12 per entree. The registration deadline is March 22 for the Winston-Salem area with competitions on May 6 at Reynolda Village. For the Greensboro area, the deadline is early April. *(In photo: Are Mary Beth and Bob Jordan wishing they were eligible to enter the senior games?)*



If you and your dance partner are 55 or older, consider entering this event. We may not yet have Olympic Ballroom Dancing, but we can promote our art through such forums as this event. Contact your editor for entrance forms for the Winston-Salem area or Trudy Atkins at 454-3516 for Greensboro/High Point area forms.

Web Site Consignment Corner



Piedmont NC USABDA is now offering a new service to members. Webmaster Don Wolff has added a Consignment Corner to our web site. Any member can advertise any dance-related item he or she wishes to sell.

There is no direct charge for the service, but a tax-deductible donation is encouraged when the item is sold. *(Perhaps Linda Maier, above dancing with Tom Moran, can sell those "just don't quite fit" dance shoes on the web.)*

If you have an item such as a gown (Latin or smooth), other clothing, shoes, videos, music, or mementos that you'd like to sell, send a description (brief, but specific) of the item, the selling price, and how to contact you to Don at djwolff@ieee.org or call him at (336) 446-0451.

Dancing With Duncan

by Glenda MacKeen



Want to swing? Then I have the place for you!

The Piedmont Swing Dance Society, Inc. hosts a great dance twice a month - the second

Saturday at the Vintage Theater in Winston-Salem and the fourth Saturday at the Shrine Club in Greensboro. Admission is \$10.

The evening begins at 7:30 with an introductory jitterbug lesson. The enthusiastic instructors teach the basic steps so when dancing begins at 8:30 even the novice can join in. One does not need a partner to participate; during the lesson ladies rotate around the room with each new step - a learning as well as a social experience.

On a recent January evening an outstanding combo from the N.C. School of the Arts provided live dance music from 8:30-11:30. Set on a stage above the very large wooden dance floor, their enthusiasm was matched by the novice to experienced "swingers" from young to old. BE PREPARED! Live music on that evening was single-time swing only; during breaks when recorded music was played, there was an occasional triple swing tune. The floor was packed - even during the breaks-because EVERYONE DANCES! No food or drinks are available so many dancers brought bottled water. Limited seating along one side of the dance floor offers some rest for the weary dancer.

Ready to "jump, jive and wail"? You will love it! Check out their very informative website (www.piedmontswingdance.org) which gives a history, membership information, future events and bands that will be playing at their Saturday night dances. ENJOY!

Editors note: Glenda (shown above with Duncan MacKeen) has agreed to do a monthly column on interesting places to dance in the Piedmont and surrounding area. If you know a place she might like to "check out", contact her at (336) 765-8528.

Special Invitations:

Mtn. Empire USABDA will have their Spring Fling on March 16 at Wytheville Community Center. More info: Becky Comer at (276) 783-5402 or e-mail beckycomer@smyth.net.

Carolina Foothills Chapter USABDA 's dance this month will be on March 23 from 7:30 until

10:30 PM. The first hour will be a Fox Trot lesson by Angela Wood. Details: Marvin Leatherman at (828) 464-6835 or marvinray@charter.net.

A "Sounds of Swing" Dance Workshop (\$10) and Dinner/Dance (\$30) will be held on March 16 at Lake Hickory Country Club in Hickory. Info: (828) 328-7147 or Kathrynbrock@hotmail.com.

On April 27th **Foothills USABDA** will sponsor the Stardusters Big Band. Admission is \$6. Location is the Neill Clark Center. Info: Marvin (see above) or Pat Burns PAT_45@MSN.com or 828-327-9261.

Biltmore DanceSport Center in High Point will have a covered dish dinner, dance, and show on March 29. Info: (336) 841-3939.

For other ongoing dance opportunities check you "Directory of Dance Services" or www.people-places.com/ballroomdance.

Notes of Appreciation:

- Ø To all who bring a spirit of camaraderie and fun to our dances!
- Ø To Don Wolff for the second Sunday music.
- Ø To Lib Johnson (with Bob as assistant and Bill Caspray as consultant) for the fun Bolero lesson on February 10.
- Ø To Chattie Bird and Franzi Brown for second Sunday hosting. And to Marilee Pardue, our friendly receptionist.
- Ø To Linda Maier for hosting the 4th Sunday Dance.



Ø To Nathan Foreman (*left with Program Chair Chattie Byrd*) for the terrific Tango lesson on February 24.

Ø To Betty Adams for the marvelous music on February 24 that reminded us what great fun it is to dance.

Ø To Lighting

Engineer Hubert Barney for proofing, advising, encouraging, and laughing.

- Ø To Ellis & Marilee Pardue, Fran Randolph, Chattie Byrd, Mary Beth and Bob Jordan, Linda Maier, Will & Gingi Parker, May Martin, Duncan & Glenda MacKeen, Marti Worthen, Joan Hester, Travis and Linda Jackson, Maril Longinotti, Franzi Brown, Lib Johnson, Lucy Chambers, and the Barneys for the wonderful refreshments at our tea dances.

Coming Next Month:

- *Questionnaire – What do YOU Want?
- *Heritage Classic Report
- *Calloway Workshop Details
- *Where to Dance in Piedmont NC
- *National Ballroom Dance Week Plans

Members: Your 2002 Membership Directory can be picked up at either of our Tea Dances.

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