

# May 2014 *Line of Dance* Vol 29 Issue 5

News from the Richmond and Tri-Cities Chapters of USA Dance, Inc

## Richmond and Tri-Cities USA Dance Chapter Dances

- Saturday May 3** Richmond Chapter First Saturday Dance - Brookland Middle School, 9200 Lydell Drive. 7:30-8:30. Rumba/Bolero with Phyllis Harris. Music by Ed Pabalate.
- Saturday May 10** Tri-Cities Chapter Dance, Wesley United Methodist Church Fellowship Hall, 3701 Conduit Rd, Colonial Heights. 7:30-8:15 West Coast Swing lesson by Veronica Braun. Social Dancing **8:15-10pm** Music by Edith Lanning.
- Saturday May 17** Richmond Chapter Third Saturday Dance, Deep Run Recreation Center, 9910 Ridgefield Parkway. 7:30-10:30pm. No lesson. Music by Bill Irwin.

*The Richmond Chapter of USA Dance, Inc. holds dances on the first Saturday of each month at Brookland Middle School and the third Saturday at Deep Run Recreation Center. Richmond Chapter only: Member admission: Adults \$5, Students w/ID & Social Youth-free. Nonmember admission: Adults \$8, Student (with valid ID) & Youth \$3; No children under 8 years admitted to any Richmond Chapter dance. The Tri-Cities Chapter holds a dance on the Second Saturday at Wesley United Methodist Church, 3701 Conduit Rd, Colonial Heights. Tri-Cities admissions - members \$6; nonmembers \$10*

FOR DIRECTIONS TO CHAPTER DANCES OR OTHER INFORMATION, CONTACT:

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**Tri-Cities USA Dance**

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## President's Corner

Those famous April showers finally arrived – all at one time, it seemed, with 2.5" in less than 12 hours. Hope that filled your cistern and not your basement! And that came AFTER the pear trees and azaleas had finally burst into all their glory. The heavy rainfall stripped a lot of the flowers from many of these Spring bloomers. Maybe May will see it finally being warm both day AND night... It was certainly warm at Brookland for the 1<sup>st</sup> Saturday Dance and West Coast Swing Workshop on April 5. Kristin Wenger and Edwin Roa led a terrific workshop with an emphasis on adding some tango moves to our West Coast repertoire. Almost 30 joined in the workshop and most mastered the new tango-inspired steps as taught by these two terrific instructors. Kristin then taught a second beginner-level WCS class as we kicked off the dance following the workshop. Almost 50 took part in that lesson and showed off their new skills as DJ Mike Recant played several extra West Coast songs over the course of the evening. It was a great night of dancing, highlighted by Edwin and Kristin performing their award-winning *Rising Star West Coast Swing* routine during the intermission. They are each amazing dancers and together they were awesome. They have already placed 1<sup>st</sup> with this dance at a recent comp in the DC area! We anticipate another great dance when we gather on May 3 at Brookland for our next 1<sup>st</sup> Saturday event. Phyllis Harris will return to complete the intermediate-level Rumba/Bolero lesson she began in March. She will review the first part of the new routine she taught then before adding the final steps she demonstrated that evening. Phyllis is one of our favorite instructors because she is so good at breaking down seemingly complicated routines into manageable pieces that are easy to learn. Come join us - your Bolero will thank you! The lesson runs from 7:30-8:30 PM. As an additional incentive, we are bringing back Ed Pabalate to deejay the dance that follows from 8:30-10:30 PM that evening. Ed always has a great playlist of very danceable tunes and he's also a terrific

dancer so we get lots of bang for our buck with him in the house! And if you are new to the bolero or rumba, we will offer a separate, beginner-level lesson at 7:30 to help you get started!

The Potluck Supper prior to the 3<sup>rd</sup> Saturday dance on April 19 featured some mighty fine-tasting food, as always. About 27 or so brought some of their best dishes to share for dinner and the leftovers were enjoyed by all over the course of the dance that followed. We also feel we learned a valuable lesson by the rather small turnout – don't have a potluck on the night before Easter Sunday! It seems that many of our members were traveling over Spring break and many others indicated they were busy cooking meals for their own families and just too busy to cook another dish for a dance. We heard you and will NOT make that mistake again! Our next potluck will take place on November 15, well before Thanksgiving! Attendance was also down for the dance, with only 57 there, but they had a great time and were treated to an interesting demo of three new (to most of us) dances by Jeremy Gershman and Sandra DuChard. Jeremy is new to the RVA dance scene, having recently moved here from California. He is teaching these new "social" dances – the Crosstep Waltz, the Vuelte, and the Stride – locally and hosting a monthly dance with lessons and the appropriate music for these social dance variations at The Dance Space so check that studio's calendar inside if you would like to learn more about or experience these jazzy dances or check out Jeremy's website at [www.rvalse.com](http://www.rvalse.com). And speaking of The Dance Space, co-owner Bill Irwin was right on top of his game as our DJ at Deep Run that evening. Bill will be there again this month with three hours of great music so please join us on May 17 from 7:30-10:30 PM.

See you on the dance floor! – Phil

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**NATIONAL WEBSITE**  
[www.usadance.org](http://www.usadance.org)

## New Members

### Richmond

Brenda Armenti-Kapros  
Anne Diep (seen below)



**Current Richmond policy gives "first timers" at our dances free admission. So bring a friend or 2 and let them be our guests.**

**REMEMBER - Richmond members get into 1 free dance on their birthday month !**

## Renewals

### Richmond Chapter

Bob Cosby  
Shelia Cosby  
Glenn Crawford  
Karen Crawford  
Bill Gaidos  
Patricia Harman  
Mary Ellen Olbrish  
Ciro Robustelli  
Maria Robustelli

### Tri Cities

Felipe Banagan, Jr  
Randy Goodfellow  
Samuel Graham  
Jerry Hargrove  
Jolanta Herrera

## Birthdays

### Richmond Chapter

5/1 Margil Coyner  
5/8 Doug McRae  
5/9 Becky Jackson  
5/11 Eleanor Robertson  
5/14 Karen Anderson  
5/17 Norma Santos  
5/18 CJ Bloankenbeckler  
5/22 Callie Proctor  
5/24 Tom Mlot  
5/26 Don Sledd  
5/30 Alastair Colquhoun  
5/30 John Reap  
5/31 Cal Sawyer

### Tri Cities

5/3 Patricia Ramey  
5/8 Marianne Dipersio  
5/15 Sharon Dunn  
5/15 Linda Kibler  
5/19 John Brooks  
5/28 Dom Perez

*I have heard from members that you prefer reading anything in hardcopy form, rather than on the computer. I understand this and want to remind you that you do have an option to subscribe to The Line of Dance by paying \$18/year. It would be mailed to your house via 1st class mail. Send your check to: Ginny Engler, editor 8323 Charlise Rd, Richmond, VA 23235.*

**Richmond has a youth scholarship program. Check out our website and click on the Scholarship link**

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**MARCH 13 – MARCH 21, 2015**

**CHUZTODANCE BALLROOM DANCE CRUISE**

**On Royal Caribbean's GRANDEUR OF THE SEAS**

**~ Hosted by Terri Lynn and Michael Goodrich ~**

**Departing from** Baltimore, Maryland and sailing to **Port Canaveral**, Florida;  
**Nassau**, Bahamas; **CocoCay**, Bahamas; and **Key West**, Florida.

South Locust Point Cruise Terminal

<http://www.cruise.maryland.gov/>

Stateroom Pricing **FROM:**

Inside Stateroom - \$1,129.00\*

Ocean View Stateroom - \$1,289.00\*

Balcony Stateroom - \$1,599.00\*

\*\$100 Dance Host Fee Available

**Phil Sisk, Ed Griggs, Ed Hale, George White & Dale Moreth  
are some of our Dance Hosts!**

Stateroom pricing is per person/double occupancy & includes  
All Dance Parties, All Dance-Related Events, All Port Charges & Gov't Fees.

**Your \$300 deposit – DUE BY MAY 16, 2014 - holds your space.**

**Final Payment is due to RCL December 1, 2014.**

Contact Terri Lynn Goodrich at:

Travel Leaders/International Sun Travel

Phone: 863-533-0511

Toll Free: 800-486-0511

Email: [terrilynn@intlsuntvl.com](mailto:terrilynn@intlsuntvl.com)

**A Passport is not necessary but it is strongly recommended.  
Otherwise, you will need an official copy of your birth certificate  
and a Government-issued photo ID.**

# Tri-Cities News

by Sharon Dunn

Now that spring is here there is more daylight, people have more energy. People are coming out of their winter shells and they want to dance! That was very evident at our Tri-Cities Chapter 6060 dance on April 12, 2014. We had 32 in attendance for our West Coast Swing Class taught by Veronica Braun and Randy Goodfellow as DJ. Randy set the pace for this spring and summer with his great choice of music. We would like to thank Veronica Braun for a wonderful class. She brought with her the knowledge of familiar and unfamiliar dance moves. She pushed us past our comfort zone and the result was amazing. We all danced better and had great experiences on the dance floor. What a way to start the spring Veronica! We look forward to her second West Coast Swing class on May 10.



**\*\*\*Please note that beginning in May, we will be changing the Tri-Cities Chapter 6060 dances 7:30 pm - 10:00 pm. \*\*\***



1.

## Happy Mothers Day – May 11, 2014



◆  
For your planning purpose, the following are the upcoming lessons, instructors and DJ's:

- |                |   |
|----------------|---|
| May 10, 2014   | West Coast Swing lesson, Instructor Veronica Braun, music Edith Lanning |
| June 14, 2014  | Merengue lesson, Instructor Sandy Yeon, music Doug McCrae               |
| July 12, 2014  | Merengue lesson, Instructor Sandy Yeon; music Randy Goodfellow          |
| August 9, 2014 | Foxtrot lesson, Instructor Gwendolyn Gwenn, music Edith Lanning         |

September 13, 2014 Foxtrot lesson, Instructor Gwendolyn Gwenn, music Randy Goodfellow

October 11, 2014 Salsa Lesson, Instructor Steve Kirvan, music Doug McCrae

November 8, 2014 Salsa Lesson, Instructor Steve Kirvan, music Edith Lanning

December 13, 2014 Holiday Dance – NO lesson; music Doug McCrae

✱ DJ Workshop with Doug McCrae: June 1 or 8. Selecting & setup of ballroom play list. Date,time, place to be determined by participants. Contact Emma (804) 512-7819 ✱

“Spring is nature's way of saying, 'Let's party!'”







## Richmond Chapter 2014 Lesson Schedule

May 3	Phyllis Harris	Rumba/Bolero	Ed Pabalate
June 7	David Headly	Night Club 2-Step	Doug McRae
July 5	Veronica Braun	Samba	Lee Nugent
Aug 2	Veronica Braun	Samba	Lee Nugent
Sept 6	Pete Godfrey	Foxtrot	Doug McRae
Oct. 4	Alan Hedgpeth	Waltz	Alan & Mary
Nov. 1	Alan Hedgpeth	Waltz	Alan & Mary
Dec. 6 and 20	- Holiday Dances at Deep Run		Mike Recant

## April 19th Pot Luck Dinner & Dance at Deep Run

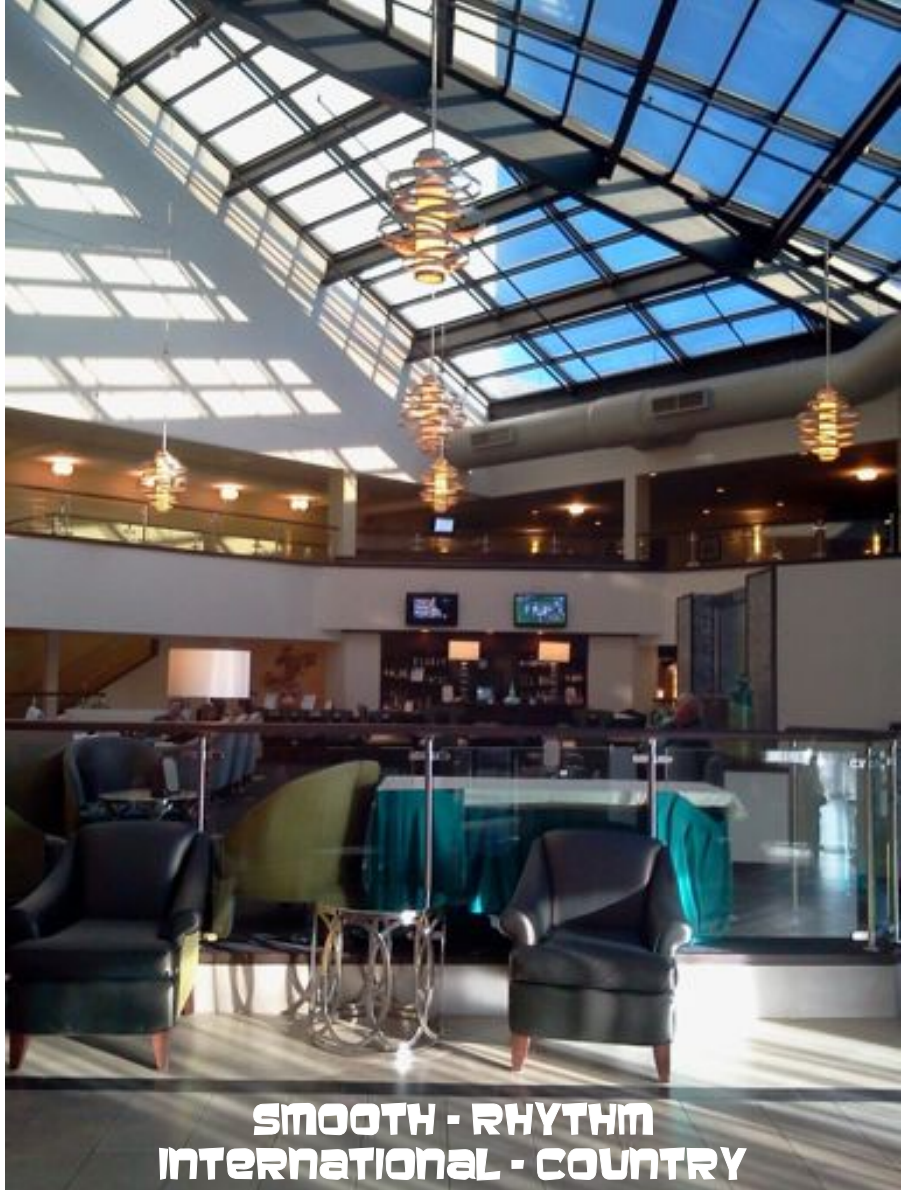




## **SPECTATORS**

Tickets 262-9587

- *Enjoy a Day of Dance*
- *Cheering Competitors*
  - *General Dancing*
  - *Buffet Lunch*
- *Gourmet Dinner &*
- *Showcase Routines*
- *Sat. Night Party at Visions*



**SMOOTH - RHYTHM  
INTERNATIONAL - COUNTRY**



## **Dance Masters**

**Presents**

**5TH ANNUAL**

**RICHMOND**

# **Dance Challenge & Showcase**

**JUNE 29, 2014**

**JAMES RIVER BALLROOM  
DOUBLE TREE, 1021 KOGER CENTER BLVD.  
FOR EVENT FORMS:**

[www.TricitiesDanceEvent.weebly.com](http://www.TricitiesDanceEvent.weebly.com)

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>!!HAPPY MEMORIAL DAY!!</b></p>				<p><b>1</b> 7-8P <b>Core Lindy Hop</b> (1 of 5) – Sydney &amp; Jordon 8-9P <b>Beginner Lindy Hop Series</b> (1 of 5) - Erica &amp; Ryan 9-10P <b>Supplementary Balboa 2</b> (1 of 5) – Rob and Valerie</p>	<p><b>2</b> 8:00p Beg Tango - Ron <b>8:30p Dance Party</b></p>	<p><b>3</b> 9a <b>Zumba</b>  7:30p <b>1<sup>st</sup> Sat Swing Dance</b>  <b>USA Dance at Brook MS 7:30</b></p>
<p><b>4</b>  <b>Workshop 2:30 to 4p</b> <b>Stride</b> - J Gershman  <b>Sun Evening Dance 7-9p</b> <b>(Ballroom Mix)</b></p>	<p><b>5</b> 7p <b>Beg Salsa Series (1 of 4)</b> - Clara 8p <b>Adv Beg/Int Salsa</b> - Gio <i>Pre-registration Required!</i></p>	<p><b>6</b> 5 – 8:30p Private Lessons</p>	<p><b>7</b> <b>M Strahan's Wed Lineup:</b> Beg 1 Foxtrot 7p Beg 2 Foxtrot 7:45p Adv Samba 8:30p</p>	<p><b>8</b> 7-8P <b>Core Lindy Hop</b> (2 of 5) – Sydney &amp; Jordon 8-9P <b>Beginner Lindy Hop</b> (2 of 5) - Erica &amp; Ryan 9-10P <b>Supplementary Balboa 2</b> (2 of 5) – Rob and Valerie</p>	<p><b>9</b> Beg Beg NC2 – Katia <b>8:30p Dance Party</b></p>	<p><b>10</b> 9a <b>Zumba</b>  4p <b>Frankie 100 Workshop</b> <b>Hosted by John Ennis</b>  7:30p <b>2<sup>nd</sup> Sat Swing Dance</b>  <b>USA Dance Tri-Cities</b></p>
<p><b>11</b> <b>No Workshop 2:30 to 4p</b> 5:30p <b>WCS: Awesome Whip</b> <b>Combinations – Part I</b> -Phyllis &amp; David  <b>Sun Evening Dance 7-9p</b> <b>(California Mix)</b></p>	<p><b>12</b> 7p <b>Beg Salsa Series (2 of 4)</b> - Clara 8p <b>Adv Beg/Int Salsa</b> - Gio <i>Pre-registration Required!</i></p>	<p><b>13</b> 5 – 8:30p Private Lessons</p>	<p><b>14</b> <b>M Strahan's Wed Lineup:</b> Beg 1 Tango 7p Beg 2 Tango 7:45p Adv Samba 8:30p</p>	<p><b>15</b> 7-8P <b>Core Lindy Hop</b> (3 of 5) – Sydney &amp; Jordon 8-9P <b>Beginner Lindy Hop Series</b> (3 of 5) - Erica &amp; Ryan 9-10P <b>Supplementary Balboa 2</b> (3 of 5) – Rob and Valerie</p>	<p><b>16</b> 8:00p Beg Swing - Mike <b>8:30p Dance Party</b></p>	<p><b>17</b> 9a <b>Zumba</b>  4p-1a <b>RTown Strutters Ball</b> <b>Workshops and Dance.</b> <b>Live Band!</b>  <b>USA Dance at Deep Run – 7:30</b></p>
<p><b>18</b>  <b>Workshop 2:30 to 4p</b> <b>Vuelta</b> – J Gershman  <b>Sun Evening Dance 7-9p</b> <b>(Ballroom Mix)</b></p>	<p><b>19</b> 7p <b>Beg Salsa Series (3 of 4)</b> - Clara 8p <b>Adv Beg/Int Salsa</b> - Gio <i>Pre-registration Required!</i></p>	<p><b>20</b> 5 – 8:30p Private Lessons</p>	<p><b>21</b> <b>M Strahan's Wed Lineup:</b> Beg 1 Waltz 7p Beg 2 Waltz 7:45p Adv Samba 8:30p</p>	<p><b>22</b> 7-8P <b>Core Lindy Hop</b> (4 of 5) – Sydney &amp; Jordon 8-9P <b>Beginner Lindy Hop</b> (4 of 5) - Erica &amp; Ryan 9-10P <b>Supplementary Balboa 2</b> (4 of 5) – Rob and Valerie</p>	<p><b>23</b> 8:00p Beg Rumba - Ruth <b>8:30p Dance Party</b></p>	<p><b>24</b> 9a <b>Zumba</b>  7:30 <b>Social Dance</b> <b>Hosted by J Gershman</b></p>
<p><b>25</b> <b>Workshop 2:30 to 4p</b> <b>Crosstep Waltz</b> -J Gershman 5:30p <b>WCS: Awesome</b> <b>Whip Combinations – Part 2</b> -Phyllis &amp; David <b>Sun Evening Dance 7-9p</b> <b>(Country &amp; Ballroom Mix)</b></p>	<p><b>26 Memorial Day</b> 7p <b>Beg Salsa Series (4 of 4)</b> - Clara 8p <b>Adv Beg/Int Salsa</b> - Gio <i>Pre-registration Required!</i></p>	<p><b>27</b> 5 – 8:30p Private Lessons</p>	<p><b>28</b> <b>M Strahan's Wed Lineup:</b> Beg 1 Rumba 7p Beg 2 Rumba 7:45p Adv Samba 8:30p</p>	<p><b>29</b> 7-8P <b>Core Lindy Hop</b> (5 of 5) – Sydney &amp; Jordon 8-9P <b>Beginner Lindy Hop</b> (5 of 5) - Erica &amp; Ryan 9-10P <b>Supplementary Balboa 2</b> (5 of 5) – Rob and Valerie</p>	<p><b>30</b> 8:00p Beg Samba - Phyllis <b>8:30p Dance Party</b></p>	<p><b>31</b> 9a <b>Zumba</b>  7:30p <b>5<sup>th</sup> Saturday Dance</b></p>

## Member of the Month

by Everett Worthington



**Everett Worthington**

**LOD:** So, you are “retiring” from organizing the Member of the Month column after over five years and over 50 interviews. You’ve decided to go out with a whimper and “interview” yourself. Boy, what were you thinking?

**Ev:** Well, a few years back, I wrote a book entitled, *Humility: The Quiet Virtue*. It’s (obviously) about other people. I guess I let my narcissism get the better of me.

**LOD:** You talk like a psychologist.

**Ev:** That would be because I’ve been a professor in Counseling Psychology at VCU since 1978. I am affiliated with Counseling Psychology as a primary responsibility (and am Director of Training in the doctoral program), and I am also affiliated with Health Psychology, Social Psychology, and Developmental Psychology—doing research in all of those areas. I clearly have an impulse problem when it comes to research. I study most topics in positive psychology—forgiveness, humility, gratitude, compassion, altruism—and also religion and spirituality and hope-focused couple counseling. And I’m a licensed Clinical Psychologist in Virginia, though I don’t see patients any longer.

**LOD:** So can you give me psychological help?

**Ev:** I don’t think there is any counseling that will help *you*, LOD.

**LOD:** I thought you did research in self-forgiveness? Isn’t one of your websites [www.forgiveself.com](http://www.forgiveself.com)?

**Ev:** I do, and it has come in handy often on the dance floor. I remember dancing with a woman—it was a tango. Very hot tango. I navigate the dance floor fairly well now—having learned over the years to look for other dancers and anticipate from the way they are moving and which way they are likely to step. Also, I use the mirrors to keep tabs

on other dancers. I bump someone about once every six months. Anyway, on this particular night, I saw a pretty big opening between two couples. When I tried to pass between, both of the men suddenly stepped backwards at the same time and in an unusual and unpredictable direction. Because I was moving backwards at the time, the back of my legs hit their feet, and I absolutely bit the dust, dragging the woman right on top of me, breaking my wristwatch, and sustaining a few little injuries. (“It’s just a flesh wound,” I said, Monty Python style.) They danced off into the night unfazed. The woman was unhurt, and seemed to treat it as funny. Still, I hope she forgave me. But the struggle was with myself: *How could I not have anticipated that?!* I thought. I had to practice lots of self-forgiveness on that. I do research on forgiveness (see [www.EvWorthington-forgiveness.com](http://www.EvWorthington-forgiveness.com) for lots of free resources if you know someone who struggles with forgiveness). For me, dancing is more about self-forgiveness, though, than forgiving others.

**LOD:** Sounds embarrassing.

**Ev:** I’ve had my share of embarrassment. For instance, earlier—back around 2000—I went to a dance at The Dance Space. There was a professional dancer there that night, perhaps giving an exhibition during a break. All night, I bided my time, hoping to ask her for a dance. I love rhumba, so that was what I was waiting on. I had one flashy move—a lunge—in rhumba, and I was primed to show it off. (I mentioned I studied humility, didn’t I.) She was blonde, bedecked in a flashy, really hot outfit, and every time she danced, all eyes surreptitiously (and not so surreptitiously) glanced her way. No pressure! Finally, I asked her for the ultimate rhumba. I waited, waited, waited for my one flashy move. The moment was suddenly right, and I lunged. Absolutely shredded the seat of my pants! It looked like it had been shredded by five razor blades. The rest of the dance I was doing the basic. It was a, well, revealing dance, shall we say.

**LOD:** When did you learn to dance?

**Ev:** Kirby is definitely my favorite dance partner, and we started dancing together in my senior year in college (1968), continued when I was in the Navy (1970-1974), and we went dancing when USA Dance (when it was USABDA) used to dance Friday nights at the entrance of the Marriott downtown and later in the bottom floor of the Jefferson Hotel. But, Kirby and I started taking ballroom dance group *lessons* (to actually learn the steps) at Henrico Parks and Rec. We began attending USABDA because our kids took a free Saturday all-day workshop on National Ballroom Dance Week. The kids (Christen, Jonathan, Becca, and Katy Anna) performed at USA Dance. Wonderful people like the Colonial Heights women and others gave them lots of praise. Then the kids kept agitating for us to go dancing as a family every month. In 2004, Kirby and I took some lessons through Chesterfield Parks and Rec with John Holcomb. Those lessons probably spurred us ahead. I was not a very good dancer. It’s really hard for guys when they are starting out. Women can do a lot and look very good if they walk on the beat and hold a frame. But guys have to walk on the beat, hold a frame, know the steps, actually think ahead enough to



lead the steps, move around the dance floor and not crash other dancers (oh, yeah, and make social conversation and not count aloud to yourself—or drool). This is hard, and for the first few years, I was not a very decent, nor confident dancer. I really admire guys just starting out. It takes a lot of courage—or persistent kids agitating to go dancing. And I admit that I was absolutely intimidated by any woman who knew how to dance.

### **LOD: Did something change that?**

**Ev:** I went on my one and only scholarly leave from VCU to do research at the University of Cambridge in the fall and winter of 2005. I brashly asked permission to practice with and take lessons with the Cambridge competitive dance team. (Some of them competed at Blackpool.) Those Cambridge young adults were bright, quick learning, and had catlike reflexes and lots more experience than I. I was the almost 60 year old slow-witted guy who did American standard instead of international (which was what we were learning at Cambridge). Many times I did the head-slap thing, uttering to myself once again, “Boy, what were you thinking?” The style of teaching was very different, too. In the US, we break patterns down into small sequences and gradually string together 8- or 16-count mini-patterns into a 32- or 64-count move. The first night in England, the instructor took off on the waltz pattern we were supposed to learn and I swear it was 128 counts. I was like, “Cool. So that’s what we are going to learn this term, huh?” His instructions to us were, “Partner up and try it!” We tried, and even though nobody wanted to dance with the old guy (uh, that would be me), someone always gave in and partnered with me. Of course, virtually every couple fell apart before reaching 128 counts, but the instructor persisted in teaching us a whole *pattern*, rather than an aggregation of mini-patterns. That’s the English way. Furthermore, in international, the premium was on how you looked while doing the moves—which everyone seemed to know—rather than on creativity, spontaneity, and leading like in the US. So, many of the women in England did not follow as well as the women in the US. Everyone knew the patterns. (Everyone, it seemed, but me.) It was a matter of precise execution. By the end of four months at Cambridge, though, despite myself, I was quite a bit further along with my dancing than when we landed in England. Of course, I can’t remember the patterns now, but the technique and the learning stretched me and made me a better dancer than before.

### **LOD: What are your greatest moments in dance?**

**Ev:** Perhaps the most gratifying was when Kirby and I first started. We went to (yet another) National Ballroom Dance Week free dance, this time at the Arthur Murray studio. (You can tell that was a few years back.) At that time, Kirby and I knew very little traditional ballroom, even though I’d taken a course in it at the University of Tennessee (1968) and one of the first dates Kirby and I had was asking her to that end-of-quarter dance. (Okay, so I exaggerated. We didn’t really know any actual ballroom dancing.) Anyway, in the dance party after the East Coast Swing lesson, one of the teachers asked Kirby to do the merengue. (I personally couldn’t even spell merengue, much less dance it.) That teacher had her dipping, doing grapevines, twirling, and

flying around the floor. When I saw her face and the pure joy on it, I wanted desperately to be able to give that kind of happiness to her and to other women I was privileged to dance with. One night, at a USA Dance a couple of years ago, a woman was there with her son. Every time I danced past them, he was criticizing her aloud. It didn’t seem right. Finally, I asked her to dance. It was a foxtrot at a really nice temp, and I just had her stepping on each beat and trying to hold a frame. She was a natural, as so many of the women are! By the time that foxtrot was over, she was doing twirls, triple twinkles, and I was able to pass her from arm to arm. And she really looked good doing it. When I delivered her back in front of her son, with a final dip, he was standing there literally speechless, mouth open. He had a newfound respect for his mom. That is what I really love about dancing. What I try to do—and I’m afraid I don’t always succeed—is to have patience and good humor and to try to give every woman I dance with pleasure and a feeling of being a woman of grace, beauty, and confidence. I try to gauge her skills and abilities so that I perhaps can provide a little challenge for her to do something she might not have thought she could do (and succeed at it), and yet definitely try not embarrass her by picking something too hard.

### **LOD: Sounds like something hard to discern.**

**Ev:** It can be. Most women, though, are amazingly good sports and are courageous risk-takers. Most are willing to challenge themselves and try that dip or developé that they hadn’t known how to do. And they look good. That makes me just as happy as they are.

### **LOD: I always ask, What is your favorite dance?**

**Ev:** Those with music.

### **LOD: Can you be more specific?**

**Ev:** I really do like every type of dance that I am capable of doing. But I’ve never learned the Argentine Tango (which is a beautiful dance as I watch people do it) and also the country two-step (because I guess I’m just too lazy to learn and I found that a fast foxtrot is really a lot of fun). I love the Latin dances like rhumba, samba, cha-cha, and salsa. Maybe West Coast is slightly my favorite if backed into a corner and forced to choose one. I like the smooth dances, too—mostly because women just look so great doing waltz or a nice foxtrot or a tango, and it gives me pleasure to see them looking so beautiful, graceful, and downright good.

### **LOD: What about your family?**

**Ev:** Of course, there is Kirby, the love of my life and my wife since 1970. We do lots of talking and hiking and we travel and camp together at every opportunity. This summer we are going to camp in the Smokies and in Shenandoah National Park, and we are going both to Atlanta and then on to Florida for a week and to Paris and Rome for a week each. We are spending the week in Rome with Jonathan—a professor at the Belfast Bible College—and his wife and two girls (Anyia and Lydia). We also have three daughters. Christen is the oldest, living in Williamsburg (soon to move to Virginia Beach) with Steve and their two children, Bethany and Josh, is a writer.

Christen and Steve and family spent 12 years in Bahrain earlier, and we are glad to have them back in the States. Becca—with whom I love to dance when she gets into town—lives in Brooklyn, works in Manhattan running reading programs for a non-profit company, teaching and serving as creative director for the Barrow Group in Manhattan, doing a little acting, and also getting her master's degree in library science at Queens University. Katy Anna (with whom I also love to dance) is married to Heath, and they live in Richmond and work at Outback.

**LOD: You do lots of traveling, it seems.**

**Ev:** Astute of you to notice. I've been truly blessed to travel all over the world, mostly speaking on forgiveness. About half of the time, I speak to secular audiences on forgiveness, humility, and religion and spirituality. But about half of the time, I combine my Christian faith with psychological science regarding my research and clinical topics. I did mention that I do research on humility, right? So I hate to do this, but I've been told some people might want to know a little of my travels. So, please take this with a big grain of salt. In the past ten years, I've traveled to Hong Kong, China, Singapore, Taiwan, the Philippines, Malaysia, Australia, and New Zealand. I've also traveled to the Caribbean, Peru, and Brazil (four times). And of course all over Europe, including Prague and Romania (twice), and the UK (England many times, Scotland, and Northern Ireland). And I'm hoping to get a grant that will take me back several times to Ghana and to South Africa in the next few years. (I spoke to the South African Truth and Reconciliation Commission there in 1996 when I served as Visiting Scholar on behalf of the South African government.) I have met some very great and wonderful people in my speaking and research—like Desmond Tutu, Ruby Bridges, Andrew Young, Martin Luther King, III, Sir John Templeton, Jane Pauley, Diane Sawyer, and a bunch of Nobel Laureates, Templeton Prize for Religion winners, Christian personalities (like James Dobson, Pat Robertson, Larry Crabb, and Tim Clinton), and Virginia politicians (I once served as head of the Mental Health Council in the Governor Allen years)—and appeared in over 1000 media interviews in movies, television, radio, and print. One of my colleagues said I'm the only psychologist he knows who has been profiled in *People* magazine and also *Christianity Today*. I never appeared on Oprah, though I wrote for *O Magazine*. Funny about Oprah. Their vetting process is intense. It's like March madness in basketball, with interview after interview and potential guests falling by the wayside in each round. I went down to the wire three times on different topics. Once, they phoned on Saturday and said they would let me know Monday whether they would fly me to Chicago to be on a show about apologies. It was between me and another newbie, so I thought that might be my time to get to be on Oprah. On Monday, they phoned and said that Oprah was going to go with another psychologist who had helped her in a lawsuit in Texas instead of me. That was the first time that that psychologist appeared on television. You guessed it: Dr. Phil. God has greatly blessed me throughout my life. My life mission is to do all I can to promote forgiveness in every *willing* heart, home, and homeland. I have certainly had many opportunities to do this. And in the course of my journeys, I've danced in many cities in the USA and in other

countries. I can truly say that Richmond is one of the best and friendliest dance communities I've seen in the entire world. We have so many wonderful people who dance and so many great teachers, studios, and dance opportunities. I am grateful.

**LOD: Well, thank you for sharing with the Richmond USA Dance community. (Are you sure I can't get some free treatment for my DID, that is, my multiple personality disorder?)**



**Kristin's WCS lesson**



**Kristin & Edwin's Rising Star WCS routine**

# Simply Ballroom Dance Studio - May 2014

3549 Courthouse Rd., Richmond, VA 23236 (804) 276-3343 [www.simplyballroomva.com](http://www.simplyballroomva.com)

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Pricing:</b>  <b>Group classes:</b> \$8.00/person (\$6/students) <b>10-Class Card:</b> \$70.00 <b>Friday class/party:</b> \$12.00/person (\$10/students), <b>Sunday Social:</b> \$8.00 <i>Classes marked ** pre-enrollment only. Call for details.</i> <b>Gift Certificates Available!!</b>				<b>1</b>  <b>7:30pm</b> Advanced Cha Cha 2 of 3	<b>2</b> <b>7:15pm</b> Salsa <b>8:00pm</b> Party - Includes Cha Cha Lesson	<b>3</b>  <b>3:30-4:30pm</b> Beginner Foxtrot & Swing <b>4:30pm</b> Intermediate Cha Cha 2 of 2
<b>4</b>	<b>5</b>  <b>7:30pm</b> Beginner Cha Cha & Rumba	<b>6</b>  <b>6-7pm**</b> WC Swing 1 of 4	<b>7</b> <b>11am</b> Parkinson's Dance <b>6:30pm</b> Line Dance <b>7:30pm Variety Class</b> Hustle 3 of 3 <b>8:15pm Intermediate</b> Tango 2 of 2	<b>8</b>  <b>7:30pm</b> Advanced Cha Cha 3 of 3	<b>9</b> <b>7:15pm</b> Salsa <b>8:00pm</b> Party - Includes Waltz Lesson	<b>10</b>  <b>3:30-4:30pm</b> Beginner Cha Cha & Rumba <b>4:30pm</b> Intermediate Swing 1 of 2
<b>11</b>	<b>12</b> <b>7:30pm</b> Beginner Tango & Waltz	<b>13</b>  <b>6-7pm**</b> WC Swing 2 of 4	<b>14</b> <b>11am</b> Parkinson's Dance <b>6:30pm</b> Line Dance <b>7:30pm Variety Class</b> Quickstep 1 of 3 <b>8:15pm Intermediate</b> Rumba 1 of 2	<b>15</b>  <b>7:30pm</b> Advanced Swing 1 of 3	<b>16</b> <b>7:15pm</b> Salsa <b>8:00pm</b> Party-Includes Swing Lesson	<b>17</b>  <b>3:30-4:30pm</b> Beginner Tango & Waltz <b>4:30pm</b> Intermediate Swing 2 of 2
<b>18</b>	<b>19</b>  <b>7:30pm</b> Beginner Foxtrot & Swing	<b>20</b>  <b>6-7pm**</b> WC Swing 3 of 4	<b>21</b> <b>11am</b> Parkinson's Dance <b>6:30pm</b> Line Dance <b>7:30pm Variety Class</b> Quickstep 2 of 3 <b>8:15pm Intermediate</b> Rumba 2 of 2	<b>22</b>  <b>7:30pm</b> Advanced Swing 2 of 3	<b>23</b> <b>7:15pm</b> Salsa <b>8:00pm</b> Party - Includes Rumba Lesson	<b>24</b>  <b>3:30-4:30pm</b> Beginner Foxtrot & Swing <b>4:30pm</b> Intermediate Waltz 1 of 2
<b>25</b>  <b>3-5pm</b> Sunday Social	<b>26</b>  <b>7:30pm</b> Beginner Cha Cha & Rumba	<b>27</b>  <b>6-7pm**</b> WC Swing 4 of 4	<b>28</b> <b>11am</b> Parkinson's Dance <b>6:30pm</b> Line Dance <b>7:30pm Variety Class</b> Quickstep 3 of 3 <b>8:15pm Intermediate</b> Cha Cha 1 of 2	<b>29</b>  <b>7:30pm</b> Advanced Swing 3 of 3	<b>30</b> <b>7:15pm</b> Salsa <b>8:00pm</b> Party - Includes Foxtrot Lesson	<b>31</b>  <b>No Group Classes</b>  <b>Spring/Summer Showcase</b> <b>7-10pm**</b>

## Special Events

**West Coast Swing Series:** Tuesdays in May 6-7pm (one hour class). Learn the basics and build your skills in a series of 4 classes. \$35/person for the series or \$10/class drop in. (\$25/series for monthly members or \$8/drop in).

**Quickstep Series:** Wednesdays in May 7:30-8:15pm (40 min. class). Learn basics and build your skills in a series of 3 classes. \$8/person per class drop in. Class cards accepted.

**Spring/Summer Showcase:** Join us on Saturday, May 31st for a fantastic evening of student and staff showcase routines from 7-10pm. Tickets \$30 in advance or \$35 at the door. Includes heavy hors d'oeuvres, showcase routines and general dancing. RSVP (804) 276-3343.

**Other Weekly Classes:** **Ballroom Boogie** - Tues. 4pm, Thurs. & Sat. 9am. Free for C-Fit members, \$8/ non-members **Yoga** - Tuesdays & Thursdays 10am. Free for C-fit members, \$10/non-members. **Adult Beginner Ballet:** Sat. 11am, \$10/person





# MAY 2014

5470 West Broad Street  
Richmond, VA 23230  
804-864-2300  
RigbysJig.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 7:00pm Beg. I / II <b>Argentine Tango</b> with Chris 1 of 5</p> <p>8:00pm Intro to <b>Tango</b> with Eleanor 1 of 5</p> <p>8:30pm -10:30pm Dance Party Men's Night! Men get in FREE!!</p>	<p>2 7:30pm West Coast Swing with Chris</p> <p>8:30pm -10:30pm <b>JIG JAM!!!</b></p>	<p>3 1st Saturday Salsa with Boris</p> <p>7:00pm Intermediate Salsa</p> <p>8:00pm Beginner Salsa</p> <p>8:30pm Salsa Dance Party</p>
<p>5 7:00pm Inter/Advanced <b>Salsa</b> with Eleanor 1 of 3</p>	<p>6 1:00pm Open Dance Floor</p> <p>7:00pm Beginner I <b>West Coast Swing</b> with Chris 1 of 3</p> <p>8:00pm Beginner II <b>East Coast Swing</b> with Nicole 1 of 3</p>	<p>7 7:00pm Beginner I/II <b>Shag</b> with Marvin 1 of 4</p> <p>8:00pm Beginner I <b>Lindy</b> with Nicole 1 of 4</p>	<p>8 7:00pm Beg. I / II <b>Argentine Tango</b> with Chris 2 of 5</p> <p>8:00pm Intro to <b>Tango</b> with Eleanor 2 of 5</p> <p>8:30pm -10:30pm Dance Party</p>	<p>9</p>	<p>10 7:00pm-10:00pm <b>Maypole Dance</b></p>
<p>12 7:00pm Inter/Advanced <b>Salsa</b> with Eleanor 2 of 3</p>	<p>13 1:00pm Open Dance Floor</p> <p>7:00pm Beginner I <b>West Coast Swing</b> with Chris 2 of 3</p> <p>8:00pm Beginner II <b>East Coast Swing</b> with Nicole 2 of 3</p>	<p>14 7:00pm Beginner I/II <b>Shag</b> with Marvin 2 of 4</p> <p>8:00pm Beginner I <b>Lindy</b> with Nicole 2 of 4</p>	<p>15 7:00pm Beg. I / II <b>Argentine Tango</b> with Chris 3 of 5</p> <p>8:00pm Intro to <b>Tango</b> with Eleanor 3 of 5</p> <p>8:30pm -10:30pm Dance Party Ladies' Night! Ladies get in FREE!!!</p>	<p>16</p>	<p>17 8:00pm -10:00pm <b>MEMBERS ONLY!!!</b> hosted by Bill &amp; Penny</p>
<p>19 7:00pm Inter/Advanced <b>Salsa</b> with Eleanor 3 of 3</p>	<p>20 1:00pm Open Dance Floor</p> <p>7:00pm Beginner I <b>West Coast Swing</b> with Chris 3 of 3</p> <p>8:00pm Beginner II <b>East Coast Swing</b> with Nicole 3 of 3</p>	<p>21 7:00pm Beginner I/II <b>Shag</b> with Marvin 3 of 4</p> <p>8:00pm Beginner I <b>Lindy</b> with Nicole 3 of 4</p>	<p>22 7:00pm Beg. I / II <b>Argentine Tango</b> with Chris 4 of 5</p> <p>8:00pm Intro to <b>Tango</b> with Eleanor 4 of 5</p> <p>8:30pm -10:30pm Dance Party</p>	<p>23</p>	<p>24 Closed  Memorial Day Weekend</p>
<p>26 Memorial Day</p>	<p>27 1:00pm Open Dance Floor</p> <p>7:00pm Beginner I <b>Tango</b> with Nicole 1 of 3</p> <p>8:00pm Beginner II <b>West Coast Swing</b> with David 1 of 3</p>	<p>28 7:00pm Beginner I/II <b>Shag</b> with Marvin 4 of 4</p> <p>8:00pm Beginner I <b>Lindy</b> with Nicole 4 of 4</p>	<p>29 7:00pm Beg. I / II <b>Argentine Tango</b> with Chris 5 of 5</p> <p>8:00pm Intro to <b>Tango</b> with Eleanor 5 of 5</p> <p>8:30pm -10:30pm Dance Party</p>	<p>30</p>	<p>31</p>

Enjoy all the lessons and parties on this calendar for only **\$29 a month!!!!!!**  
(excludes special events in green)

# Dancing Classrooms

by Phil Sisk

A new program for young people to learn the basics of ballroom has arrived in Richmond. **Dancing Classrooms** is a national nonprofit program that has chapters in 33 US cities, to include the RVA. The program is directed towards 5<sup>th</sup> and 8<sup>th</sup> graders and uses ballroom dance as a tool for getting the children to break down social barriers, learn about honor and respect, treat others carefully, improve self-confidence, communicate and cooperate, and accept others even if they are different. It's a 10-week, 20 session social development program that utilizes ballroom dancing as a vehicle to change the lives of not only the children who participate in the program but also the lives of the teachers and parents who support these children.



In addition to dancing skills, they focus on dance etiquette, writing and public speaking skills.

Gabe Pascarella, Margil Coyner, Wayne Light, and myself were invited to Green Elementary School on April 11 to observe the culminating event for

two 5<sup>th</sup> grade classes that were completing the 10-week program. Their instructor, Maria, knew that our chapter was interested in youth programs and asked us to observe the students' performance before a large group of fellow students, family members and teachers. It was a wonderful program.

Each of the two classes performed as a unit on the stage. The girls wore nice dresses and the boys wore shirt and tie and they all looked wonderful. Part of the curriculum is that each student must write an essay on their favorite ballroom dance – a history of the dance and why it is their favorite. Maria chose one student to read their essay before each dance. These essays required time and thought to prepare and the students were poised and confident at the microphone. Following each essay, Maria called on a couple to demo that dance. The young man would cross the stage and take his partner's arm to lead her to center stage where they performed a solo routine. After that, the entire class did a formation demo of that same dance. Each class performed three routines and then the combined classes performed two more group dances and a fun line dance. They even got the audience involved as we all stood up and did the Macarena with them!

The school principal closed the program with a wonderful endorsement of the benefits this program brought to these classes. Much like our experience at Riverside, the students began the dance sessions with reservations about doing couples dances or even touching each other. Through Maria's guidance and teaching, they progressed to dancing in hold position and feeling confident about being paired with a dance partner of the opposite sex and the dances were performed flawlessly.

The audience and your fellow chapter members were enchanted by the results of this training.

For more information about **Dancing Classrooms**, please visit their website at: [www.http://dancingclassroomsg RVA.org/](http://dancingclassroomsg RVA.org/)



**Jeremy Gershman & Sandra DuChard**  
demonstrate new "socail" dances - Crossstep Waltz,  
the Vuelte and the Stride



**Apologies for this incomplete page of the newsletter.  
The program I use just died. Guess I shouldn't be surprised - it's a  
2004 version! Wonder how that translates in tech years???**



**We all extend get well wishes to our friend,**

**LESLY DUFF**

**for a speedy recovery from recent surgery**



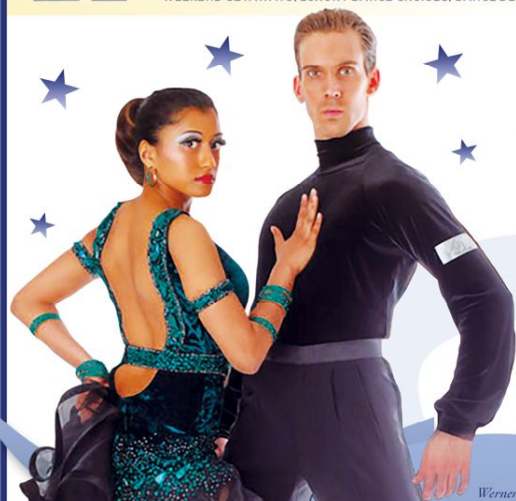


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# May 2014 DANCE CALENDAR

Date	Organization/Event/Time	Location	Contact	Admission/Band/Notes
5/2	Rigby's First Friday Jig Jam, 8:30-10:30pm. 7:30 WCS w/Chris	Rigby's Jig 5470 West Broad St.	(804)864-2300 or www.RigbysJig.com	Free for Rigby's members
5/3	<b>Richmond Chapter First Sat. Dance. 7:30-8:30 Rumba/bolero less. w/Phyllis Harris. Dancing 8:30-10:30</b>	Brookland Middle School 9200 Lydell Drive	<b>Phil Sisk</b> <b>plsisk@aol.com</b>	<b>Music by Ed Pabalate</b>
5/3	Williamsburg USA Dance. Cinco de Mayo. 7:30-8:15 Salsa less. w/Steve Kirvan; dancing til 10:30	7 Cities Ballroom Dance 5251 John Tyler Hwy #65-67 Williamsburg, VA	www.williamsburgusadance.com	\$10/12/5 Music by Steve Kirvan NOTE LOCATION CHANGE
5/3	1st Saturday Salsa w/Boris. Dance Party; 7-int.Salsa, 8-beg.Salsa. 8:30 salsa party	Rigby's Jig 5470 West Broad St.	(804)864-2300 or www.RigbysJig.com	
5/4, 18	Sunday Evening Dance, Ballroom Mix Dance, 7-9pm	The Dance Space 6004 West Broad St	804-673-3326 bill.irwin2@gmail.com	\$7 pp
5/6-27	WC Swing series, Tuesdays. in May, 6-7 pm.	Simply Ballroom 3549 Courthouse Rd	804-276-3343	\$35/series (\$25/mo.memb) or \$10/class
5/10	<b>Tri-Cities Chapter Dance. 7:30-8:15 WCS less. w/Veronica Braun. Dancing til 10:00. Note new times.</b>	<b>Wesley United Methodist Church Fellowship Hall, 3701 Conduit Rd. Colonial Heights</b>	<b>804-721-4904</b> <b>sdunn6060@aol.com</b>	<b>Music by Edith Lanning</b>
5/10	Rigby's Maypole Dance, 7-10pm.	Rigby's Jig 5470 West Broad St.	(804)864-2300 or www.RigbysJig.com	
5/11	Sunday Evening Dance, California Mix 7-9pm	The Dance Space 6004 West Broad St	804-673-3326 bill.irwin2@gmail.com	\$7 per person
5/11 & 25	Phyllis & Dave's WCS Whip Combos, I & II 5:30	The Dance Space 6004 West Broad St	804-673-3326 bill.irwin2@gmail.com	
5/14-28	Quickstep Series, Wed. in May, 7:30-8:15	Simply Ballroom 3549 Courthouse Rd	804-276-3343	\$8 pp drop in. Class cards accepted
5/17	<b>Richmond Chapter 3rd Saturday Dance, 7:30-10:30. No lesson</b>	<b>Deep Run Rec. Center 9910 Ridgefield Parkway</b>	<b>Phil Sisk</b> <b>plsisk@aol.com</b>	<b>Music by Bill Irwin</b>
5/17	<b>Members Only</b> Party, 8-10pm.	Rigby's Jig 5470 West Broad St.	(804)864-2300 or www.RigbysJig.com	Hosted by Bill & Penny
5/17	Charlottesville Swing Dance Soc. 7-8 Country 2 Step less. Dancing 8-11p w/Jeff Freeman & Mary Rose	MAC 1119 5th St SW Charlottesville, VA	www.cvilleswingdance.net	
5/19	<b>Richmond USA Dance Board Mtg. 6:00 pm.</b>	<b>9620 Evansway Lane Richmond</b>	<b>804-447-0175</b> <b>plsisk@aol.com</b>	<b>Agenda items 24 hr. prior to meeting</b>
5/24	Tidewater USA Dance. 7:30 Mambo less w/ Jonathan Green. Dancing til 11pm	Dancesport VA 5721 Arrowhead Dr. Virginia Beach, VA	757-550-0450 info08@twcusadance.org	\$10/12/5 Music by Chuck Wills
	Charlottesville USA Dance. NO DANCES MAY, JUNE & JULY		copelandnatasha1@gmail.com	
5/25	Sunday Social dance, 3-5pm	Simply Ballroom 3549 Courthouse Rd	804-276-3343	\$8pp.
5/25	Sunday Evening Dance, Ballroom and Country Mix, 7-9pm	The Dance Space 6004 W. Broad St	804-673-3326 bill.irwin2@gmail.com	\$7pp
5/31	Simply Ballroom Spring/Summer Showcase, 7-10pm.	Simply Ballroom 3549 Courthouse Rd	<b>RSVP (804)276-3343</b>	\$30 adv;\$35 @ door hvy hors doeuvres
5/31	Dance Space 5th Saturday Dance 7:30pm	The Dance Space 6004 W. Broad St	804-673-3326 bill.irwin2@gmail.com	
<b>LOOKING AHEAD</b>				
6/29	Dance Masters 5th Annual Dance Challenge & Showcase	James River Ballroom, Double Tree, Koger Center	TricitiesDance Event.weebly.com	Spectator tickets call 262-9587. SEE FLYER THIS ISSUE
10/10 -16	Join Joe Enroughty & his band on a cruise to Bermuda w/Big Band Sounds	Baltimore departure	jenroughty@gmail.com	\$250 deposit due May 15th