



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 20, No 11 – November 2013, Marcia Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

We Promote Ballroom Dancing!

Your Prez Says



Fellow Dancers,

On November 9, I represented our chapter at the USA Dance District 10 President's Meeting at the beautiful Infinity Ballroom in Charlotte. Officers from USA Dance chapters across the Carolinas and national leaders shared the "best practices" of our chapters, our biggest challenges and our plans. I enjoyed the feedback and ideas from other participants. There is an exciting camaraderie among ballroom dancers and a renewed commitment among chapters to work together. Although most of us do not see it, USA Dance makes it much easier for local chapters by handling details like music licensure, liability insurance, legal and regulatory issues. Your membership in USA Dance enables that support. On behalf of ballroom dancers across the USA - Thanks!

Listening to the reports and comments of other chapters made me very proud of our chapter. We have a stable venue with a wonderful floor for dancing. We have hardworking volunteers. We have several enthusiastic new members. We are involved in community service and offer special events during the year. Be proud of your USA Dance chapter.

Invite some friends to come with you to our Holiday Promenade and New Year's Dance. As Howell Oakley, Azalea Coast Chapter, says, "We are one of the cheapest dates in town!" Where else can you get a professional dance lesson, food, two hours of dancing and superb companionship for ten bucks?

As always, keep dancing, my friends.

Randy Peters, President

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Annual Meeting and Holiday Premier Promenade

What a wonderful way to welcome the 2013 Holiday Season: Dancing with your friends on a wonderful floor with great music and delicious refreshments! Our annual Holiday Premier Promenade signals the beginning of a season of celebration and joyful dancing.

We'll elect new Board members at our annual business meeting. The nominating committee has proposed the following names:

Cindy Caudle
Matt Deeter
Wini Kniejski
Randy Peters

Olivia Kleinmaier
Marcia Barney
Roger Caudle
Rebecca MacNeilage



nominees dances with wife Luane at our November Ballroom Sunday.

Although our dance preceeds Thanksgiving this year, you are invited to dress in your Holiday attire for the event!
Matt Deeter, one of the new Board

November Ballroom Sunday

Holiday Premier Promenade

Sunday, November 24, 2013

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

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

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 first 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

Win Free Admission for a Quarter!

We're not above bribery to solicit good ideas from you on ways to make our dances even more fun! A Board member has offered the following incentive to stimulate the creativity of Piedmont NC USA Dance members:

The member who offers the best original theme for a 2014 Ballroom Sunday will receive free admission to Ballroom Sunday for the first quarter of 2014.

"Original" means one not previously used. A review of our newsletter (available on www.ballroom-dancing.org) will reveal previous themes. The judges for the contest will be your 2014-16 Board.

Send your suggestion to your editor (address on masthead) by December 1 or bring it to the Holiday Premier Promenade on November 24.

Videos for Sale

We are updating our teaching library by replacing our VCR tapes with DVDs. As a result, those who like to use a VCR are in for a real deal: The used VCRs will be available for \$10 each at our Ballroom Sunday dances.

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

2013 & 2014 at a Glance

November 24 – Holiday Premier Promenade
Rumba Lesson by Adina Harper at 4 PM
Annual Business Meeting including
Election of 2014-16 Board
Dance until 6:30,
Jerry Long Family YMCA
1150 S. Peacehaven Rd., Clemmons

Admission - \$5 USA Dance or YMCA

Members; \$10 guests

December 29, 2013 – Early New Years' Party
(Please note that this is a fifth Sunday)

2014 Ballroom Sundays:

January 26	July 27
February 23	August 24
March 23	September 28
April 27	October 26
May 25	November 23*
June 22	December 28

*Subject to change since the last Sunday would be after Thanksgiving.

September 20, 2014 – Black Tie Dinner
Dance, Lexington Municipal Club

Best and Most Original Costumes



When creativity raises its wondrous head fun is sure to follow! We had some very good and some very creative costumes at our President's Halloween Dance on October 27! Guests Bill Hawkes

and
Charlotte
Duncan
(above)
won Best
Costume
while
newer
members
Paul



Kindley and Kathy Young (middle photo) were



the run-away favorites for their "outside the box" selections in the Most Original category. (For a "before" picture of Kathy and Paul see page 4.) Runner-up in both categories went to Rebecca Mac-Neillage and Jack Mitchell (bottom.)

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Truisms

- The heart knows when we dance.
- The man who dies without dancing dies unfulfilled.
- Without the freedom to dance my heart would be imprisoned.
- Every dancers slate starts perfect and flawless, then we have a lot of fun scribbling on it.
- Dancing is fatal to boredom.
- You can understand dance or you can love it – occasionally both!
- The only control to which a leader should aspire is that which he exercises over himself.
- Sometimes we dance and sometimes we just do the steps.
- Dancing should begin at home.
- A dance is not perfected until it is shared.
- Give me wisdom in a leader and patience in a follower.
- A gentleman is one who can dance the Merengue, but doesn't.

- A beautiful dance is one of the truths of life.
- A Waltz is cheaper than therapy.
- Some dances are to be enjoyed, others to be savored, and some are to be enjoyed always.
- The best vaccination for boredom is TANGO.
- Who is to be more pitied – a dancer with a broken foot or one well heeled who doesn't hear the music?
- Never drool on your instructors shoulder.
- The greatest dances are often in our dreams.
- Dance is to express, not to impress.
- To give a dancer music is to take part in the dance.
- To dance beautifully, we must first dance dilligently.
- Until you've lost your ability to dance you never realize what a gift it is!
- I sometimes count to 8 when I walk.

Posture

Posture may be the most important element for a dancer. Posture determines not only how we look, but how we feel and how we relate to our partner.

It is imperative that we ladies give our partners something to lead by maintaining good posture and tone. Leaders must maintain a posture and tone to transmit his movements to the follower.

We need to watch where we are looking. Where we look can dramatically affect our posture. When we look down we tend to bend forward at the waist leaving us unbalanced. Within the first few lessons we learn that watching our (or our partner's) feet is a sure way to confuse even ourselves. Looking at our partner's face virtually ensures that we will not retain our right side orientation with our partners when in dance position.

When the leader maintains an erect position and a good frame he can easily transmit the direction and the distance of movement to his partner. If she maintains an erect position and a good frame she can receive the transmission.

Ballroom dancing is elegant. Dance is not simply a matter of learning where to put your feet; it is a way of moving your whole body. It is far better to learn a few basic steps really well than to rush into complex steps and look like a baby calf just learning to walk. Just knowing were to put your feet isn't truly elegant! Good posture is a big step toward both communications and elegance.

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.



- Ø To our terrific Webmaster John Clark for his continued interest and assistance!
- Ø To the incomparable Hubert Barney for assistance with proofing, for inspiration, and for truism input.
- Ø To all who helped with the room setup, take down, decorations, greeting and refreshments at our October President's Halloween Ballroom Sunday: Randy and Sherryl Peters, Monty and Wendy Burnham, Dick and Helen Heck, Rebecca MacNeilage, Liz Gilkey, Danny and Corky Flowers, and the Barneys.
- Ø To all, (such as Kathy Young and Paul Kindley, 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

Notes of Appreciation:

- Ø To Robert Simpson
(right with Sherryl
Peters) for the
wonderful Cha Cha
lesson on October 27.



"Ballroom Beat"

Marcia Barney, Editor
3501 Lakefield Court
Clemmons, NC 27012



Hear Ye, Hear Ye!

We'll add another outstanding Dance Vision
DVD to our library on November 24: *American
Style Smooth Tango Styling & Technique* with
Michael Mead and Toni Redpath.

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

November 24

Holiday Premier Promenade

***See you at the
Jerry Long Family YMCA
On the 24th – 4:00 PM***

Dressy or dressy casual Holiday attire!