



# USA Dance, Inc.

## Carolina Heartbeat



A publication of Carolina Heartland, Chapter #6092

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March 2019

### The President's Column



*There are short-cuts to happiness, and dancing is one of them. ~Vicki Baum*

Those of us who dance understand the joy that is summarized in the above quote. There are so many challenges in life, and most of us seek peace, understanding, joy and happiness on some level. Seeking joy and avoiding pain becomes one of the great challenges of life. Of course, we are all going to have times in our lives that are difficult, sometimes tragic and just downright sad. Being human makes us vulnerable creatures. Thankfully, the opposite emotions and events can be just as joyful and nurture happiness.

Something about music, movement and dance seems to lighten the heart, sooth the soul and bring about a different state of being. How many of you have "forced" yourself to go to a dance when your spirit was a bit heavy and found that you were completely transformed by the end of the evening? And one of the added benefits are the supportive and loving friends you meet that also share the love of dance and music with you.

Agnes de Mill said, *to dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth, and it is yours for the taking.*

So, this month, celebrate yourself through dance, music and the fellowship of our wonderful dance community! And, next month, join us for our fabulous Black Tie event as we happily and joyfully dance into the spring.

#### Sherri Raeford, President

Carolina Heartland, USA Dance, Inc.  
[Sherrilovesdance@gmail.com](mailto:Sherrilovesdance@gmail.com)

**Video Checkout:** Managed by Lynette Smitherman, keeper of our video library. Carolina Heartland has a collection of DVD dance instructional videos that members can check out **free** for ONE month. There is a \$5 fee for late return. Contact: [lwsmitterman@gmail.com](mailto:lwsmitterman@gmail.com)

### Upcoming Carolina Heartland Events

**Sunday, March 10— Monthly Dance, Guilford Grange. 3:30-4:15 pm; Bolero lesson taught by Tim Saunders. 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.**

**Saturday, April 6—Black Tie Annual Spring Formal Dinner-Dance, Some Enchanted Evening, see article below for details.**

#### Fabulous February Events!

Over 20 dancers, eager to learn Argentine Tango for the first time or to enhance their existing knowledge, came to our great February 9 workshop taught by Jordan Jewell. Everyone seemed to have learned quite a bit at the workshop, from basic skills to more advanced movements. Our 2nd quarter workshop will be held on May 11 at Guilford Grange. More details will be forthcoming soon.

On the next day, over 40 dancers came to our 2<sup>nd</sup> Sunday dance, which started with a great intermediate-level American Rumba lesson, with some optional moves, by Adina Harper. Then everyone enjoyed dancing to the energetic and inspiring music programmed by Rockie Troxler.

We thank Lynda Williams and Valerie Paterson for being hostesses, Al Kamperman for acting as teller, plus Lynda and Al for the colorful Valentine's decorations. Also, we thank the following people for bringing refreshments; Lynda Williams, Al Kamperman Valerie Paterson, Caroline Owens, Ken Lommel, Mary Lou & Rockie Troxler, Lib Johnson, Lynette Smitherman, Cherrie Wheaton, Sherri Raeford.

### Some Enchanted Evening

#### Black Tie Ball – Happening In Just A Few Weeks!

"Some Enchanted Evening", our 15<sup>th</sup> Annual Spring Formal Black Tie ball, will be held on Saturday April 6, at the Koury Convention Center in Greensboro. We will be having the great DJ, Maria St. John who will be providing dinner and dance music.

Please note that the deadline for the discount reservations, \$50 per person for USA Dance members, \$55 for non-members and \$45 is March 10<sup>th</sup>. After that date ALL reservations will be \$55 per person.

To reserve seats for *Some Enchanted Evening Black Tie*, please download and print the form on our website on our Carolina heartland Facebook page, print the form you may have received by email, or pick up a reservation form at any of the dances held at the Guilford Grange.

You can also bring cash or check to our March 10 dance at Guilford Grange and register at that time.

To volunteer to assist with this year's Black Tie, please contact **Marty Bergman, Chair** at 336-209-2993 or [mberg5906@aol.com](mailto:mberg5906@aol.com)



February Funds Balance  
\$3130

BlackTie Ball 2015



**March Ballroom Dance Opportunities (all times PM)**

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

**March 2, 1st Saturday,** Southfork Recreation Center, Winston-Salem, 8:00-10:00. Contact: 336-659-4305.

**March 3, 1st Sunday, Tim Saunders Dance,** Guilford Grange, **NEW PERMANENT HOURS 3:00-5:00.** Contact: Tim, 336-324-1924.

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

**March 9, 2nd Saturday, Greensboro Social Dance,** Lewis Recreation Center, 8-10. Contact: Eileen Leggio, 336-643-6088.

**March 10, 2nd Sunday, Carolina Heartland Dance,** Guilford Grange. See details near top of page 1.

**March 15, 3rd Friday, Step Set Dance,** Guilford Grange, 8-10. Contact: Charlotte Jackson, 336-889-5534 or jercharjack@yahoo.com.

**March 23, 4th Saturday, Horizon Dance,** Guilford Grange, 8-10. Contact: libsjohnson@triad.rr.com, 336-299-7412.

**March 24, 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 [hmba@aol.com](mailto:hmba@aol.com).

**March 29, 5th Friday, Oldies & Ballroom Benefit Dance,** Guilford Grange, 8-10. Contact: Charlie, [charleshafer@gmail.com](mailto:charleshafer@gmail.com) or 336-554-5279.



**Competitor's Corner**  
*by Mel Paterline*

The Southeastern DanceSport Championships, a Regional Qualifying Event for USA Dance, was held in Birmingham, AL late January. There were over 400 competitors from across the USA, ranging in age from 9 years to 65+ years. The Carolina Heartland Chapter had three couples compete in different age and skill level categories. And we are happy to report that all of our competitors did well.

Billy Dillon and Allison Bailey won Gold Medals (first place) in Latin in both Senior I Novice and Pre-Champion skill levels.

Mark Lichtenberger and Cynthia Romine danced in both Latin and Standard dance styles. They won a first place in Senior 3 Gold Latin and second and third places in Gold and Novice Latin, as well as a first place in Senior 3 Gold Standard and a second place in Senior 2 Gold Standard.

Mel and Victoria Paterline danced in both International Standard and American Smooth styles. They won second place in Senior 4 Gold Standard and third places in Senior 3 and Senior 4 Silver Standard. Mel and Victoria also won two third places in Smooth Senior 4 Silver and Senior 4 Gold.

Congratulations to our successful Carolina Heartland competitors!



**Ballroom Dancing**  
**Increases strength & stamina**  
**Enhances memory & focus**  
**Improves balance & flexibility**  
**Develops confidence**  
**Builds social connections**  
**Reduces stress**

**Want to Host a Dance?**  
**Contact Lynette** for details if you wish to **host a dance**. This means coming in a little early to set up refreshments and decorations (there are always other people to set up the furniture). You will be admitted free and still get to dance. [lwsmitherman@gmail.com](mailto:lwsmitherman@gmail.com)



**Adina Harper teaching Rumba**



**Lib Johnson & Al Kamperman**

**Special Thanks** to Grace Marcus and Al Sirois who did the layout for this issue, while chief editor Charlie Hafer was away due to a longer than expected recovery from major knee surgery.



**Rick Pardue & Marty Bergman**  
**at Adina Harper's Rumba lesson.**

**All photographs courtesy of**  
**Steve Raeford Photography**



**Rumba lesson**



**Ken Chiou & Donna Guinard**