



# Ballroom Beat

Official Monthly Publication of Piedmont NC USA Dance Inc., Chapter 6019  
Vol. 25, No.3– March 2018, Marcia Barney, Editor (336) 712-8183  
Send News and Views to the Editor at [PiedmontNCUSABDA@aol.com](mailto:PiedmontNCUSABDA@aol.com)

*We Promote Ballroom Dancing!*

## Some Things for Us

### **Developing our Skills:**

Each year Piedmont NC USA Dance offers beginner ballroom dance lessons for new and renewing members. These lessons are designed to allow beginning dancers to learn while enabling those who already dance to brush up on the basis of some of their favorite ballroom dances.

This spring we will be offering Rumba and Swing as the featured dances. Lessons will begin on May 9 and will continue on Wednesday evenings through June 6. The sixth lesson and dance will be at Ballroom Sunday on Sunday, June 24.

The classes are free to all who join USA Dance and those who renew for another year.

A reservation form is attached. Please send a copy to a friend or acquaintance who would like to give Ballroom Dancing a try or who would like to brush up their Rumba and Swing skills.

### **Enjoying our Skills:**

We have a chance to get all dressed up and enjoy a Black Tie Dinner Dance in April: Carolina Heartlands USA Dance is having their annual Black Tie Dinner/Dance on April 14 at the Joseph S. Koury Convention Center Guilford Ballroom in Greensboro. The theme is "A Royal Gala." Tickets are \$50 per person. Contact Lib Johnson at [libsjohnson@triad.rr.com](mailto:libsjohnson@triad.rr.com) for reservation form.



### **Other Dance Opportunities:**

Tim Saunders' First Sunday Dance – 336-324-1924.  
Carolina Heartlands USA Dance – 2<sup>nd</sup> Sunday Tea Dance, Guilford Grange.  
First Saturday night – Winston-Salem Dance Club, Southfork Community Center, Winston-Salem, 7:30

## Something to Help Others

Our Charity Dance this year will be held on March 25. The theme of this monthly dance is "Charity Waltz" and we will be waltzing through an evening filled with opportunities to help others as we enjoy ourselves. We will waltz around items for sale that should appeal to dancers: shoes and other apparel, jewelry, and fun items useful in helping us party. Who knows there might even be a dancers' Easter Basket.

If you have items you'd like to donate to the sell, please bring them to the dance. Maybe your favorite dance dress no longer fits or those shoes you loved to wear last year are just a tad too high now. If you know former dancers who might have shoes (men's or ladies) or apparel they no longer use, ask them to donate them to the sale. (We are a non-profit organization and will gladly provide a receipt for all donations.) If you have questions, call Marcia at 336-712-8183.

All proceeds from the event will be donated to the YMCA for prevention of Childhood Obesity. At our Charity Dance in 2017 we raised \$1240 to help the next generation become healthier – maybe healthier ballroom dancers. Let's do more to help others in 2018!

### **March Ballroom Sunday**

### **Spring Charity Waltz**

**Sunday, March 25, 2018**  
**Waltz with Laura Stainback**

**4:00 – 4:30 PM Waltz Lesson**

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

**NEW 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

### March 25 – Spring Charity Waltz

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

### April 22 – Eggs-stravaganza Dance

May 5 – Clemmons Community Day (Piedmont NC  
USA Dance will have a booth)

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, and the Barneys for the hospitality at our February dance.

**Thank You** Adina Harper for the fun Cha Cha lesson!

**Welcome New Members:** Gary and Elise Nash (rt.), Dave and Beverly Lyons (on page 1) and Bob Martin!



### Truisms

- It takes courage to learn to dance.
- Beauty in dance requires discipline and tenacity.
- Be thankful for the beautiful dancing by others for they are subtly enhancing your dancing.

- Every dance challenge carries with it the seed of improvement.
- A leader is at his best when his partner thinks she made the dance beautiful.
- Anxiety does not make us better dancers, but only empties us of joy.
- My partner and I are like trees whose comingling and reactions create beauty or sorrow.
- Empathy is understanding that your partner's challenges may be different from, but equally as important as, yours.
- Too little dancing can wrinkle the soul.
- Tear yourself away from the safe comfort of habit and learn something new.
- Dance for what you are and what you will become.
- Dancing is giving to your partner all the respect you want for yourself.
- It is the small things we learn over time that can make us better dancers.
- Mistakes help make us better dancers.
- When obstacles appear change your direction, not your desire to dance.
- Blaming your partner won't make you a better dancer.
- Dance is inspired music.
- He who is careless with technique is not to be trusted with complicated steps.
- Partnership skills can take you well beyond individual best.
- The first symptom of a good leader is boldness..

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

**March 25, 2018**

**Spring Charity Waltz**

**See you at the  
Jerry Long Family YMCA  
On the 25th – 4:00 P.M**

**Dressy casual attire.  
Come to shop and help others!**

“Ballroom Beat”

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