



Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019
Vol. 24, No.3– March 2017, Marcia Barney, Editor (336) 712-8183
Send News and Views to the Editor at PiedmontNCUSABDA@aol.com

We Promote Ballroom Dancing!

Prez sez--

*What better way to celebrate Health Awareness Month than through **dance**? March is a good time to remind ourselves of the **healthy habits** and **joy to life** that dance brings.*

*I think daily about how happy I am that Bob and I started dancing almost 8 years ago. What started as a "We just want to know how to dance at a wedding or reunion..." turned into a **lifelong passion**, a very **healthy habit** and a most positive benefit to our relationship!*

*After spending 20 plus years raising children and having our lives centered around child-rearing, we were in the habit of not going out much or being with other adults. Dance added a very positive **social benefit** to our lives. Our studio has instructors from age 25 to 50 and students from 12 to 92! There are always new people to meet and many laughs and fun to be had. I bet you can also relate to the benefit that dance brings to our **memory**. Remembering the steps to a new pattern, a showcase, that new styling or technique we have been working on takes focus, memory and hard work.*

*Dance is a great **physical exercise**, regardless of age or fitness level. When Bob and I train for a national competition, we think of it just like training for a marathon. Competitive dancing requires a lot of stamina and is certainly a full body workout. Social dancing benefits our heart and joints while increasing flexibility.*

How can you go wrong with dance? I encourage you to seek that extra opportunity (or two or three or four) this month to dance. Your body, your mind and your attitude will thank you.

Wini Kniejski, March President



Charity Event

Our Annual Charity Event will be on March 26. All money raised will be donated to the Jerry Long Family YMCA for use in programs designed to prevent Childhood Obesity.

This event includes a sale of all things dance related. Dance shoes, dance attire, and dance art will be among the items for sale. We will also have dance videos, dance music and dance assists for sale. *If you have questions or would like to donate items to the sale, bring them to the dance or call Marcia (336-712-8183) or Cindy (336-984-5967.)* You can also make monetary donations at the dance.

Just to add to the spirit of the event you are invited to wear apparel proclaiming your support for your favorite college team. We can give the next generation a better chance of becoming winners while we celebrate our team's winning.

Special Invitation:

Adina Harper will be hosting a dance and lesson at the Clemmons Community Center on Friday evening, March 24. The lesson will begin at 6:30 with dancing to follow. Admission is \$10 per person. Call Adina for more details: 336-392-1957.

March Ballroom Sunday

Charity Ball Madness

Sunday, March 26, 2017
Cha Cha with Teresa Shadoin

4:00 – 4:30 PM Cha Cha 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 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

2017 at a Glance

March 26 – Charity Ball Madness, Cha Cha Lesson by Teresa Shadoin at 4 PM, Dance until 6:30 at the Jerry Long Family YMCA
1150 S. Peacehaven Rd., Clemmons
Admission - \$5 Members; \$10 guests

Ballroom Sundays:

April 23 – Bunny Hop – Laura Steinbach, FT

May 6 – Clemmons Community Day

May 10 – Swing and Waltz lessons begin

May 28 – Memorial Day Bash, Rumba by Adina Harper

June 25 - Sunshine Dance

July 23 – Sailor's Shuffle

August 19 – Black Tie Dinner Dance – Lexington Municipal Club

August 27 – After the Ball

September 24 – Beginners Ball

October 22 – Presidents' Halloween Dance

November 26 – Holiday Premier Promenade & Annual Business Session

December 29 – Friday Finale

Early New Year's Dance 6 – 8:30 PM

Thank You to Roger and Cindy Caudle, Liz Gilkey, Dick and Helen Heck, Corky and Danny Flowers, Charles and Lorene Markland, and the Barneys for the hospitality at our February monthly dance!

Welcome New

Members: Mike Sweeny and Cathy Zizzi (rt.), friends of the Barneys, who



joined Piedmont NC USA Dance on February 26. We're delighted to have you!

Welcome **Mac and Traci Crisco**, guests at our February Ballroom Sunday. We hope you'll return in March!

Truisms

- Learn to dance (well) today – you'll thank yourself tomorrow.
- Paso Doble is a lot of bull.
- Dance requires non-verbal communication – so zip it and dance!
- An important key to great dancing is self-confidence. An important key to self-confidence is practice.
- The ability to dance starts with you and it starts when you do.
- Nothing is more encouraging to a partner than sincere compliments.
- Ballroom dancing is an “up” activity: eyes, elbows, head, body..
- The love of Waltz is a wonderful thing – just don't stop at waltz!
- Be thankful for the dancers to whom you are exposed for they will subtly alter your world.
- The joy of dancing is not in the performance, but in the learning.
- Faith is taking that first step even when you don't see yourself waltzing.

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

March 26, 2017

Charity Ball Madness

*See you at the
Jerry Long Family YMCA
On the 26th – 4:00 PM*

Dressy casual attire.

“Ballroom Beat”

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