



# Ballroom Beat

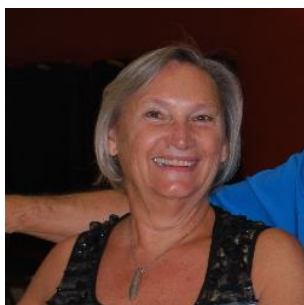
Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 23, No. 7 – July 2016, Marcia Barney, Editor (336) 712-8183  
Send News and Views to the Editor at [PiedmontNCUSABDA@aol.com](mailto:PiedmontNCUSABDA@aol.com)

*We Promote Ballroom Dancing!*

## Your Prez Says

*Hello fellow dancers,*

*We have been so busy preparing for our Black Tie Dinner Dance in August and our National Ballroom Dance Week Beginner Dance Series Lessons that your editor forgot to ask President Cindy to write a monthly message. So your Editor is taking Editorial License this month and telling you what she would have told you:*



*Come to our August 20 Black Tie Dinner/Dance at the Commons on the Green in Lexington. This is the highlight of our year – a time to enjoy dancing with your friends in a wonderful venue. The food and wine will be outstanding and the music is the best. Getting dressed to the nines is just the icing on the cake! Please get your reservations in immediately so I can get back to daytime water skiing this month.*

*You probably have friends who are not dancers – yet – and would not enjoy our August 20 Dinner/Dance. We can help them overcome this deficiency: For those people we are offering Introductory Dance lessons starting the Monday after our Black Tie. All they need to do is join Piedmont NC USA Dance and they can get a taste of ballroom dancing that could bring many hours – or years - of joy. They should also be ready to enjoy our 2017 Black Tie Dinner/Dance.*

*I look forward to seeing you at our Splash Dance on July 24 and at our Black Tie Dinner Dance on August 20.*

*Cindy Caudle, President*

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## Mid-Summer Night Dream Black Tie Dinner/Dance

Once per year we have a formal dinner/dance where we “pull out all the stops.” This year the event is on August 20. We will dance on a wonderful wooden floor to the music of DJ Craig. Our dinner will be outstanding and our friends will be beautiful – or handsome. We even have the best in wine selections provided by Bob and Wini Kniejski’s Winston-Salem Wine Merchants!

The reservation form is attached so just go ahead and make yours now.

See you at Commons on the Green in Lexington on August 20.

## National Ballroom Dance Week Introductory Ballroom Dance Lessons

National Ballroom Dance Week is rapidly approaching and so are our Introductory Ballroom Dance Lessons. The lessons are designed to introduce prospective dancers to Ballroom Dancing and to encourage former dancers to get back into the art. If you know someone who would probably enjoy our art, please pass the attached reservation form along to them.

### July Ballroom Sunday

#### Splash Dance

**Sunday, July 24, 2016**

**Rumba with James Williams**

**4:00 – 4:30 PM Rumba Lesson**

General Dancing – 4:30 – 6:30 PM  
Music by Hubert and Marcia Barney

**It's the Fourth Sunday of 5 in July!**

### Directions to Jerry Long Family YMCA in

**Clemmons:** From I-40 on the west side of Winston-Salem take the Clemmons exit. Go north away from downtown Clemmons. Turn left onto Peacehaven Road at the second traffic light not associated with I-40. Go less than ½ mile and the YMCA is on your left. Go in the main entrance to a great dance. YMCA: 1150 S. Peacehaven Road, Clemmons 27012

### *Welcome New Members!*



New Members  
**Chris and Ingrid Squire** spent July 18 dancing. Even though he is a new dancer Chris, understands that dancing is what one should do on his birthday!

### 2016 at a Glance

**July 24 – Splash Dance** - Rumba Lesson by James Williams at 4 PM, Dance until 6:30 at the Jerry Long Family YMCA, 1150 S. Peacehaven Rd., Clemmons Admission - \$5 USA Dance or YMCA members; \$10 guests

**August 20 – Black Tie Dinner Dance, Mid-Summer Dream**

Lexington Municipal Club

**August 22 – National Ballroom Dance Week**  
Beginner Lessons start

**August 28 – Sock Hop – Cha Cha Lesson**  
By Adina Harper

**September 25 – Beginners' Ball**  
Lesson by Randy Garner

**Oct. 23– Presidents' Halloween Dance**  
Lesson by Teresa Shadoin

**November 27– Holiday Premier**  
Promenade & Annual Business Meeting

**Dec. 30– Classy Casual Friday Finale (7PM)**

Some dancers have reported that they did not receive their June "Ballroom Beat." If you were

among those, please send a note to your editor at the e-mail address on the masthead.

### **Truisms**

- We die a little bit every day we don't dance.*
- Dance is an instant vacation.*
- The person who will become a great dancer must look above obstacles and the feet.*
- We learn to dance in three ways: instruction, imitation, and experience.*
- In the end we will remember the feeling of the dance, not the dance.*
- We learn to dance better by being willing to feel awkward and uncomfortable occasionally.*
- Dancers are like stained glass windows – their real beauty is revealed from the light within.*
- Dance it 19 times so you can do it right the 20<sup>th</sup>.*
- It is amazing how well you can dance if you let your emotions dance with you.*
- I'm a success if I get up in the morning, get to bed at night and in between I dance.*
- It isn't what we don't know that gives us problems, it's what we know that ain't so.*
- We may hear the same music, but we each dance a different tune.*
- When self-control overcomes partner control we can become leaders.*
- I haven't yet learned how to stay seated during a waltz.*

Bring a smile, a friend(s) and a snack to share:

**July 24**

***Splash Dance***

***at the***

***Jerry Long Family YMCA***  
***On the 24th– 4:00 P.M***

***Dressy casual Attire***

***Remember: It's the 4<sup>th</sup> Sunday of 5 in July***

"Ballroom Beat"

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