

The year 2017 has been a great one for the Tri-Cities Chapter. We had the continued support of our regular dancers, we had visitors from other chapters in the area, and we appreciate their support of our Chapter. We had many theme dances which the dancers enjoyed, and they came dressed for the occasion. Many thanks go to the Board members who decorated for each theme dance: Sharon Dunn, Bill Gandel, Jaime Pennington, Michelle Hacker, Ruth Wilbourne Gandel and Melody Stone. The Board members also provided all the refreshments for the 10 dances held at the church this year. Thanks go to all the dancers who helped with the cleanup after the dances. It's because of volunteers like these folks that make the dances successful and go off without a hitch. Thanks to our deejays that provided great music for our dancing pleasure. We had very knowledgeable instructors who taught us new steps in a multitude of dances. None of this would have happened had it not been for our Chapter Vice President, Sharon Dunn, who scheduled the dances, the instructors and the deejays. Coordinating instructors, dances and deejays is no easy task and we all thank her for a job well done. Sharon has performed that task for 2018 as well and has recruited three new instructors who have never before taught at our dances and we look forward to learning from them. The schedule appears at the end of this article. The pictures that have appeared in the Chapter news each month are the result of the fine photography of Jaime Pennington, Sharon Dunn and Ruth Wilbourne Gandel. Many thanks to them for having their cameras/phones at the ready and got some great shots. Thanks also go to Dale Smith who did a fine job teaching the Very Beginner lesson prior to each dance.

Dancing for residents of assisted living facilities is very rewarding and it gives us great pleasure to see the joy expressed by those in the audience when we entertain for them. A huge thank-you to these dancers who gave their time this year to lift the spirits of some people who now only have memories of dancing long ago: Sharon Dunn, Tim Dunn, John Brooks, Bill Gandel, Randy Goodfellow, Dale Smith, Frances Smith, Michelle Hacker, Gary Yielding, Sandy Shifflet, Jerry Scaglione, June Hodes, and Ruth Wilbourne Gandel.

On Veteran's Day this year, we had our 11th Honor Our Military Dance. This occasion was enhanced by the participation of the Colonial Heights Police Honor Guard who presented the Colors. Those military personnel recognized were left to right: Dale Smith, Specialist 4th Class, US Army; Linda Harper, Specialist 4th Class, US Army; John Brooks, Sergeant 1st Class, US Army; and Zenen Limbo-Perez, Colonel, US Army.



DJ Jerry Scaglione played “The Armed Forces Medley” in the background as these veterans were recognized. Bill Gandel, Chapter Secretary, read a beautiful Soldier’s poem taken from the Vietnam Wall website, it is untitled and was written by Angela Goodwin.



The Chapter’s 20th Anniversary Dance will be held on Saturday, December 9th at the Hopewell Moose Lodge. This is a reservation-only dance. There will be a buffet dinner, and Doug McRae will be providing the music. Dancers from the past are going to attend, some who have been living out of the country for a few years and have returned to the area. We look forward to having them dance with us again. We really appreciate the support of the dancers who did make a reservation, and we look forward to a wonderful night of celebration.

Recently we sent out a survey via Survey Monkey and the results will be announced soon. Some have answered that they are willing to serve on the Chapter’s Board of Directors, but because the survey was anonymous we don’t know who they are. If you are one of those people, please come forward and let us know. Please send an email to Sharon Dunn at sdunn6060@aol.com. We want to hear from you. The Chapter can always use volunteers who are willing to help.

We all know how much better we feel when dancing, and many studies have shown the health benefits of dancing. One such study comes to us by way of Sharon Dunn our Chapter Vice President. She offered the below article from a recent issue of the Hopewell Public Schools newsletter.

“Exercise: Dancing May Help Combat Brain Aging. *In a new study, researchers found that physical activity in later life-especially dancing-can potentially reverse the signs of brain aging. In the study, researchers recruited 52 healthy adults aged 63-80 years and randomly assigned them to one of two exercise groups for 18 months. One group participated in a 90-minute dancing lesson each week, while the other group engaged in 90 minutes of strength-endurance training each week. A review of pre-and post-study MRIs found that while both groups experienced an increase in the volume of their hippocampus (an area of the brain associated with learning, memory, and emotion that is commonly affected by age-related brain changes), the increase observed among members in the dance group was much greater. Frontiers in Human Neuroscience, August 2017”.*

We will kick off 2018 on January 13th with a Viennese Waltz lesson by Phyllis Harris and music by Jerry Scaglione. Hope you will join us at Wesley United Methodist Church Fellowship Hall, 2701 Conduit Rd, Colonial Heights, VA.

Merry Christmas and Happy New Year!

Patriotic Decorations by these creative dancers: Michelle, Jaime, Ruth, Sharon



Phyllis teaching Salsa



Keep on Dancing in 2018!

Dancing Feet are Happy Feet!

2018 Dance Schedule Follows

2018 Dance, Instructor, DJ Schedule
USA Dance Tri-Cities Chapter 6060

Date	Dance	Instructor	DJ
January 13, 2018	Viennese Waltz	Phyllis Harris	Jerry Scaglione
February 10, 2018	Viennese Waltz	Phyllis Harris	Mike Recant
March 10, 2018	Rumba	Glen Lovelace	Jerry Scaglione
April 14, 2018	Rumba	Glen Lovelace	Randy Goodfellow
May 12, 2018	East Coast Swing	Steve Kirvan	Phil Sisk
June 9, 2018	West Coast Swing	Ashly Byrd	Doug McRae
July 14, 2018	West Coast Swing	Ashly Byrd	Randy Goodfellow
August 11, 2018	Hustle	Steve Kirvan	Jerry Scaglione
September 8, 2018	Salsa	Baromone Kolb	Mike Recant
October 13, 2018	Salsa	Baramone Kolb	Jerry Scaglione
November 10, 2018	Country 2 Step	Cindy Norge	Randy Goodfellow
December 8, 2018	No Lesson	No lesson	Doug McRae