

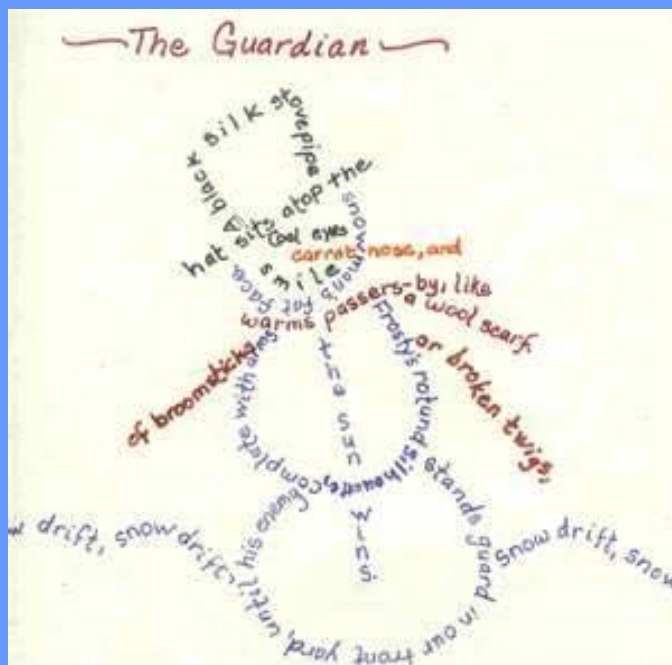
January 2013



PHOENIX CHAPTER #4033

Dance Chatter

Even in Arizona,
We need a little "snow".



The Holidays are passed us,
And the New Year is set to go!!



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President's Point of View



By Beth Kahn

Hello Dancers!

Happy New Year! 2013 brings our chapter lots of new beginnings! I hope you all have a chance to meet our new board of directors in the next few months. We are seven members strong and, although their term officially starts on January 1st, they have been attending board meetings since August, were at our Black Tie and November dances, and have been volunteering their help in many areas. The new board is made up of both "old and new" faces: Two members of the 2011 – 2012 board – Chuck Ericksen and me; Pat Koepp and Barb Michlin -- two founding members of the chapter; Ans Stork -- a board member with the Dallas chapter; and Peter Greenslade and Ken Mendenhall -- amateur competitors for many years. We all share a love of ballroom dance and a goal to build our chapter's membership, bring ballroom dancing events to all parts of the greater Phoenix area, and cheer for you when you compete or perform.

More new beginnings:

- Dancin' Newz – our monthly email newsletter has a new look.
- Website – After many months of hard work, we have moved our website to the one offered to us by USA Dance National.
- Bi-Monthly Dances – Our dances will be at a different location every time– we want everyone all over the valley to be able to attend our dances. And, we may even add an extra dance or two in for 2013 – which means there may be a USA Dance every month!

We want to know your ideas and your opinions on our event, newsletter and website so please don't hesitate to call or email us! We look forward to a year filled with many wonderful dancing memories!

Beth Kahn
President



The first step toward change is awareness. The second step is acceptance.
- Nathaniel Branden

Dance University

Part One—Etiquette



With the start of the new year, I thought it would be a good idea to reiterate the “basic” rules of dance etiquette. Below are the TOP FIVE RULES for dance courtesy—these cross lines across all dance styles. We hope that these simple rules of thumb will help make for a more enjoyable, safer, and more fun dance experience for all dancers on the floor.

Rules

- * The dancers move counter clockwise around the floor.



- When things go wrong on the dance floor always apologize. Generally it does not matter who is at fault.

- If you are moving more slowly than other dancers - keep to the center or inside loop of the floor.



- If you are engaged in conversation — move off the dance floor.

- To cross the room — either dance across the floor or walk around the perimeter— not through the center.



Dance first. Think later. It's the natural order.
--Samuel Beckett

Competition Corner

By Chuck Ericksen

Happy New Year to all!

Time really does fly. Our annual competition is only three months away, March 23rd at the Red Mountain Multigenerational Center in Mesa. The committee and I are looking forward to seeing all the competitors, volunteers, spectators and vendors at this year's event.

We are having the usual combinations of competitive dances. We have also kept the mix of Social Dance competitive heats from last year, but have revised the Jack and Jill competition—we will be providing specific dance categories, rather than drawing an “unknown” dance from multiple options.

For those who choose not to compete, but are interested in social dancing, we will once again provide an evening social dance onsite at the facility, from 7pm to 10pm, after the completion of the day's competing. Tell your friends and neighbors about the social dance and bring them with you for an enjoyable evening of great music, camaraderie and, of course, an opportunity to dance your heart away.

We are always in need of volunteers to help with the competition. If you haven't already signed up to help, please feel free to contact me or any other board member as we will be happy to get you on the list.

Information regarding the competition is also available on our new website at: <http://4033.usadance.org/>.

Keep on dancing and I'll see you on the dance floor.



!!Bring It On!!

Phoenix Dancesport Challenge 2013

The competition committee of the Phoenix USA Dance chapter
is proud to announce the return of the
Phoenix DanceSport Challenge on March 23rd, 2013

This will NOT be a National Qualifying Event.

It **WILL** be open to all amateur competitors—regardless of affiliation with any dance organization (franchise, NDCA, USA Dance, etc.

Look for details and registration information later this month on the new chapter website—

We will once again provide several unique dance opportunities, which are not typically offered at sanctioned events:

- * Social dance competitive categories
(hustle, nightclub two-step, salsa, west coast swing, merengue)
- * Ballroom Jack'n'Jill categories
- * A social dance in the evening, open to the public

We hope you will join us in supporting this endeavor

- As a competitor
- As a spectator
- As a social dance participant
- As a volunteer
- As a scholarship fund donor

Keep your eyes posted for updates in the Dancin' Newz, the Dance Chatter newsletter, and on the chapter website as this event takes shape.

We hope to see you in March!!!!!!

Thank You

The Phoenix USA Dance Chapter would like to take this opportunity to thank the Phoenix Arthur Murray and Paragon Dance Center for providing us with wonderful locales for our dances.

We mentioned in the President's Point of View, we will commence rotating the location of our bi-monthly dances to various sites around the valley, in an effort to provide our dancers with new and different floors to try out, to provide a change of pace, and to share the challenge of driving distance with all our dancers.

Paragon Dance Center
www.paragondance.net
Elliot Rd Ste 101
Tempe
(480) 777-8877



Phoenix Arthur Murray
www.arthurmurrayphoenix.com
1210 E Indian School Rd
Phoenix
(602) 264-4612

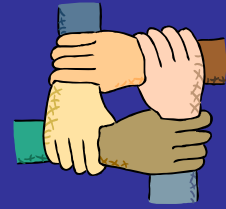


The Phoenix Arthur Murray studio was our "home base" for several years. Paragon Dance Center stepped up and filled our need for a new location this past year, helping us out immensely.

We thank both of these locations and their owners/managers/staff for allowing our chapter to utilize your facilities, and for sharing your passion for dance with us.

REACHING OUT

Outreach Team Update



Since the last newsletter in October, the outreach team has been keeping busy.

October 20th— eleven dancers visited and performed at the Life Center facility in north Phoenix

October 29th—six dancers provided dance host duties and evening entertainment for guests at the Mask-querade Ball at El Pedregal, benefitting the Desert Foothills Care Center This was our second year at this event.

November 4th—Arizona State Fair—eighteen of our dancers performed on the community stage at the Arizona State Fair for the fourth year in a row

November 17th—sixteen dancers trekked to the west valley and provided entertainment on the community stage at the El Mirage City Carnival

December 8th— eleven dancers visited and performed at the LifeStream nursing home in north Phoenix.



On the Near Horizon:

FEBRUARY 10th—the outreach team will be in need of about 30+ (yes THIRTY) dancers to perform at the halftime show of an Arizona Scorpions game. If you are not on our alert list yet and are interested in participating, please contact Sue Putzier at seputzier@gmail.com.

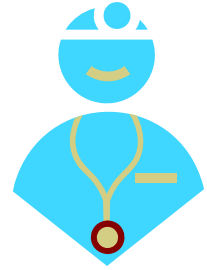
ANTICIPATED UPCOMING EVENTS

These events are not yet "set in stone". Applications or inquiries have been made, and the outreach team's participation is still being determined.

- Arizona Scorpions halftime show—February
- Ostrich Festival—March
- National Dance Week—April
- Mesa Center for the Arts - pre-show entertainment

Dance University

Part Two—TRIAGE



Oh, My Achin' FEET!!!!!!

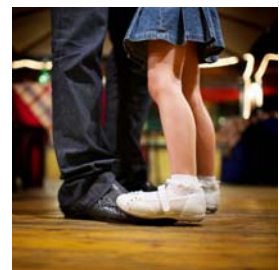
People who are on their feet all day—
People who walk or run great distances
on a regular basis—
People who have foot issues—

All of these people have reason to
complain about foot discomfort and
tiredness.

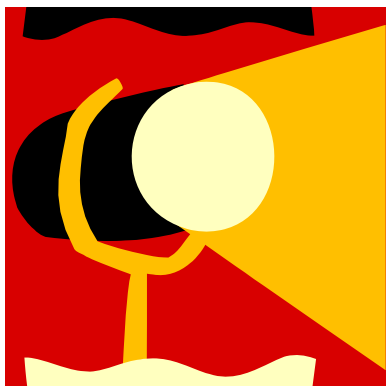
As dancers—we CHOOSE to be on our
feet for a fun activity, but that doesn't
exclude us from suffering from the same
tired, achy feet that other people get.

Here are some simple home remedies to
keep us "on our toes" and on the dance
floor.

- Take a Bath—give those little piggies a soak. Warm water with bath salts, mint, lavender or eucalyptus are all great add-ins to help relax and restore tired feet. A warm soak will also help with circulation and soften callouses
- Foot Massage—whether you can find someone to do it for you, or do it yourself (DIY), a foot massage is a great way to de-stress and rejuvenate your lower extremities. Use your favorite lotion, spread those toes, giving each one a gentle tug, work the arch with strong slow strokes from ball of foot to heel. An easy "at work" or at home option is to use a tennis ball and roll it under your foot
- Therma bag—using wheat, rice or corn—create a hot/cold bag—use it to cool or warm your feet after a night of dancing.



*Stifling an urge to dance is bad for your health - it rusts your spirit and your hips.
~Adabella Radici*



Member Spotlight

Meet your new
Board of Directors

Please welcome your newly elected
Phoenix USA Dance Chapter Board of Directors

Beth Kahn—President

Chuck Ericksen— Vice President

Ken Mendenhall—Treasurer

Ans Stork— Secretary

Pat Koepf— Director at Large

Peter Greenslade— Director at Large

Barb Michlin— Director at Large



(Ken, Pat, Ans, Chuck, Peter, Barb, Beth)

*"Dance is your pulse, your heartbeat, your breathing. It's the rhythm of your life.
It's the expression in time and movement, in happiness, joy, sadness and envy."*

~Jacques D'ambroise

Upcoming Events

SCOTTSDALE CTR for the ARTS



Paco Pana: Flamenco Vivo
February 8th
8 PM

Aspen Santa Fe
Contemporary Ballet
March 22nd and 23rd
8 PM



ORPHEUM THEATRE

Momix
February 22nd and
23rd
Dance/Illusion



HERBERGER THEATRE

Worlds of Wonder
March 7th and 8th



CHANDLER CENTER FOR THE ARTS



February 2nd
7 pm
One Show Only
Golden Dragon Acrobats
"Circus Ziva"

CHANDLER CENTER FOR THE ARTS

March 10th
3 pm
One Show Only
Rhythm of the Dance



Phoenix USA Events

January Dance—12th— Phx Arthur Murray / Phoenix
March Dance—9th— Paragon Dance Center / Tempe
March post-competition dance—23rd—Red Mtn Rec Center

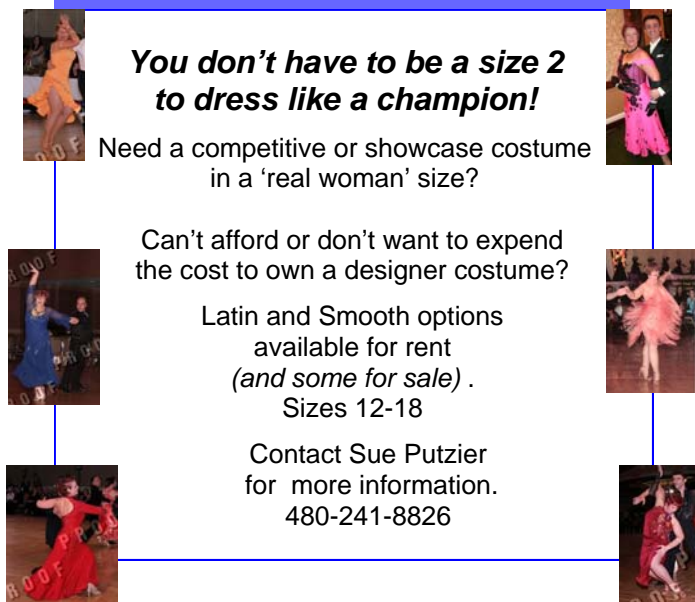
NEW 2 YOU

If you are a private citizen (not a vendor) and have a new or gently used dance item that you would like to either sell or rent for use, you are more than welcome to advertise it here.

Criteria:

1. The seller / renter must be a chapter member
2. The seller / renter takes full responsibility for the authenticity and truthfulness of the information contained in their "ad" - the Phoenix USA Dance chapter will run all ads in "good faith".
3. The seller / renter and buyer / rentee take full responsibility for the transaction which may transpire as a result of advertising in the Phoenix Dance Chatter. The Phoenix USA Dance Chapter will not be held accountable in any way.
4. The newsletter editor reserves the right to edit content of any ad for appropriateness or length due to space requirements.
5. All ads will be placed in the newsletter at the discretion of the newsletter editor and/or the Phoenix USA Dance president and may be declined without cause.
6. Items listed must be dance- or exercise-related.

ACTUAL AD



You don't have to be a size 2 to dress like a champion!

Need a competitive or showcase costume in a 'real woman' size?

Can't afford or don't want to expend the cost to own a designer costume?

Latin and Smooth options available for rent (and some for sale) .
Sizes 12-18

Contact Sue Putzier
for more information.
480-241-8826

SAMPLE Ad

FOR SALE

Used instructional videotapes and DVD's
Professional teachers such as:

- Ron Montez
- Julia and Bob Powers
- Many others

Contact John Doe

- Sample—

FREE TO GOOD HOME

Laminate wood flooring
Enough to make a 20 x 20 dance floor

Must arrange for pick-up / cannot deliver

You come get it—we'll help load.

Call or email for details.

Serious inquiries only.

Dance University

Part Three— History

To “capture” the body in motion has been the goal of many an artist—both on canvas and in photography. Throughout history, the desire to create a sense of movement in a stationary medium has been a constant challenge. These artists succeeded. Enjoy.



Toulouse LaTrea



Vladimir Pervuninsky



Shan Kelly - Go Sally Go!



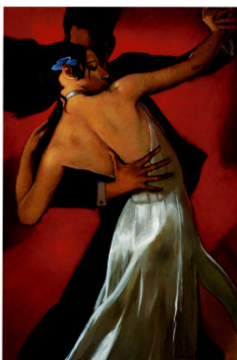
Edgar Degas



ANDREI PROTSOUK - TANGO ROMANCE



Picasso



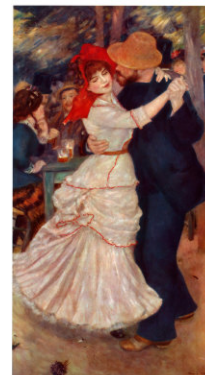
BILL BRAUER
CARMINE CAFE



Kitty Meijering



Alfred Gockel



Pierre –Auguste Renoir

"Excellence can be obtained if you:

- care more than others think is wise;
- risk more than others think is safe;
- dream more than others think is practical;
- expect more than others think is possible."

-Anonymous

!WE WANT YOU!



The [Phoenix USA Dance Outreach Team](#) is always looking for dancers who would like to share their time, talent and smiles with the community. You do not have to be a “high level” dancer in order to participate. The more dances you know, the more opportunities you will have to be utilized, but we welcome all who are interested in being ambassadors for our chapter and for ballroom dance in general.

The outreach program of the Phoenix USA Dance chapter provides dance demonstrations, performance, education, and/or dance hosts at different venues around the valley, both by our own design (we seek them out) and by request (others request our participation).

These demonstrations typically fall into two categories:

1. Nursing homes, assisted living facilities, schools, etc — this portion of the outreach program is spearheaded by co-chair Sue Eldred.
2. Community events such as the Arizona State Fair, Glendale Glitters, etc — this portion of the outreach program is spearheaded by co-chair Sue Putzier.

If you choose to become a member of the outreach program, your name and information will be placed in our database from which we draw performers for specific events. Depending on the requirements for each event, and the dancers’ indicated abilities or preferences, you will be notified of upcoming events and given the opportunity to sign on to perform. Venues and dance surfaces vary (carpet, wood floor, cement, tile, indoor or outdoor) and we will provide as much detail as possible to help our dancers make informed decisions about their participation and to prepare accordingly.

Our primary goals with outreach are:

- To share the joy of ballroom dancing with the community
- To provide entertainment to varying populations throughout the valley
- To promote the positive educational, health, and social benefits of ballroom dance

We hope you will join us.
Simply fill out the questionnaire on the new chapter website
(<http://4033.usadance.org/>)
or talk with either of the Sue’s for information.

HELP WANTED

Keep your eyes open in this section for future opportunities to put your membership into action within the Phoenix USA Dance chapter.

Check out the new website
<http://4033.usadance.org/>
for resources to local dance spots, instructors
and other useful information.

Volunteers:

We are always in need of volunteers for a variety of tasks related to our regular dances. This is not a long term commitment. Even if you volunteer one time, you will have helped us out immensely.

Volunteer opportunities include:

- Dance hosts (primarily male, but we are considering including a few female dance hosts as well). This role interacts with all event attendees and invites single and newcomer dancers onto the floor. Hosting duty is time-limited to the first half of the dance.
- Front table (accept admission and act as greeters)
- Refreshment hosts (furnish and replenish supplies periodically during the evening)
- Set-up and/or Wrap-up crew (set-up includes: prep event locale, decorate as needed, prep refreshments. Wrap-up includes: quick trash clean up, reset studio furnishings, pack up pertinent items)

Please contact Beth Kahn (beth@phoenixusadance.org)
for details on how to volunteer.