



USA Dance, Inc. Carolina Heartbeat



A publication of Carolina Heartland, Chapter #6092

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January 2019

The President's Column

As the new year begins many people start focusing on fitness and overall well-ness with a renewed zest.

There are

more diets and new fitness regimes being marketed than we can possibly digest.

We are all so lucky that at some point, for some reason we made the choice to dance. The benefits of ballroom dance are numerous and contribute to physical fitness, mental acuity and emotional well-being. And, as we all have joyfully experienced, the social connections and friendships we make are invaluable. Dancing is beyond doubt a great way to foster happiness, a feeling of well being, and overall good health.

According to a recent article in <http://www.dancemagazine.com> doctors in the U.K. will soon be able to prescribe dance lessons for people suffering from dementia, lung problems, Parkinson's disease, mental health issues and other challenges. In an article published through standford.edu by Richard Powers he contends that "dancing makes you smarter, longer." He also discusses benefits such as stress reduction and an increased serotonin level.

There are many articles about dance as a wellness practice in the U.S. as well. I have listed a few at the bottom of this article. So, as we dance into the new year, rest assured that you are already doing something right when it comes to your good health and well-ness along with having loads of fun!

<https://health.usnews.com/wellness/aging-well/articles/2016-10-21/ballroom-dancing-boosts-fun-and-healthy-aging>

<https://www.webmd.com/fitness-exercise/features/dancing-better-health#1>

<https://socialdance.stanford.edu/Syllabi/smarter.htm>

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Upcoming Carolina Heartland Events

Sunday, December 30— DANCE RESCHEDULED FROM DEC. 9. Guilford Grange, 4909 Guilford School Rd, Greensboro. **3:30-4:15 pm:** Samba lesson taught by Randy Garner. **4:15-6:00 pm:** social dancing to music prepared by Lib Johnson. Admission: \$5 for USA Dance members, \$10 for non-members, \$5 for students, free for first-timers.

Sunday, January 13— Monthly Dance, Guilford Grange. **3:30-4:15 pm:** Argentine Tango intro lesson taught by Jordan Jewell. **4:15-6:00 pm:** social dancing to music prepared by Charlie Hafer. Admission: \$5 for USA Dance members, \$10 for non-members, \$5 for students, free for first-timers.

Saturday, April 6—"Black Tie" Annual Spring Formal Dinner-Dance, Koury Convention Center at Sheraton Four Seasons, Greensboro. Music by renowned DJ Maria St. John. More details will be forthcoming in the next months in this newsletter, via emails, on our website, and on Facebook.

Carolina Heartland Officers and Board of Directors for 2019

The officers will be:

Sherri Raeford – President
Mel Paterline – Vice President
Melody Kearns – Secretary
Charles Hafer – Treasurer

Some other tasks for board members include:

Steve Raeford – membership, dance outreach, chapter photographer
Mark Lichtenberger – website manager and DanceSport liaison
Lynette Smitherman – Social Dance Chair and video library manager
Charles Hafer – newsletter chief editor
Rodger Haberfield – assistant treasurer and other tasks
Lib Johnson – newsletter circulation, Special Events Chair. (Lib is always looking for input on what dance styles people would like to be taught in lessons and workshops; her contact info is at top of this page).

Fall Showcase & Dance—Victoria & Mel Paterline perform



Photos in this issue are of some of our events in 2018, and people who helped make them successful, taken by professional photographer Steve Raeford, Sherri Raeford, Charlie Hafer, and others.

February Free Beginner Classes Rodger Haberfield & student



Students at
October
Free Begin-
ner Classes

January Ballroom Dance Opportunities (all times PM)

Jan. 4, 1st Friday, Guilford Grange Dance, Guilford Grange, 4909 Guilford School Road, Greensboro, 8-10. Contact: libsjohnson@triad.rr.com.

Jan. 5, 1st Saturday, Southfork Recreation Center, Winston-Salem, Southfork Recreation Center, Winston-Salem, 8:00-10:00. Contact: 336-659-4305.

Jan. 6, 1st Sunday, Tim Saunders Winter Showcase & Dance, Guilford Grange, **SPECIAL TIME 3:00-5:30.** Contact: Tim, 336-324-1924.

Jan. 11, 2nd Friday, Dinner & Dance, High Point Elks Lodge, 700 Old Mill Rd., Dinner 7:00; Dancing 8:00. Contact: Carolyn Williams, 336-945-3635.

Jan. 12, 2nd Saturday, Greensboro Social Dance, Lewis Recreation Center, 8-10. Contact: Eileen Leggio, 336-643-6088.

Jan. 13, 2nd Sunday, Carolina Heartland Dance, Guilford Grange. See details near top of page 1.

Jan. 18, 3rd Friday, Step Set Dance, Guilford Grange, 8-10. Contact: Charlotte Jackson, 336-889-5534 or jercharjack@yahoo.com.

Jan. 26, 4th Saturday, Horizon Dance, Guilford Grange, 8-10. Contact: libsjohnson@triad.rr.com, 336-299-7412.

Jan. 27, 4th Sunday, Piedmont USA Dance, Jerry Long YMCA, Clemmons. Lesson at 4:00; dancing from 4:30-6:30. Contact: Marcia, 336-712-8183 or hmbar@aol.com.

Professional teachers who taught many great classes and workshops for Carolina Heartland in 2018.
Top row: Allen Berryhill, Randy Garner, Adina Harper; Second row: Tim Saunders, Robert Simpson



Above: Outreach Volunteers at Pennybyrn Retirement Community. Below: Outreach at High Point Library.



Black Tie, April 2018

