

Volume 8, Issue 3

July 2012



PHOENIX CHAPTER #4033

# Dance Chatter

## We're having a Heat Wave!

It might not be a tropical heat wave, but we're definitely feeling the scorch of summer here in the valley of the Sun.

As we continue to hit the dance floors throughout the Phoenix metro area, here's my annual reminders for surviving the summer months:

1. Hydrate, hydrate, hydrate!!
2. Don't be afraid to bring along a spare shirt to change into mid-event
3. Try a new venue or new dance style—broaden those horizons.
4. Be adventurous and ask someone new onto the dance floor. To paraphrase Forrest Gump—"Dance is like a box of chocolates—you never know what you're gonna get."

Stay safe. Stay cool. And KEEP DANCING!!!!



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# President's Point of View



By Beth Kahn

## It's election time!

Elections for the board of the Phoenix Chapter of USA Dance will be held later this year for the term 2013 -2014. I would like to encourage you to think about joining our board. Your time commitment is minimal for most positions, averaging 3 - 6 hours per month. There is so much that our chapter wants to do to support our dance community. Once the election is complete, the board members vote on the positions of President, Vice President, Secretary and Treasurer. The remaining members are Directors at Large.

The requirements for being on the board are simple. You have a desire to help and grow our chapter and you are a current member of USA Dance. If you have considered joining USA Dance, now is great time.

Dues are:

Adult Athlete \$70  
Student Athlete \$25  
Minor Athlete \$20  
Professional Athlete \$75  
DanceSport Professional \$80

**!!!  
JOIN  
TODAY  
!!!**



The board will continue to provide members and guests with social dances , a Black Tie Event, and a competition. Our Outreach Committee performs at local nursing homes and events to continue to spread awareness and the joy of ballroom dance to our community. But there is so much more we can do - with your help!

Hope to see you out on the dance floor soon!

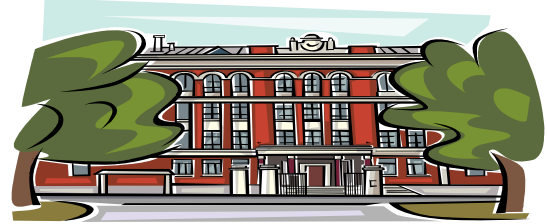
Beth Kahn  
President, Chapter #4033 Phoenix USA Dance

*The first step toward change is awareness. The second step is acceptance.*

*- Natha-*

# Dance University

## Part One—Etiquette



### Who's "RIGHT" on the dance floor?

Ask the question —"Which is more difficult—leading or following?" - and you can start a very lively debate, with pros and cons on each side of the issue. Bottomline—both leading and following have their benefits and challenges; their perks and their penalties. It's different for every person.

But when something goes "wrong" or doesn't work out as planned—who should take responsibility?

The leader?

- whether they led a move incorrectly (too early, too late, on the wrong foot, in the wrong direction, etc) or not?

The follower?

- whether they did or didn't follow what was led, could or couldn't make the adjustment to what the leader wanted?

Where is the line drawn?

Many studios and instructors follow the golden rule that the lady is always "right" on the dance floor. She starts with her right foot. She most often travels to her right when dancing. And she is never

wrong if she performs a step incorrectly or misses a lead or does something not in sync with the leader. Why? Because chivalry dictates that the lady is to be deferred to. It's just "polite".

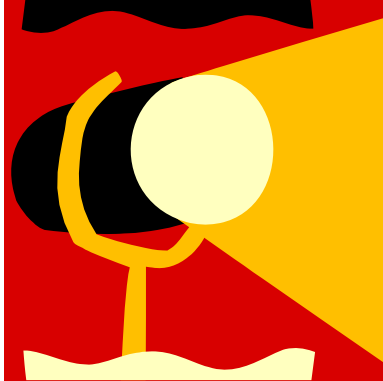
Other schools of thought and instruction place the responsibility for the synchronicity of the partnership on the follower. The lady should be so "without agenda and intent" that anything the leader presents should be easy to follow—regardless of whether or not he is on time, moving in the right direction, giving or not giving appropriate leads, etc. The leader is the driver and the follower simply a "passenger along for the ride" - what could be difficult about that?

While we obviously won't answer this question here, it is worth pondering. As with any constructive, positive partnership or team effort, it takes everyone involved working towards a common goal to produce a beneficial outcome. Dancing is no different.

If as a leader, you mess up— or as a follower, you miss something—simply apologize and make an effort to do better the next time. The ultimate goal is to share and enjoy the moment—not assign blame or keep a tally sheet of who did what wrong.



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



# Member Spotlight

In Memorium

AL HEW

It is with sadness that we relay the passing of one of our own - chapter member and dance lover, Al Hew.

Al was diagnosed with testicular cancer in 2004. Over time and despite treatment, it metastasized and finally won his life on May 24th, 2012, while at their second home in Foster City, CA, though it never defeated his spirit. Al celebrated his 78th birthday the day prior to his death.

Al was an active member in the Phoenix chapter. His smiling face and ready laugh were always on



hand at our dances, often in the role of dance host for the ladies.

He and Diane graced our dance floor regularly, especially at the Black Tie events, for which he had acted as our resident sponsor. Al also shared his love of music with the chapter, providing the dance list at several of our chapter dances.

Al's presence will be missed, both on and off the dance floor, by those that knew him. We offer our sincere sympathies to his family, especially to his wife, Diane.

Al will be laid to rest in Colma, CA. Per the family's request, no flowers or memorials were desired.

Should you wish to contact Diane, her information is below. We wish her strength and peace.

Diane Hew  
[dancingpanda49@aol.com](mailto:dancingpanda49@aol.com)  
137 Williams Lane  
Foster City, CA 94404  
650-740-0768

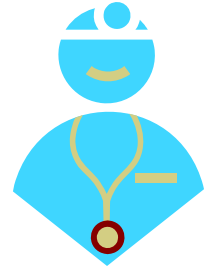


*"Dance is your pulse, your heartbeat, your breathing. It's the rhythm of your life. It's the expression in time and movement, in happiness, joy, sadness and envy."*

*~Jacques D'ambroise*

# Dance University

## Part Two—TRIAGE



*Since this is the middle of my 5th year as editor of the newsletter, I decided to wax nostalgic and steal an article from my very first newsletter attempt back in January of 2007.*

### Just BREATHE

“It’s as easy as breathing”.... or so the saying goes.

However, it’s not always so simple. And dancers are no exception. Especially if your adrenalin is pumping as you prepare to step out onto the competition floor..... or when you’re a beginner and you just worked up the courage to ask that really cool dancer who seems to know ALL the moves onto the dance floor for a fast spinning salsa or a sultry rumba..... or even on a good day, when everything is going right, but you’re into your third hour of non-stop dancing and it takes just a little longer to recover your wind after each song as the night wears on.

Breathing is supposed to be such a natural, no-brainer activity, yet many of us do it incorrectly and short-change ourselves of the benefits and purpose in the breathing process. Some people breathe the way they dance: They think they know what they’re doing, it may even look good, but they really don’t have a clue. If you are short of breath after each dance (*unless it’s a seven minute salsa or a Viennese waltz... then we’ll cut you some slack*), you may be breathing “wrong”.

Stop for a moment and focus on your breathing. Now look down. See anything moving? Probably not. That’s because most people typically take very short, shallow breaths -- the kind that simply come from your chest. If I asked many of you to take a deep breath, you would lift your shoulders.... which is a waste of time, unless your goal is to stretch your shoulder muscles. Lifting your shoulders has nothing to do with creating more space for air.

The mission of the lungs is to bring oxygen to your blood, which in turn, carry it throughout your entire body. Without this vital ‘fuel’, your system can’t function properly. For you to really improve your lung function and pass that oxygenated fuel to your body, you need to practice taking deep, whole breaths. It should take between 5-7 seconds for each inhale and another 5-7 to exhale. You want to fill up all your lung capacity from the diaphragm.... your core. Your “stomach” (*not really, but the external effect is easier to describe this way*) should expand and fill. Watch a baby when it’s sleeping.... That is breathing in its perfect form.... before we mess it up with stress and cigarettes and pollution and bad habits. Even, deep, and from the core.

So, bottom line? Everyone chant with me..... “relax and b-r-e-a-t-h-e”.

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

# Upcoming Events

## NATIONAL DANCE DAY

**Saturday, July 28th**

We've been waiting anxiously for the National Dance Day instructional videos to come out. As of this printing, they are not yet online, but keep your eyes open for a choice of dances to learn. Collect a group of people and have your own "let's learn it" dance party or create your own flashmob somewhere. Whatever you do—just DANCE!!!!

## National Ballroom Dance Week

September 21st to 30th

Watch for communication in the upcoming **Dancin' Newz** issues  
for activities that we are working on to celebrate NBDW.

Or organize your own meet-up event!!!

Invite co-workers or family members to a social dance or group class.

**Celebrate! Celebrate! Celebrate!**

Show your support of this wonderful activity we all love and enjoy.

Educate others about the physical, mental and social benefits of ballroom dancing.

## SO YOU THINK YOU CAN DANCE

The newest season started in May.

The show has found its top 20 and the elimination process has begun.

Who will become American's Favorite Dancer for 2012?

Stay tuned and find out.

## Phoenix USA Events

July 14th—CHAPTER DANCE

September 8th —CHAPTER DANCE

*Reminder—the chapter dances will take place at Paragon Dance Center  
SE corner of Rural and Eliot in Tempe*



# Our Seventh Annual Phoenix USA Dance

## *The Black Tie Event*

**Saturday October 13, 2012**

**Tickets will be sold to USA Dance members at our July 14<sup>th</sup> dance.  
Tickets will be sold to the general public after this time.**

Our seventh annual *"Black Tie Event"* will be held Saturday, **Oct. 13th**,

at the Cottonwood Country Club  
25630 Brentwood Dr.  
Sun Lakes, AZ 85248

**TIME:** Doors open at 6:00 for registration, no-host cocktail bar and open dancing.

Sit-down dinner served at 7:00.

General dancing and entertainment from 8-11pm.

**PARKING:** There will be plenty of parking in various lots around the premises.

**WHERE:**

Cottonwood Country Club  
25630 Brentwood Dr.  
Sun Lakes, AZ 85248

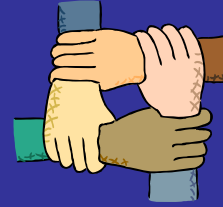
**ENTERTAINMENT:** Music will be provided by DJ Jerry Kent with a tremendous selection of ballroom dancing music to keep you up and dancing and your toes tapping throughout the evening.

**PROFESSIONAL PERFORMANCE:** Jenell and Jim Maranto will delight us with a fabulous pro show.

Please contact Beth Kahn – [Beth@phoenixusadance.org](mailto:Beth@phoenixusadance.org) or 480-329-3127 to be put on the wait list or for more information.

# REACHING OUT

## *Outreach Team Update*



The Outreach team has been keeping busy as summer hits and the temperatures rise. Since the publishing of the April newsletter, we have performed at the following:

The Franciscan Renewal Center hosted their annual volunteer appreciation event on April 27th and invited our dancers to perform as part of the festivities. With a Sock Hop theme, sixteen of our dancers provided ongoing entertainment for an hour as the crowd gathered and mingled at the start of the evening. Mindy and Paul Hubbard, along with Sue Putzier and Chuck Ericksen, provided special demonstrations, illustrating the difference between choreographed routines and lead-and-follow dancing. Sue Putzier, with the help of many of our dancers, instructed the nearly 200 guests in the Hand Jive and the Stroll for audience participation. Response was overwhelmingly positive.



Nursing homes which were visited include:

- Veterans Home on Indian School and 3rd Street—May 19th
- Chris Ridge Nursing Home—19th Avenue and Bethany Home — June 9th



**On the Near Horizon:**

- **July 14th—Nursing Home—Clare Bridge, Tempe**
- **July 28th—Kaity's Way—fundraiser for the prevention of teen date violence at the Talking Stick Resort**

### **ANTICIPATED UPCOMING EVENTS**

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

#### **September 21st—30th**

**National Ballroom Dance Week.** Started in 1990, NBDW is a chance to celebrate our love of ballroom dancing and all its benefits. The outreach team is hoping to organize several activities during this 10 day stretch, as well as encourage studios and dancers from around the valley and the state to participate in a wide variety of dance-related activities to celebrate this special time.

Outreach is working on several demonstration events during NBDW. If interested in joining, sign up for the outreach team by filling out the simple questionnaire on the chapter website ([www.phoenixusadance.org](http://www.phoenixusadance.org)) to receive information on upcoming outreach opportunities.



# Become a JOINER!



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. We welcome all skill levels of dancers 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. Senior centers, 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.

**Joining is simple.** Fill out a brief questionnaire which supplies us with your contact information and dance choices (those dances you are comfortable performing), and commit to participating in 2 events a year. It's that easy. The more dances you know, the more opportunities you will have to participate, but we welcome all skill levels to join us.

Through our database (which is only used for outreach), we send notification to dancers depending on the requirements for each event, taking into consideration the dancers' abilities and indicated preferences. You will be notified of a scheduled event and given the opportunity to sign up. Venues and dance surfaces vary (large, small, stage, indoor, outdoor, carpet, wood floor, cement, tile). We provide as much detail as possible about each event to help our dancers make informed decisions about their participation and to prepare accordingly.

Our primary mission with outreach is to:

- Share the joy of ballroom dancing with the community
- Provide entertainment to varying populations throughout the valley
- Promote the positive educational, health, and social benefits of ballroom dance

**We hope you will join us.**

**Help us REACH OUT AND TOUCH someone through dance..**

**Questionnaire can be found on the chapter website ([www.phoenixusadance.org](http://www.phoenixusadance.org))  
or talk with either of the Sue's for more information.**

# Pearls from the Pros

Nick Manzo and Laura Cotton

## What first inspired you to dance?

We first became interested in dance while attending college and decided to take a ballroom class together to relieve stress from a heavy course load.

## What keeps you on the dance floor through the years?

The constant discovery of what our bodies are capable of, mechanically and artistically.

## What “Pearl of Wisdom” would you like to share with other dancers?

Always want to improve yourself but enjoy how far you've come. Also, appreciate and thank everyone you dance with regardless of skill level because we improve through every dance we have!

## Bio:

Nick Manzo and Laura Cotton have been teaching partner dancing for Arrowhead Arthur Murray Dance Studio since 2008. Laura has been the studio supervisor for the past two years and finished 2011 as the 16th place top ranked supervisor world-wide. Laura's students have won many top student awards, as well as placing 2nd in American Smooth Scholarship at Arthur Murray's Championship in Las Vegas last year. Nick has been Arthur Murray's top ranked instructor for the past three years, finishing 1st place instructor in 2010 & 2011 world-wide. He is currently ranked 1st for teaching lessons world-wide. Nick's students have also won many top student awards and have placed 1st in All-Around Championships. Nick and Laura have competed together for 3 years and became Arthur Murray's Rising Star Champions in 2010, as well as winning 1st place in Open American Smooth at the Washington National Dance-O-Rama and Unique Dance-O-Rama.



## Contact Information:

[www.arrowheadarthurmurray.com](http://www.arrowheadarthurmurray.com)

623.974.3500

# Dance University

## Part Three— History

*Excerpt from the USA Dance National Website*

### History of National Ballroom Dance Week™

#### **1989:**

In that great, creative Big Apple of it all, a number of New Yorkers led by a dedicated dynamo of action, Mary Helen McSweeney, put together a "Ballroom Week," April 21st to the 28th. The intent was to bring ALL of the dancing community together and present Ballroom Dancing at its best to the public. With Dulaine and Marceau's fabulous show as an "anchor", these intrepid NYC members of the Greater New York Chapter of then-USABDA bonded with studios, pros, and the city government, and encouraged dancing every place in the city—from libraries to ferry boats, from studios to public and company halls. The media loved it and relished covering it. A concept had been put into place.

#### **1990, September 14-21**

The editors of the major dance publications in the United States, Doris Pease of Dancing USA, Cay Cannon of Dance Action International and Bob Meyer/Joan Adams of Amateur Dancers got together, and in consensus, agreed to publish the proposition of the whole country having a NATIONAL BALLROOM DANCE WEEK™ (NBDW™) with the Amateurs, the Pros, the Studios, the governments, vendors and other interested parties and sectors joining together for a common goal. They decided to have a full week with "anchor events" at each end of the week. Creative chapters solicited and obtained "proclamations" from Mayors, Governors and (through the efforts of then USABDA president Peter Pover) even President George Bush along with a picture of the President and Mrs. Bush dancing. Studios hosted "open-door" weeks. Thousands danced and the official concept of NBDW was born.

#### **1991—Present**

NBDW continues to expand and grow across the country with USA Dance chapters spearheading fundraisers, flashmobs, competitions and workshops, demonstrations, social dances, webcast dance seminars in classrooms for youth, and much, much more. And of course, DANCING—in parks, at malls, in schools, at bus stops, in gymnasiums and health clubs - at any time of the day - with all variety of people.

We hope to see many of you participating in events during the 2012 National Ballroom Dance Week, which runs from September 21st to 30th, regardless of who is sponsoring it. Just get out there and DANCE!

# New 2 YOU

**We will once again create a “For Sale or Rent” page in the newsletter starting in September.**

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”
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.
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.

Sample ads are placed below. Items must be dance- or exercise-related. Categories may include: exercise or instructional videos/dvd's and equipment, music cd's, dancewear (costumes, practicewear or shoes) or similar items. No services (alterations, lessons, etc) will be advertised.



## ***Not a size 2?***

Looking for a competitive or performance costume in “real women’s” sizes?



Not ready or able to purchase a costume of your own?

Latin and Smooth options available for rent in sizes 12-18.



Contact Sue Putzier for more info.

480-241-8826



## **FOR SALE**

Instructional VHS videos and DVDs . All in good condition. Instructors such as Ron Montez, Julia and Bob Powers, and many others.

Contact John Doe

## **BALLROOM DANCE DRESSES FOR SALE**



Blue and lime green with Swarovski crystals

Size 6

Original cost \$1,800  
Asking \$1,200

Pink variations with Swarovski crystals

Size 6

Original cost \$3,200  
Asking \$2,500



**Call Priscilla Dean at 623-551-2324  
or email [priscilla.dean@q.com](mailto:priscilla.dean@q.com)**

# HELP WANTED

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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 website 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. This role is time-limited to the first half 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. Tear-down includes: quick trash clean up, reset studio furnishings, pack up pertinent items)

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