



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 17, No 2 February 2010 Marcia Barney, Editor (336) 712-8183  
Send News and Views to the Editor at [PiedmontNCUSABDA@aol.com](mailto:PiedmontNCUSABDA@aol.com)

*We Promote Ballroom Dancing!*

## Your Pres Says

Dear Fellow Dancers,

*In talking with Latino friends, I often hear that, when you go to their parties, you dance. I'm frankly envious.*

*But Kathy and I went to a birthday party not long ago where we actually did ballroom dance. How cool is that?! I would wish that experience for everyone: to move, to express yourself, to celebrate being alive, through dance, whatever the occasion.*

*To my mind Ballroom Sunday is such an occasion; the culmination of the steps you have learned and the dances you have attended that month; a time to celebrate. So spread the wealth. Invite a fellow dancer or someone who's game to join you in experiencing the magic of Ballroom Sunday.*

*I look forward to seeing you at the YMCA on the 28<sup>th</sup>! Bring a friend!*

*Enjoy the Dance, Tom Rucker*

### **A Note from the First Lady:**

*Part of the fun for me is always the chance to learn something new from our dedicated dance teachers. Sometimes it's just a foot angle or an "attitude" in Tango. What patient, forgiving instructors we get from different dance studios! Their participation is a great boost and they make our effort rewarding!*

*Kathy Rucker*



## More Board Members Appointed

The Leadership team for 2010 is shaping up nicely. In January, the Executive Committee approved several more Board members.

The Interclub committee Co-Chairs will be two of our newest members, Dennis and Melinda Zembower.

Scotty Michaelsen and Pat Willis will be Publicity/Promotions Co-Chairs, Rita Crews will be the Hospitality Chair, Julia Cortright will be the Video/DVD Library Chair, Dick Heck will be Long Range Planning Chair.

Previously appointed Board Members included your newsletter Editor, Music Chair Hubert Barney, Program Chair Sherryl Peters, Outreach Chair Randy Peters, Black Tie Chair Linda Rankin, and Membership Co-Chairs Travis and Linda Jackson.

There are still opportunities for members interested in promoting the cause of Ballroom Dancing: We need a good Media Person, we need someone who loves to decorate and has a knack for said activity, we need a Youth Chair to promote dancing among the younger generation. We also need enthusiastic committee members for all the above committees. Let President Tom know of your interest or talk to any of the Board members.

**February Ballroom Sunday**  
**Sunday, February 28, 2010**  
**Guests Welcome!**

**4:00 – 4:30 PM - Foxtrot Lesson**  
*By Tony Econ*

*General Dancing – 4:40 – 6:30 PM*  
*Great Music by Hubert and Marcia Barney*

### Inside

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**Directions to Jerry Long Family YMCA, formerly the West Forsyth YMCA:** From I-40 on the west side of Winston-Salem take the Clemmons exit. Go north away from downtown Clemmons. Turn left onto Peacehaven Road at the first traffic light not associated with I-40. Go less than ½ mile and the YMCA is on your left. Go in the main entrance to a great dance. YMCA: 1150 S. Peacehaven Road, Clemmons 27012

*Bring a guest to our February Ballroom Sunday!  
Dancing is so much more fun when you share the fun  
with friends!*

### 2010 at a Glance

#### Welcome Guests:

Please come again!

**Carol and Max Bumgarner** (*right*) danced with us again on January 24.



**Roger and Cindy Caudle** were welcome visitors again in January. (Good to see that sassy Tango swivel, too, Cindy!)

Former member **Susan Yuson** (*right, with Rick Pardue*) came for a visit in January and volunteered to help with the Creekside Manor demonstrations. We were delighted to have **Ralph and Robyn Seamon** (*below left*) back with us in



January. It's always a pleasure to see **Dick and Walena Morse**, too!

We were delighted to see friends **Jan and Carlie Coates** (*below left*) from the Raleigh Chapter,



Rick Pardue from the Mt. Empire Chapter and friends from the Carolina Heartland Chapter at our January Ballroom

Sunday!

February 28: Foxtrot with Tony Econ at 4 PM, Dance until 6:30  
2010 Ballroom Sundays: February 28, March 28, April 25, May 23, June 27, July 25, August 22, September 26, October 24, November 28.

### FOOTNOTE

**Mike and Kathy Lewis** have again become Gold Sponsors in our Friends and Sponsors Program. They are continuing supports of our organization having already achieved the Platinum level. Thanks, Mike and Kathy!



### Demonstrations

For the next several Wednesday evenings a group of dancers from Piedmont NC USA Dance and a couple of other friends will be doing dance demonstrations at the Creekside Terrace Retirement Community. Their "Dancing Across the Decades" spans from the 20's through the 70's. . If you'd like to participate, contact Randy Peters at [piedmontdanceoutreach@triad.rr.com](mailto:piedmontdanceoutreach@triad.rr.com).



Randy is also willing to arrange for a group to demonstrate at other locations. If you know of a group (civic, church, social) that is interested in such a demonstration, please contact Randy.

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Editorial:

**The Challenge of Dance**

We say a lot about the vast joy that can be ours from dancing. It is certainly true that there is endless potential for happiness due to the emotional as well as the physical aspects of dance. When we start dancing, we usually bring a fresh exhilarating enthusiasm to the art. As we progress we can keep that freshness and enthusiasm if we continue to seek new challenges. Regardless of our level of expertise there is still more to learn, more to perfect.

Sometimes simply learning a new step in a dance we already “know” will offer the challenge needed to refresh that enthusiasm. At other times tackling a new dance is better. The very best is adding an element of understanding that will improve all my dancing.

At a dance camp last year one of our instructors, an undefeated world champion now retired from

competition, was showing us a technique she had just found for improving her ability to lengthen the spine. She was as enthusiastic about this discovery as a new dancer! Relate to that feeling, find a challenge for yourself. Take a lesson (*maybe Travis & Linda Jackson's, below, secret*) or more from one of our great local instructors, check out a good video or DVD, or go to a dance camp. Practice something you already “know” until both your mind and your body understand it.

Let the challenges of dance keep your enthusiasm high!



**Truisms**

- You're an experienced dancer when most new steps remind you of one you've done before!
- Even the most beautiful dance is not perfect.
- Poor dancing is frequently the result of lack of practice.
- Dancing is not a spectator sport.
- Good dancers solve problems. Good instructors prevent them.
- Great partnerships start with a mutual love of dance.
- A good leader casts a long shadow created by the brilliant dancing of the follower.
- Dancers don't retire - they just stop dancing when there is no more music left in them.
- Sometimes dancing with a partner requires good reflexes and a poor memory.
- There are two theories on how to discuss your partner's faults. Neither works.
- Dancing is forever so keep it well nourished.
- Sometimes in the act of repetition we find true understanding.
- Better to dance a few steps well than many poorly.
- I am always learning and dancing at the margin of my ignorance.
- Lack of practice is often mistaken for lack of talent.
- The road to great dancing is paved with large and small challenges.
- Dancing is not just something to do, it is something to feel.
- The beauty of the music is magnified and reflected in the dancer.
- You will never know how good you are until you tackle a step beyond your capabilities.

## Special Invitations:

**Mtn. Empire USA Dance** – Sat. Feb. 20, Rural Retreat Community Center.

Lesson @ 7:30, Dance 8:30 – 11 PM. Info: (276) 783-5402. \$7.50

members, \$10 guests.

**Winston-Salem Dance Forum** – Sat. February 20, 8 – 10:30 PM, South Fork Community Center, Winston-Salem. Info: 712-8183. \$5, dressy casual

**Winston-Salem Dance Club** – First Sat of month, 8 – 10:30 PM, South Fork Community Center. Dressy casual attire.

**Carolina Heartlands USA Dance** - Second Sunday. 5:00 – 7:30 PM, Skateland USA West, Stage Coach Trail in Greensboro. Also most second (next dance March 13) Saturday nights in Mount Airy for the Mayberry Ballroom Dance at thePro Health Fitness Center. 7:00 until 10:30. Confirm at:336-374-2712 or 276-755-3072.



and truism input. To both Barneys for our wonderful Ballroom Sunday music.

- Ø Thanks to Donna McDonald for the photos from Creekside Terrace demonstrations.
- Ø To Tom & Kathy Rucker, Gene & Donna McDonald, John & Dariel Buzek, and the Barneys for the treats at our January Ballroom Sunday. Thanks to Rita Crews for reception, to Julia Cortright for taking care of the paper products, to Randy Peters for the water, to greeters Scotty Michaelsen and Pat Willis. To the whole “team” (you’re welcome to join the team) who make our dances such a delight from setup to break-down!
- Ø A special Thanks to Donna McDonald (*left, above left, with compatriot-in-fun Pat Willis*) who manages to add a spot of fun to everything she does – and she does a lot: a great Secretary, demo participant, assistant photographer, and general “pitch in” at our Ballroom Sundays!

Check our fabulous web site:

[www.ballroom-dancing.org](http://www.ballroom-dancing.org)

for regular dance opportunities, registration forms, and other valuable information.

## Notes of Appreciation:

- Ø To Zach Lawrence (*right*) for the great Tango lesson in January! Zach also passed along two valuable tips for better dancing: Leaders, don’t pull your lady off her balance; Dancers, keep your feet on the floor.
- Ø To our terrific Webmaster John Clark for his continued interest and assistance.
- Ø To the incomparable Hubert Barney for assistance with camera, proofing, inspiration,



## Hear Ye, Hear Ye!

We’ll add two more great Dance Vision demonstration/competition videos to our library on February 28: ‘99 *US National Professional Latin American* and 2003 *World Super star Dance Festival Standard*.

Bring a smile, a friend(s) and a snack and/or water to share to our **February 28 Ballroom Sunday**.

*See you at the  
Jerry Long Family YMCA  
on the 28th – 4:00 P.M  
For another great Ballroom Sunday Dance!  
Dressy casual attire.*

“Ballroom Beat”

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