

Volume 9, Issue 4

October 2013



PHOENIX CHAPTER #4033

Dance Chatter



IT'S OFFICIALLY FALL!

As of September 22nd—
we officially hit the autumn season.
Temps are slowly lowering.
The days are shortening.
But the dance floors of Phoenix will continue
to be filled with “heat” as dancers show off
their hot moves!

See you on the floor!



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President's Point of View



By Beth Kahn, Phoenix USA Dance Chapter President

Hello Dancers!

I can't believe the year is almost over! And the temperature in Phoenix is finally below 100 degrees!!

2013 has been a busy year:

- We have moved our dances all over the valley and even experimented with having consecutive dances in May, June, and July. Our September dance had the largest attendance in two years!
- We are also experimenting with different people who are interesting in helping to create our social dance playlists. This is a huge undertaking, and has been an eye-opening experience for those who have come on board. We greatly appreciate their efforts and willingness to tackle the project. It also allows for some fresh perspectives on musical choices and tastes.
- The board is working to boost our membership numbers, so we decreased our social dance admission fee to \$4.00 for members!
- We had a successful non-sanctioned competition in March, followed by a social dance.
- Our Outreach team has been busy performing at community events and nursing homes all over the valley.

Thank you to everyone who has volunteered their time to help us this year. We appreciate your support.

Your chapter president,

Beth Kahn

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

**Phoenix USA Dance Presents
Our 9th Annual**

Black Tie Event

**Waltz Mixer • Door Prizes • No-host cocktail bar until the close of dinner
Dinner and Open Dancing • Large wood dance floor**

Admission Fee

\$40 for USA Dance Members
\$50 for guests

Purchase Information

Reservations will begin on
July 13th at the USA Dance at
Paragon. Check or cash only
please.

Checks should be made out
to USA Dance Inc. #4033.

Checks can be mailed to
Black Tie Event/USA Dance
PO Box 10341
Tempe, AZ 85284

Please include your
membership number and
email address for
confirmation. You will not
receive a ticket. Please
indicate your food choice. If
no food choice is given, you
will receive the chicken
entrée.

Seating Arrangements

Seating will be assigned.
Please let us know if you want
to sit with a friend or group of
friends.



**Sponsored by:
Phoenix USA Dance and
your Board of Directors**

Saturday, October 12th, 2013

**Cottonwood Country Club
25630 Brentwood Drive
Sun Lakes, AZ 85248**

**Doors open at 6:00 PM for open dancing and
no-host cocktails.**

Dinner is served at 7:00 PM.

Menu

Your choice of 2 entrees!
Choose either

Chicken Chasseur
(sautéed chicken with
tomatoes, mushrooms,
shallots and white wine)
or

Grilled Salmon.
Salad with mixed field greens
with strawberries, Roasted
Almonds and Feta with
raspberry vinaigrette

and a fantastic
chocolate cake
with raspberry sauce
for dessert.

Vegetarian and Gluten Free
meals available upon
request.

Please note: No outside
food or alcohol allowed on
the premises.

Questions

Contact Beth Kahn at
480-329-3127
or
beth@phoenixusadance.org

**Deadline for Admission
Purchase**

September 21st
OR when sold out.
All fees must be PRE-PAID.
NO admission purchase
at the door. September
21st is our bi-monthly
dance and we will be
selling admissions if we
are not sold out.

Attire

Formal wear –
Tuxedos not required.

Entertainment

Music will be provided by DJ
Val Hunt with a tremendous
selection of ballroom dancing
music to keep you up and
dancing and your toes tapping
throughout the evening.

**Featuring a performance
by Standard Champions
Inna Berlizyeva and
Artem Plakhotnyi**



Dance University

Part One—Etiquette



Excepted from the Austin Swing Syndicate website

General Tips for Dance Etiquette:

(We can never revisit these enough. Like core basics in any form of dancing, we often have to go “back to the beginning” and remind ourselves of what creates the foundation for the skills we layer on top.)

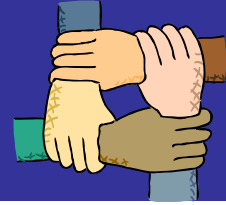
- Try to follow the Golden Rule: treat others as you wish to be treated.
- SMILE !!
- Make eye contact. However do not stare down your partner. If this is difficult for you, one trick some people use is looking at their partner's shoulder or their earlobe. This confirms that you are paying attention, yet you are not staring.
- Focus on your partner. Your job is to make the person you are dancing with look good. For leads - this means being conscientious of your partner's skill and adjusting your lead to the situation. For followers - this means avoiding back-leading or other actions that make the lead feel "unimportant." For both— if you stay aware and adaptive of your partner's feelings, you will be a popular dancer.
- Thank your partner after each dance.
- It is polite to clap for live performers when they finish a song and for DJs when they finish their set.
- It is not necessary to apologize to your partner if a particular move is not executed perfectly. The point is not to have a perfect dance, but to have fun. However, if your mistake may have physically hurt your partner, please apologize and make sure they are okay.
- Talking while dancing is okay and not considered bad etiquette. Moreover, not talking while dancing is not considered bad etiquette either. Do what makes you feel comfortable.
- Don't be stinky! You will be dancing in close quarters with a lot of new people. You may want to chew gum or bring breath mints (Altoids are popular...and bring enough to share!). Some dancers avoid eating certain foods (garlic or onions, for example) on dance days.
- Dancing is good exercise so be prepared to sweat! Many people bring extra shirts to change over the course of an evening. Other tips include bringing a towel or handkerchief to the dances or using baby powder.



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

REACHING OUT

Outreach Team Update



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

July 20th—ten dancers performed at the Mountain Park Senior Living Center, to the delight of the residents. We have already been invited back to perform again.

August 3rd— nine dancers performed as part of the entertainment at the Saint Sava Orthodox Church fundraiser luncheon. In full competitive costuming, the dancers filled both an elevated stage and floor level area, and engaged the participants in learning the foxtrot.

September 19th—six dancers provided entertainment at the APS annual HOLA meeting at the Phoenix Art Museum. Per request, the dancers provided both entertainment, and education on the origin of Latin dances as part of Hispanic Heritage month.



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.*

- October 19th—Arizona State Fair
- October 26th—Las Palmas senior living center
- October 26th—Desert Foothills Mask-querade Ball fundraiser
- November— Mountain Park Senior Center
- December—Phoenix Symphony Hall

If you are interested in participating in the Outreach program, feel free to contact Sue Putzier or Sue Eldred, or simply fill out the volunteer survey on the chapter website.

Dancing with the Stars

Season 17

Season 17 has started. By the time you read this, at least one couple will already have been eliminated. This year's "celebrities" include the usual mix of actors/actresses, reality show claim-to-famers, the obligatory athlete and relative of someone famous, as well as the attempt to pull in the younger demographic with 1 or 2 folks from shows that are hot with the Y generation.

Your contestants this year:

Elizabeth Berkley

Corbin Bleu

Brant Daugherty

Bill Engvall

Valerie Harper

Keyshawn Johnson—eliminated

Christina Milian

Jack Osbourne

Bill Nye

Nicole Polizzi

Leah Remini

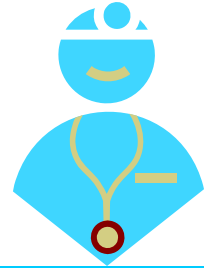
Amber Riley

Tune in and watch your favorites vie for that famous mirror ball trophy!!!!



Dance University

Part Two—TRIAGE



Excerpted from www.ehow.com article by Diane Raymond

We all know that dancing is a great form of cardiovascular exercise. Anything that gets you up and moving is a good thing, but there are few activities which can match the social, physical, AND mental benefits of ballroom dancing.

Below is a list of dance activities and a guide to the average calories burned for each style:

- Aerobic— 400-500 calories per hour depending on level of intensity
- Ballroom— 200-400 calories per hour depending on level of intensity
- Ballet or Modern— 300 calories per hour
- Folk— 300 calories per hour

Dance-based classes and activities appear to a wide variety of fitness and age levels. They are safe (if done correctly), and the high energy formats of several workout dance classes (Jazzercise, Zumba, hiphop based classes) add a fun factor to the cardio workout. Activities that include a cardiovascular component, a stretch element, and some strength training provide the most balance and overall benefit. The multidirectional nature of dance-based activities can also improve joint mobility. The focus and memorization of movement sequences in these types of activities provide mental stimulation which other workouts just can't match.

So—get out there—not just on the ballroom dance floor, but on the workout floor, and SHAKE YOUR TAILFEATHER!!! It's good for you AND it's fun!



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

Competition Corner



Stay Tuned...

**In the Spring of 2014,
the annual Phoenix USA
DanceSport Challenge
will be coming to a
dance floor
near you.**



Watch for details on the chapter website as more information becomes available—www.phoenixusadance.org

We hope to see competitive dancers of all ages and abilities again this year.

- Are you a beginning or bronze level dancer and have never done a competition?
- Are you a gold level dancer or seasoned competitor?
- Do you want to show off your performance skills in social dance categories or test your technique in the traditional ballroom categories?
- Do you just want to experience the adventure of lead and follow in the Jack & Jill styles?

Whatever your reason, we would love to have you join us—

* as a competitor

* as a spectator

Upcoming Events

Herberger Theatre

Festival of the Arts

October 5th
Performances, dance, food, visual art,
live music, children's activities, etc.

Mesa Arts Center

Dia De Los Muertos Festival



October 26th and 27th
Free to the public

Patronize your local theatres!

Chandler Center for the Arts

Ballet Etudes The Nutcracker



November 29th—
December 8th

A holiday tradition.

Phoenix Symphony

Holiday Pops

November 29th and 30th
December 1st

All your holidays favorites,
plus a sing-along.



Holiday Pops
Symphony Hall

Phoenix USA Events

October 12th—Black Tie Event
November Social Dance—9th
Watch for updates about a special workshop event!!!

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

A Look Backwards as We Move Forward.

I took over as editor of the Phoenix USA Dance Chapter newsletter— called Dance Chatter—in December of 2006. After seven years, I feel it is time for someone else to take over and bring their own spin and flavor to this project. This will be my last edition.

It has been my pleasure to serve as editor and I hope that somewhere along the way, the information I have provided has been useful, entertaining, and/or enlightening to some.

In a brief “trip down memory lane”, I thought for our history portion of **Dance University**, I would take a quick accounting of some of the topics we have covered, and people we have featured, during my tenure.

- Sue Putzier

PEARLS FROM THE PROS Spotlights:

- Chad Lakridis
- Bridgette Maria
- Forrest Vance
- Tommy Newby
- Ron Montez
- Paul Jack
- Radomir Pashev
- Robert Blair
- Lonnie Mitchell
- Johanna Senn
- Emmanuel Vaceanu
- Terry Schmoyer
- Chad and Marie Burson
- Donovan and Carolyn Dominguez
- Larry Caves
- Mona Brandt
- Inna Berlizyeva and Artem Plakhotnyi
- Nick Manzo and Laura Cotton
- Jim and Jenell Maranto

MEMBER Spotlights:

- Junio De Paz and Paula Vargas
- Dab Grudem
- Barb Michlin
- Beth Kahn
- Olivia Pena
- Ginny Zeroulis
- Felix Ray
- AJ Specter
- Sharilyn Deerman
- Ann Sin and Ernie Liverman
- Zoar and Cheryl Leggett
- Kyler and Katie Yi
- Ray Palant
- John Robinson and Debbie Bachler
- Linda Keener
- Wade and Cindy Warford
- Chandra Tenley
- Betty Mermelstein
- Sue Eldred and Peter Greenslade
- Hans and Ans Stork
- Ken Mendenhall

ARTICLES OF INTEREST:

- Annual Black Tie
- Annual DanceSport Challenge
- National Dance Day
- National Ballroom Dance Week
- Health Benefits of Dance
- Special Events
- In Memoriums
- Surveys
- Dance Trivia
- Preventative Health Maintenance and Dance Injury Prevention
- Dance History
- Outreach Activities
- Dance Etiquette
- Community Dance Events

Steps are something you “do”.
Dance is something you “become”.

!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, fundraisers, 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
(www.phoenixusadance.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.