

Volume 9, Issue 3

July 2013



PHOENIX CHAPTER #4033

Dance Chatter

Bring On the HEAT!!!



Summer is here.
Don't let the temperature be the
only thing sizzling in the Valley.
Get out on the dance floors

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President's Point of View



By Beth Kahn

Hello Dancers!

I would like to address two questions that I am often asked:

1. What does the USA National's do for our local chapter?
2. Why should I join the Phoenix Chapter?

We could not host our social dances without the support of USA Dance. They provide us with liability insurance and pay the licensing fees associated with our music. Yes, believe it or not, we pay licensing fees on the music you enjoy dancing to!

They also provide rules and regulations for all of the National Qualifying Events (NQE) that our competitive dancers attend. Our chapter abides by these rules during our annual Dancesport Challenge competition.

They also sponsor a national event each year and the top finalists have the opportunity to travel to compete in the World Championships.

American Dancer magazine is also published by USA Dance National. This magazine is full of great articles related to dance and lists events hosted by chapters all across the United States.

Here are a few reasons to join the Phoenix Chapter:

- Reduced rate of just \$4.00 to attend our social dances.
- Reduced rate to attend our yearly Black Tie event.
- Free subscription to American Dancer magazine, published bi-monthly.
- If you travel—you will pay the member rate at chapter dances all over the United States
- Your chapter is planning a FREE event for members – more info to come!!

Please visit USADance.org/membership and join today!

Beth Kahn

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

Dance University

Part One—Etiquette



Excepted and from "Beadle's Dime Ballroom Companion and Guide to Dancing" - circa 1800's,

THE DIME BALL-ROOM COMPANION.

ETIQUETTE.

It is in the ball-room that society is on its best behavior. Every thing there is regulated according to the strictest code of good-breeding, and as any departure from this code becomes a grave offense, it is indispensable that the etiquette of the ball-room should be thoroughly mastered.

This etiquette dictates the forms of invitation and the terms in which they are to be accepted; the appointments of the ball-room; the toilets proper to it; the demeanor of those assembled, and the manner in which the implied amusement, that of dancing, shall be conducted.

ARRANGEMENTS.

Public balls take various forms—charity, military, subscription, and what may be termed the ordinary or simple public ball. These are generally given in public assembly rooms, and the admission is by ticket. More or less care is always taken to secure the selectness of these assemblies. Sometimes lady patronesses or managers are appointed, from whom it is necessary to secure vouchers for tickets; sometimes a committee is thought sufficient, or tickets are obtained of gentlemen appointed as managers or directors, and who subsequently act on committees in the ball-room, where, from their supposed knowledge of the company, they arrange introductions, etc.

The etiquette of public balls is almost identical with that of private assemblies of the same kind, and it will be sufficient to observe here, that those attending them should, if possible, form their own parties or coteries beforehand. Ladies, especially, will find the comfort and advantage of this.

The rule as to giving

PRIVATE PARTIES

is this: that guests should make one return during the season.

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

NATIONAL BALLROOM DANCE WEEK SEPTEMBER 20-29

The Phoenix USA Dance Chapter is interested in YOUR ideas of what we, as a dance community, as individuals, or as small groups, can do to celebrate National Ballroom Dance Week. With several months to plan, we would love to hear from YOU, the dancers of the Phoenix metropolitan area.

- What activities would you suggest?
- Would you like to organize an event and invite your dance friends to participate? We'll advertise it in the September Dancin' Newz for you.
- What venue do you visit regularly? Would you connect with them and encourage them to sponsor a "special" NBDW event? Again, we'll advertise in the September Dancin' Newz for FREE!

Let's all get involved.

Whether it's a big or small activity, the goal is to promote the benefits and share the passion of ballroom dancing in our community.

Send your ideas and suggestions to seputzier@gmail.com.

If you organize an activity and would like us to include it in the September Dancin' Newz, fill out the following information and send by August 24th to Barb@phoenixusadance.org.

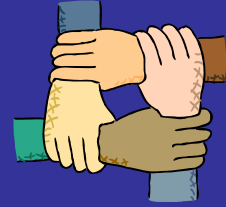
Please include:

- Name of the event
- Brief description of the activity
- Date and Time
- Price
- Location / address
- Contact Person—phone, email, website



REACHING OUT

Outreach Team Update



Since the last newsletter in April, the outreach team has been keeping busy:

April 20th

- The Phoenix Chapter Outreach dancers teamed up with members of the valley's LindyHoppers community and entertained the audience at Phoenix Symphony Hall before the doors opened to a concert of Big Band music.

April 30th

- Six dancers provided special entertainment, amid other acts, at the Spring Fling Event at the Royal Oaks Senior Living Center

May 25th

- 13 dancers filled the lobby of the Phoenix Symphony Hall yet again, and provided pre-show entertainment to the sounds of Broadway songs prior to the doors opening for the showing of "South Pacific"

June 22nd

- Dancers provided entertainment at the Citadel Care Facility in Mesa. Their efforts were very well received—and included a several "all dance" moments with the residents.



ANTICIPATED UPCOMING EVENTS

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

- July 20th—Mountain Park Senior Living Center in Ahwatukee
- August—TBD—possible gig at the Mesa Art Center
- September—TBD

So You Think You Can Dance

Season 10

Celebrating its 10th season, this innovative show by producer and judge Nigel Lythgoe has continued to entertain and astound viewers with the amazing talent of dancers from around the country.

The show opened with its usual audition process in cities across the US, providing the opportunity for nearly 200 lucky participants to travel to Las Vegas for a shot at making it into the top 20 and capturing prize money, a title, and nationwide fame.

As of June 18th, the TOP 20 were chosen and introduced to America. Moving forward, the dancers will be slowly eliminated week by week throughout the season until only one male and one female remain as American's Top Dancers!

Tune into Fox to see all the highlights.

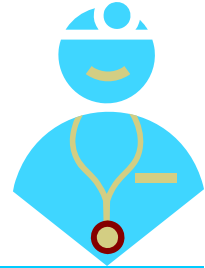


Meet Your Top Twenty:

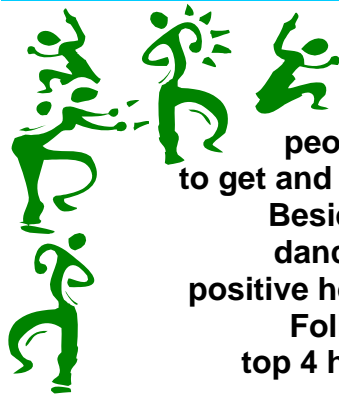
- DuShaunt “Fik-Shun” Stegall—hip hop
- MacKenzie Dustman—contemporary
- Nico Greetham—contemporary
- Aaron Turner—tap
- Curtis Holland—tap
- Dorian “BluPrint” Hector—animation
- Hayley Erbert—contemporary
- Brittany Cherry—ballroom
- Paul Karmiryan—ballroom
- * Mariah Spears—hip hop
- * Jasmine Harper—contemporary
- * Tucker Knox—contemporary
- * Alexis Juliano—tap
- * Jade Zuberi—animation
- * Carlos Garland—contemporary
- * Malece Miller—contemporary
- * Jenna Johnson—ballroom
- * Alan Bersten—ballroom

Dance University

Part Two—TRIAGE



Excerpted from www.about.com



Dancing is a great way for people of all ages to get and stay in shape. Besides being fun, dancing has many positive health benefits. Following are the top 4 health benefits of dance.

1. Flexibility

Flexibility is an important part of being healthy. Dance requires a great amount of flexibility. Most dance classes begin with a warm-up, including several stretching exercises. Dancers must strive to achieve full range of motion for all the major muscle groups. The greater the range of motion, the more muscles can flex and extend. Most forms of dance require dancers to perform moves that require bending and stretching, so dancers naturally become more flexible by doing even simple dance basics properly.

2. Strength

Strength is defined as the ability of a muscle to exert a force against resistance. Dancing builds strength by forcing the muscles to resist against a dancer's own body weight. Many styles of dance, including jazz and ballet, require jumping

and leaping high into the air. Jumping and leaping require tremendous strength of the major leg muscles. Ballroom dancing builds strength in both partners for balance and counterbalancing.

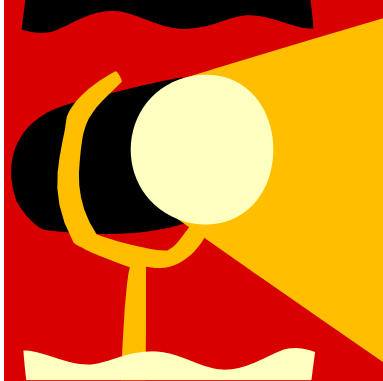
3. Endurance

Dance is physical exercise. Exercise increases endurance. Endurance is the ability of muscles to work hard for increasingly longer periods of time without fatigue. Regular dancing is great for improving endurance, especially vigorous dancing such as line and ballroom dancing. Elevating the heart rate can increase stamina. Just as in any form of exercise, regular dancing will build endurance, for activities both on and off the dance floor.

4. Sense of Well-Being

Dancing is a social activity. Studies have shown that strong social ties and socializing with friends contribute to high self-esteem and a positive outlook. Dancing provides many opportunities to meet other people. Joining a dance class can increase self-confidence and build social skills. Because physical activity reduces stress and tension, regular dancing gives an overall sense of well-being.

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



Member Spotlight

New Board Member
Ken Mendenhall

1. What first got you interested in dancing?

I got into dancing to bring some social action into my life, after working all day as an engineer. I started out doing Country and did some pro-am in Albuquerque, San Diego, Flagstaff and Phoenix. Later, I joined USA Dance and began ballroom dancing.

2. What is your favorite dance and why?

My favorite dance is the Waltz (American). I like all the slow, smooth dances. I'm stilling working on the rhythm dances.

3. What is one of your favorite dance moments or memories?

One of my favorite dance moments was when I placed in a dance competition with one of my amateur partners.

Ken has been a member of USA Dance for several years. He recently joined the Phoenix USA Dance Chapter board of directors in November 2013. Ken holds the position of treasurer for the chapter.



*"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

ORPHEUM THEATRE

Michael Jackson—HIStory
July 12th

Michael Jackson HIStory features more than 20 songs performed live. The musical biography takes fans right back to the Jackson 5 era before continuing on a journey of hits to the current decade.

NATIONAL DANCE DAY

July 27th

Go to the So You Think You Can Dance website or the Dizzy Feet Foundation site and learn one or all of the 3 routines that have been choreographed for this special day. Gather family, friends and strangers and DANCE!!

Patronize your local theatres!

MESA ART CENTER



August 16th thru September 1

Ballet Under the Stars

Don't miss out on these free performances. Take your lawn chair or a blanket and enjoy an evening of wonderful dancing at a venue near you.

- Thursday, September 19 – Beardsley Park, Sun City West
- Friday, September 20 – Estrella Starpointe Amphitheater, Goodyear
- Saturday, September 21 – Paul Mason Sports Complex, Casa Grande
- Thursday, September 26 – Fountain Park, Fountain Hills
- Friday, September 27 – TCA Amphitheater, Tempe
- Saturday, September 28 – Steele Indian School Park, Phx

Phoenix USA Events

July Chapter Dance—13th at Paragon
September Chapter Dance - 21st at FatCat
October 12th —Black Tie Dinner Dance

Check the website or watch for the next monthly issue of Dancin' Newz for location information.

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
seputzier@gmail.com

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

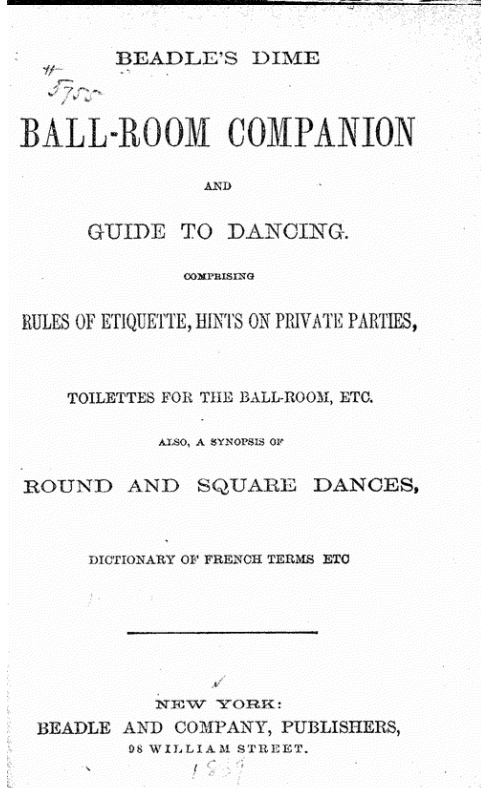
You come get it—we'll help load.

Call or email for details.

Serious inquiries only.

Dance University

Part Three— History



Excerpts from "Rules of Etiquette & Home Culture" 1886

- A man who knows how to dance, and refuses to do so, should absent himself from a ball.
- Noisy talking and boisterous laughter in a ballroom are contrary to the rules of etiquette.
- In a ballroom, never forget nor confuse your engagements. If such should occur, an apology, of course, must be offered and pleasantly accepted.
- Always wear white gloves in a ballroom.
- Gentlemen should step around, not over, a lady's train.
- Usually a married couple do not dance together in society, for it is a sign of unusual attention for a husband to dance with his wife.
- Great care should be taken by a lady in refusing to dance with a gentleman. After refusing, she should not accept another invitation for the same dance.
- *[Editor's note: ladies and gentlemen could not dance unless they had been introduced, so the hosts and escort spent much of the evening rushing about making introductions]*

We've come a long way, but at the same time, many of the rules of proper etiquette still exist (or should exist) on the dance floor today. Courtesy, politeness, care for another person's safety, and social appropriateness are not necessarily "old-fashioned" and should continue to be observed.

!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.