



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 22, No 3– March 2015, Marcia Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

We Promote Ballroom Dancing!

Your Prez Says

Hello fellow dancers,

When researching the health benefits of dance and I have found that the chart by David A. Wolfe "Dancing Makes You Smarter" sums it up the best. This 21- year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City. It was funded by the National Institute on Aging, and published in the New England Journal of Medicine. The % is the Reduced Risk of Dementia

0% in Bicycling, swimming or playing golf

35% in Reading

47% in doing crossword puzzles at least four days a week

76% in Dancing frequently

Dancing reduces stress and depression;

Increases energy and serotonin;

Improves flexibility, strength, balance, endurance;

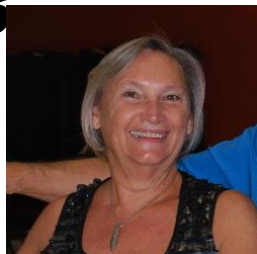
Strengthens bones and boosts cardiovascular health;

Increases mental capacity by exercising our cognitive processes;

Dynamic and rapid-fire decision making, creates new neural paths.

(Continued on page 2....)

Cindy Caudle, President



Annual Charity Event

Our Annual Charity Event was a huge success! Thanks to the generosity of Donna and Gene McDonald, the late Rita Crews, and the Barneys we had items for sale. We had even more enthusiastic shoppers who purchased clothing, jewelry, videos, and art objects. However, the major portion of our funds from the Charity Event came from the generosity of our dancers: Guest Bob Martin contributed to the fund. Members Jackie and Tim Cooke, Roger and Cindy Caudle, Bob and Wini Kniejski, Randy and Sherryl Peters, and Hubert and Marcia Barney gave generously. The total contribution to Childhood Obesity Prevention was \$1,500.

Thank You to all who made the event such a success!

March Madness on the 4th Sunday

Our March Ballroom Sunday will be a fitting commentary on the season. Our theme will be "March Madness" and members are encouraged to display the colors of their favorite college basketball team at the dance. If basketball fever becomes unbearable, there are courts just down the hall from our dance!

March Ballroom Sunday

March Madness

Sunday, March 22, 2015

**4:00 – 4:30 PM Waltz Lesson
With Adina Harper**

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

Inside

- The Wonders of Dance
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- Truisms
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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

We are always happy to see friends from Carolina Heartland USA Dance and Carolina Foothills USA Dance also.

Bring a guest to our March Ballroom Sunday! If they join you get in free in April and everyone enjoys the dance even more!

Welcome Back!

Kahlil and Cynthia Bitar (right) and **Matt and Luane Deeter** (below left) were back with us on February 22 after



absences due to travel and work. It was great to have you back.

Welcome Guests!

Bob Martin (below right with Kay Stevens) came to our February Ballroom Sunday. We hope you will return, Bob.

Preston and Kathy Taylor (below left), friends of Roger and Cindy Caudle, also danced with us on February 22. Please come



again. **James and Juliana Williams**, son of our Instructor, were also welcome guests on February 22.

2015 at a Glance

March 22 – March Madness
Waltz Lesson with Adina Harper
Lesson 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
April 25 – Clemmons Community Day
April 26 – Blooming Good Dance
Tony Econ, Instructor
May 24 – Memorial Dance
Teresa Shadoin, Instructor
June 28 – Star Gazing
July 26 – Fireworks
August 23 – Wild Card Ball
August 24 – National Ballroom Dance Week
Beginner Lesson Start
September 19 – Black Tie Dinner/Dance
“Under the Glitter Dome” at the
Lexington Municipal Club
September 27 – Beginners’ Ball
October 25 – Presidents’ Halloween
Dance
November 22 – Holiday Premier
Promenade & Annual Business Meeting
December 27 – Early New Year’s Dance

Prez Says..

(Continued from page 1):

Few of us are 75 – and none of us will admit it – so why not get started now to prevent the ravages of aging the best and most enjoyable way!

Bring your friends and join us on Sunday, March 22 for a little March madness on the dance floor as we dance for healthier brains. It’s just plain smart to waltz through life!

Cindy Caudle, President

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Truisms

- We become better dancers one step at a time.
- A man isn't poor if he can still dance.
- I'm a cheerful dancer. I have cares – but they don't overcome the joy of dancing.
- Partnership is a plant we must often water.
- Kindness helps our partner learn and forgive many things.
- Anxiety is the gap between “learning” a step and being able to dance it.
- My dreams are a graveyard of forgotten steps.
- Trust your partner more than your banker.
- Motivate your partner by motivating yourself.
- Believe you can every time you dance.
- Make the best of every dance. You made the worst of it before you could dance.
- What we see in other dancers changes with what we see in the mirror.
- If I could start dancing all over again I'd simply start sooner.
- Some people dance to look good. Some to feel good.

- Pessimism wilts partnerships.
- A good dose of enthusiasm makes every dance better.
- Be sure your refusal to listen isn't a refusal to learn.
- Never let what you know keep you from learning.
- Leadership must be demonstrated, not assumed.
- If you wish to become a great dancer you must take the first steps.
- To dance well – even some of the time – is a marvelous feeling.
- If a partner is inconsiderate remember that it is the second mistake that causes the most problems.
- Let music and dance provide something that outlasts them.
- Half-heartedness never improved a partnership.
- Every dance is a new country. Every partner a new city.
- I saw the passion in the music and danced until I set it free.
- The love of music is a splendid thing – especially when it is expanded to include dance.
- Scratch a musician and you may find a dancer.
- The next best thing to being able to dance well is being able to appreciate one who can.

The Wonder of Dance

When we begin dancing we find a world of possibility. We want to explore, learn, experiment and experience. Most of us marvel at the potential and are eager for more even after our feet tell us to stop. That's a wonderful feeling!

After we have been dancing a few years we begin to realize that we can't learn everything – at least not at once. We may even be ready to just watch a few dances rather than dancing. We stop attending every dance class and workshop within a 100 mile radius because we realize that exposure is not the same as learning or understanding. It may begin to dawn on us that we need to “digest” all that valuable information. The muscle memory may need to catch up to the mental memory so that we don't forget more than we learn. The concept of learning in a planned sequence starts to make sense. Now we can get excited about building on that base of knowledge.

As we continue to dance we may become one of the “experienced dancers.” Hopefully, while retaining the sense of wonder of the beginner.

Special Invitations:

Mtn. Empire USA Dance

– Third Saturday of each month in Marion, Virginia. Lesson @ 7:30, Dance 8:30 – 11 PM. Info: (276) 783-5402. \$7.50 members, \$10 guests.

Carolina Heartlands USA Dance

- Second Sunday, Lesson 2:30 – 3:15 PM Dancing until 5:00 PM, Guilford Grange, 4909 Guilford Road, Greensboro. \$8 members, \$10 guests, \$5 students. Info: 336-210-0324.

Foothills USA Dance 4th Saturday night at Hickory Christian Academy, 7:30 – 10:30 PM. \$5 members, \$8 guests. www.carolinafoothills.org for directions.

Salsa lessons are offered every Saturday evening at Quality Inn of Winston-Salem (off Silas Creek Parkway across from Hanes Mall on Hawthorne Street) call 765-6670 for details.



- To all who helped with the room setup, take down, decorations, greeting and refreshments at our February Ballroom Sunday Dance: Roger and Cindy Caudle, Liz Gilkey, Randy and Sherryl Peters, Tom and Kathy Rucker, Kay Stevens, Dick and Helen Heck, Corky and Danny Flowers, and the Barneys.
- Thanks to Jackie Cooke for the decorations at the February Charity

Event.

- To all, (such as Tim and Jackie Cooke, above) who bring a great attitude and a love of dance to our *Ballroom Sundays* and other events – you help make dancing so enjoyable.

Check our fabulous web site:

www.ballroom-dancing.org

for regular dance opportunities, registration forms, and other valuable information.

Follow us on Facebook at:

www.facebook.com/groups/153346133198

and Twitter @PiedmontNCDance

Hear Ye, Hear Ye!

We'll add another great Dance Vision DVD to our Library on March 22: *American Style Rhythm Syllabus Beginning-Intermediate (Bronze) Samba* with Donald Johnson and Kasia Kozak.

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

February 22
March Madness Dance

See you at the
Jerry Long Family YMCA
On the 22nd – 4:00 PM

Dressy casual Attire
Wear Your Team's Colors

Remember – It's the Fourth Sunday
of 5 in March!

Notes of Appreciation:

- To James Williams for the great Rumba lesson on February 22. Thanks also to James for begin a supportive shopper at our Charity Event.
- To our terrific Webmaster John Clark for his continued interest and assistance!
- To the incomparable Hubert Barney for assistance with proofing, for inspiration, and for truism input.

“Ballroom Beat”

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