



USA Dance, Inc.

Carolina Heartbeat

A publication of Carolina Heartland, Chapter #6092

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September 2018

The President's Column

As a theatre director, I have spent years experimenting with ways to bring an audience into the world of the play and I have learned the importance of a "good" audience.

As our September Showcase approaches I am reminded of the interconnected relationship between performers and audience. It has always fascinated me to watch how an enthusiastic audience can give energy and life to a performance. This applies to dance as well as theater.

The dancers at our Showcase spend countless hours and creative energy preparing for just a couple minutes of sharing. The money and time spent on lessons and preparation can span into months. The time it takes to rehearse and prepare a 2-minute spot can be grueling.

There is nothing like the day when one finally steps in front of an audience and the practice becomes a performance. Every sense is heightened and every fiber of one's being is focused on that moment. The reaction of the audience drives the intensity of the experience and can give a surge of energy to a performer that is indescribable. The audience is such a crucial and defining part of the performance. The performers are vulnerable in those moments as they share; they love a supportive and appreciative audience. Thus, performing live takes courage and trust in the audience to empower you.

So, many thanks in advance for our spectators and our dancers. You are both equally important and appreciated. I look forward to seeing you all as we "Dance into Autumn."

Sherri Raeford, President

Carolina Heartland, USA Dance, Inc.
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Upcoming Carolina Heartland Events

September 9— Monthly Dance, Guilford Grange, 3:30-4:15 pm: Tango lesson taught by Robert Simpson. 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.

September 16—13th Annual Showcase & Ball. See article directly below.

Start Dancing In October, for free!

If you or any of your friends or family have little or no ballroom dancing experience, we have the perfect opportunity for you!! It will only take 1 hour of your time on each of 4 Monday evenings in October.

Three 1-hour classes will be taught by three of the excellent professional dance teachers in the Triad, and there is NO CHARGE for the classes! They are sponsored by Carolina Heartland and are absolutely free! Dances taught will be **Swing**, **Waltz**, and **Rumba**. You will learn basic patterns that you can use in social dancing.

And the fourth week of the classes will be a **social dance party** where you can practice what you have learned.

The classes will be held at Guilford Grange, 4909 Guilford School Rd., Greensboro, NC 27410.

Class dates are October 1st, 8th, and 15th. The social dance mentioned above will be October 22nd. You DO NOT need to bring a dance partner; we have experienced dancers that volunteer to act as partners during classes and at the social dance. But please DO bring shoes suitable for dancing (no rubbery or sticky soles).

However, you MUST register by September 17th. To obtain a registration form, send an email (soon) to Lib Johnson at libsjohnson@triad.rr.com and she will send you the form and answer any questions you have.

Dancing For Health!

We will be holding a dance outreach program at the health fair in Trinity, NC on Saturday, September 15. If you would like to participate (you don't need to be a Carolina Heartland member), just contact Steve Raeford for details, at raefordphoto@bellsouth.net, or 336-601-1768.

Mark Your Calendar

The date of our 2019 annual "Black Tie" formal ball has been set; it will be Saturday, April 6th. As usual, the event will be held at the Koury Convention Center in Greensboro. And as usual, you will hear a lot more about it in the new year.



Billy Dillon & Allison Bailey perform in 2015 Showcase

2018 National Ballroom Dance Week Showcase & Ball – Just Days Away!

The preparations are well underway and we will be ready for the big event on Sunday, September 16. The Showcase, at Greensboro Shrine Club, will start at 4 pm and run until 7 pm and will have at least a dozen exciting performances.

The deadline for reservations at \$15 each is September 9th, so hurry and get yours sent in if you haven't done so already!

Many people have already volunteered for various tasks that need to be done on the day of the showcase. We need a few more volunteers, such as to help with setting up before the event. For information and to volunteer, contact Lib Johnson at libsjohnson@triad.rr.com.

The refreshments team is putting together a list of people bringing refreshments. What we need are foods which can be handled with fingers or forks, and no really messy foods that could be spilled onto the dance floor. Please contact the team to let them know what you will be bringing, or for suggestions on what to bring. Contacts are: Lynette at lwsmitherman@gmail.com or Liz at rayliz53@yahoo.com.

Mel & Victoria Paterline Tango in 2016 Showcase



**Carolina Heartland
Treasury Balance – \$2440**

Triad Dance Opportunities (all times PM)

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

Sunday, Sept. 2, 1st Sunday, Tim Saunders Dance, Guilford Grange, 4909 Guilford School Road, Greensboro, 3:30-5:30. Contact: Tim, 336-324-1924. (Grange address not repeated in other entries below.)

Friday, Sept. 7, 1st Friday, Guilford Grange Dance, 8:00-10:00. Contact: libsjohnson@triad.rr.com.

Saturday, Sept. 8, 2nd Saturday, Greensboro Social Dance, 8:00, Lewis Recreation Center. Contact: Eileen Leggio, 336-643-6088.

Sunday, Sept. 9, 2nd Sunday, Carolina Heartland Dance, Guilford Grange. See details near top of page 1.

Friday, Sept. 14, 2nd Friday, Dinner & Dance, High Point Elks Lodge, 700 Old Mill Rd., Dinner-7:00; Dancing 8:00. Contact: Carolyn Williams, 336-945-3635.

Friday, Sept. 21, 3rd Friday, Step Set Dance, Guilford Grange, 8:00-10:00. Contact: Charlotte Jackson, 336-889-5534 or jercharjack@yahoo.com.

Saturday, Sept. 22, 4th Saturday, Horizon Dance, Guilford Grange, 8-10. Contact: libsjohnson@triad.rr.com, 336-299-7412.

Sunday, Sept. 23, 4th Sunday, Piedmont USA Dance, Jerry Long YMCA, Lesson at 4:00; dancing from 4:30-6:30. Contact: Marcia, 336-712-8183 or hmbar@aol.com.

Sunday, Sept. 30, 5th Sunday, Oldies Ballroom Dance, Guilford Grange, 7:30-9:30. Contact: Charlie, 336-554-5279.

Chapter Election Time Again?

Although we just held our biennial election last December, the rules have changed! USA Dance, Inc. chapter election policy has changed this year, to ensure that members of the Board of Directors will have staggered terms. This is to promote continuity between boards, since there will always be some hold-overs on the board. Board member terms of office will still be 2 years, but under the new rules we will need to elect 4 board members in 2018 (for 2019-2020 terms) and 5 members in 2019 (for 2020-2021 terms).

Henceforth there will be an election every Fall and probably will be some new board members and officers every year. There are no term limits so people can serve as many 2-year terms as they want but need to stand for election every 2 years.

The election process has already started. A small nominating and election committee will be soliciting candidates for election; this process ends by early October. The actual chapter election needs to occur by November 15th and the results announced and new officers selected by December 1st.

If you are a chapter member, you will receive more information by email or in future issues of this newsletter.

August 12 Monthly Dance

Another nice turnout for our 2nd Sunday dance, and again most of dancers also came early for the challenging Foxtrot lesson taught by Randy Garner. Then they enjoyed the social dance music provided by Rockie Troxler, who also brought 6 first-time guests.

We thank Lib Johnson, Marty Bergman, Ken Lommel, and Mary Lou Troxler for bringing delicious refreshments and Lynette Smitherman for serving as hostess.

Unfortunately, the August 11th Cha Cha workshop at the grange had to be cancelled.

Dance Outreach A Success!

On August 16th, 14 Carolina Heartland members and friends performed a dance outreach program at Pennybyrn Independent Living retirement community. About 40 residents attended, and had a great time during the one-hour program. Many of them joined in the dancing during the social dancing periods.

They also enjoyed two special performances by Carly and Jan Coats, and special performances by Bob and Linda Perry and by Steve and Sherri Raeford.

Photos from outreach

Some residents joined the dancing!



Rt: Bob & Linda Perry Argentine Tango

Below: August Monthly Dance, Randy Garner teaches Foxtrot



Right: Jeremy and Nicole Troxler

