



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 25, No.4– April 2018, Marcia Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

We Promote Ballroom Dancing!

Charity Event Big Success

Our goal for the 2018 Annual Charity Event to raise money to fight Childhood Obesity was \$1240. Thanks to the generosity of several members we raised \$1500 this year.

Some, such as Liz Gilkey, contributed items to the Charity Sell. Others, such as Lara Bruce, shopped. Angela O’Park (left) received a nice gift purchased by her husband and partner from donated items. Scott and President Lynn Forrest donated and purchased. Scott even found a last-minute offering of a dance frame. Roger and Cindy Caudle (below) as well as new members Duane



Sidden and Jean Harmon purchased and donated generously. Bob and Wini Kniejski made a generous contribution to the event. Hubert and Marcia Barney donated items for sale and made a generous contribution.

Thank You to all who made this event an enormous success. Because of you many local children will have a better chance for a healthier life.

Let’s start now to plan or the 2019 event by keeping our ears and eyes open for dance related items (such as dance shoes no longer used by friends) that someone might wish to donate to our 2019 sale.



Spring Social Dance Class

Our Spring Social Dance Classes will begin on Wednesday, May 9 at 7 PM. The 5 evening classes will be 1 hour in which participants will learn East Coast Swing and Rumba. These dances were chosen because they are dances most likely to be used at summer parties, receptions, and reunions.

The sixth lesson will be on Sunday, June 24. All lessons and the dance will be at our usual dance venue. Cost of the classes is \$45 per attendee or they are free to all members (new or renewing) of Piedmont NC USA Dance.

This is the time to invite those friends who say, “I sure wish I knew how to dance!” to get started dancing. A reservation form is attached.

Clemmons Community Day

Clemmons Community Day will happen on Saturday, May 5 at the Jerry Long Family YMCA from 10 AM until 2 PM. Piedmont NC USA Dance will have a booth at the event again this year. If you would like to help staff the booth for all or part of the day, please contact Marcia at 336-712-8183 or hmba@aol.com.

April Ballroom Sunday
It's the 4th Sunday of 5 this month!

Eggs -stravaganza Dance

Sunday, April 22, 2018
Rumba with Adina Harper

4:00 – 4:30 PM Rumba Lesson

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 second traffic light not associated with I-40. **Go to the first traffic light on Peace Haven Rd. and turn left.** Follow the driveway to the YMCA. Go in the main entrance to a great dance. YMCA: 1150 S. Peacehaven Road, Clemmons 27012

2018 at a Glance

April 22 – Eggs-stravaganza Dance

Rumba Lesson by Adina Harper at 4 PM,
Dance until 6:30 at the Jerry Long Family YMCA
1150 S. Peacehaven Rd., Clemmons
Admission - \$5 Members; \$10 guests

May 5 – Clemmons Community Day

May 9 – Social Dance Lessons begin featuring
Rumba and Swing

May 27 – Red White and Blue Memorial Dance

June 24 – Swing into Summer

July 22 – Beach Boogie

August 18, 2018 – Celebrate Good Times Black Tie
Dinner Dance, Lexington

September 23 – Beginners' Ball

October 28 – Presidents' Halloween Dance

November 25 – Holiday Premier Promenade
and Annual Business Meeting

December 30 – Early New Year's Dance

Thank You to Liz Gilkey, Roger and Cindy Caudle, Scott and Lynne Forrest, Dick and Helen Heck, Corky and Danny Flowers, Duane Sidden and Jean Harmon, and the Barneys for the hospitality at our March dance.

Welcome and Thank You new Instructor Ashley O'Park (see page 1 photo!) Ashley taught a nice Waltz amalgamation at our March Ballroom Sunday.

Truisms

- Anxiety doesn't make us better dancers, it only empties us of joy.
- My partner and I are like trees whose comingling and reactions creat beauty or sorrow.
- Empathy is understanding that your partner's challenges are as important as your own.
- Too little dancing can wrinkle the soul.

- Tear yourself away from the safe comforts of habit and learn something new.
- Keep the body in good health to keep the dancing in good form.
- Leaders, be gentle and you can be bold.
- Don't let someone else's personality ruin your dancing.
- Leaders, you can't make your partner beautiful, but you can allow her to be beautiful.
- Music is emotional energy to steer our dancing.
- The taller you stand the more elegantly you dance,
- We are each, to varying degrees, cameleons to our partners.
- Persistance is to a dancer as carbon is to steel.
- To be a really good dancer have your heart in dancing and dancing in your heart.
- A good leader makes me want to be a good follower.
- An instructor cannot teach you to dance, they can only show you the way.
- Infuse your dancing with emotion. The result will make you happier.
- Don't be so focused on the patterns that you forget to dance.
- Partners who are soul food are better than partners who are eye candy.
- Happiness is dancing all evening with no aching feet.

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

April 22, 2018

Eggs-stravaganza Dance

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

Dressy casual attire.

**Remember :
It's the 4th Sunday of 5 in April!**

“Ballroom Beat”
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