



Carolina HeartBeat

Publication of Carolina Heartland *USB Dance* Chapter 6092

Send news and views to trudy@newhomeguides.com; Visit www.carolinaheartland.org

Trudy Atkins and Steve Raeford, Editorial Staff

Volume IV, No. 12

December 2008

www.carolinaheartland.org

From the President...

Our chapter has had a great year with excellent workshops, contributions to dance scholarship to promote ballroom dancing, a fantastic Black Tie Gala and an exceptional Showcase. I personally thank all of you who made this wonderful year a success. I am so grateful to have wonderful support from many sources. We have lots to be thankful for and we wish you the best for this Holiday Season. We are a lucky crowd as we enjoy much better health due to our dancing. Endorphins are also released as we dance, which make us happy. The more we move, the more we groove! We have so many opportunities to dance in this area, which segues over to our reputation as a welcoming club. We always make new guests feel welcome and encourage them to participate and join in. Many of our music providers offer some of the dances in their program as "ladies choice" which makes it easy for a lady to ask a man for a dance.



Ellie Dolata

Our December Dance (Dec 14th) is dedicated to giving less fortunate children a gift through Toys for Tots program. Please bring a new toy when you arrive at the dance. Cherrie Wheaton will be accepting them for delivery. Our collection will also include the proceeds from the dance which will be used by the Toys for Tot committee to purchase more toys. We offer the challenge for you to find items that would appeal to the older child as they are often ignored. I challenge this chapter to come out for this Sunday Tea Dance, bring a toy and create so much energy that Cherrie will need a truck to deliver the gifts! Please join us!

Ellie Dolata

Postscript: A word of special appreciation to Wes Smitherman who has served so well as our treasurer over these past two years as we have grown from 60 plus members to more than 158. One of his most onerous tasks was collecting admission fees and recording attendance at our monthly dances since it caused him to miss most of the dance instruction and left Lynette without a partner. Our new treasurer, Charlie Hafer, will not have this as a concern. In 2009, the host committee will be responsible for collecting admission fees at the door and giving them to Charlie to deposit to our State Employees Credit Union account..

USB Dance Calendar

December 13 - Mayberry Ballroom Dance, lesson at 7 p.m., dancing 'til 10:30 p.m., Pro Health Fitness Center, Mt. Airy.

Sunday, December 14 - Monthly USA Dance - Toys for Tots Benefit; 5 p.m., Tango lesson by Tim Saunders, Skateland USB West, dancing 5:45 - 7:30 p.m. Bring a toy unwrapped for distribution by Marine Detachment #314.

February 20-21 - 2009 Triangle Open Dancesport Championships, co-sponsored by Carolina Heartland #6092 with NCSU Dancing with Wolves chapter, Carmichael Gym, NCSU, Raleigh.

Spotlight on....



Rodney and Carolyn Williams began ballroom dancing in 1989 when they joined a group class with Nick Mirabella, followed by instruction by many of the area dance instructors. As they have gained expertise, they have been invited to perform at various functions including solo performances for 13 years at the annual Friendly Friday Melodies series at Greensboro's Friendly Center. Carolyn quips, "Burn the floor' takes on new meaning when you dress in ballroom attire and put your feet on asphalt in 100 degree temperature."

Both have been employed for 30+ years at Wake Forest University/Baptist Medical Center. Rodney, a medical physicist in the Section on Nuclear Medicine, is a member of the Radiology faculty. Carolyn is an administrative manager in WFU Health Sciences Business Operations. Ballroom dancing affords them both "a wonderful diversion from the stress associated with daily job responsibilities."

Carolyn's enjoyment of music and Rodney's technical skills enable them to work as a team, recording ballroom music for various dance events. They also coordinate two of the most popular Triad dances: 2nd Friday and 5th Saturday, High Point Elks-sponsored monthly dances, and serve as officers for both Tempo and Club 30 dance clubs.

"We have met some totally wonderful people through the years, some of whom have become dear friends," Carolyn says, adding a favorite quote by Mikhail Baryshnikov: "I do not try to dance better than anyone else. I only try to dance better than myself." Watching the Williams glide across the floor, one begins to understand the elegance that is the essence of ballroom dancing.

Toys for Tots to Benefit from December Dance

Bring a toy (\$10 or more) with your dancing shoes to our monthly dance Sunday, December 14, at Skateland West.

All proceeds from admission will also be given to the Northwest Triad Marine Corps League Detachment #314 for the purchase of additional toys for distribution with the donated toys.

The following officers, elected at the November meeting, will be installed: president, Jerry Snyder; president-elect, Wayne Wilson; secretary, Carolyn Steed; treasurer, Charlie Hafer; and three at large members of the board: Tim Daughtry, Dot Mason, and Steve Raeford. Carole Bryant will continue as Mt. Airy Committee representative.

Heartland Chapter Co-sponsors 2009 Triangle Open in Raleigh

"Come and compete, volunteer or spectate" is Wayne and Marie Crowder's invitation to the 2009 Triangle Open Dancesport Championships February 20-21 in the Carmichael Gym on Raleigh's NCSU campus.

This year our chapter is recognized as a co-sponsor of the championship. As Wayne Crowder explains, "For the last several years, the Heartland Chapter has provided most of the volunteers and scholarship donations. I thought this would be a great way to promote the chapter that promotes this competition the most."

The honor requires nothing from our chapter beyond our continuing support of the Triangle championships as a means of promoting ballroom dancing in North Carolina. The Triangle Open offers an excellent opportunity for dancers just beginning to compete as well as veteran competitors. Visit its website (dancingwithwolves/triangle) for more information.

Dancing for Youth - Dancesport is interested in offering dance lessons on Wednesday afternoon at the Grange for children 8-12 years of age as a first step toward organizing a youth contingent. Those interested should e-mail Wayne Crowder at mrcrowder@earthlink.net.

“Stayin’ Alive” vs. “Another One Bites the Dust”

Charlie Hafer snipped the following item from his daily e-mail newsletters which may be of interest to all.

Whether you love disco music or hate it, you might actually owe your life one day to the Bee Gees. An article from the American Heart Association recommends that 100 chest compressions per minute be used in emergency CPR. This high rate of compressions is necessary to help maintain circulation of oxygenated blood – essential in the prevention of brain and heart tissue damage in cardiac arrest victims.

Most CPR students, however, have a hard time maintaining the rapid rate of compressions so in recent years the AHA has suggested that students use the Bee Gee’s hit song “Stayin’ Alive” from Saturday Night Fever as a guide. “Stayin’ Alive” pounds out 103 beats per minute.

In a recent study at the University of Illinois, 15 CPR students listened to “Stayin’ Alive” while practicing compressions. They averaged 109 compressions per minute. Five weeks later they repeated the drill but with no music playing. They were told to simply think of the song. In this sec-

ond phase, they averaged 113 compressions per minute. The study leader told the Associated Press that extra compressions over 100 per minute are fine – far better than too few. Ironically, another song with a similar steady beat works just as well: Queen’s “Another One Bites the Dust.”

And from Charlie: “Stayin’ Alive” and other disco songs made the Bee Gees wealthy. I remember being in Sydney in 1968, on military leave from SE Asia, and the Brothers Gibb (Bee Gees) were just a young pop/rock group popular mainly in Australia. They didn’t get big until the disco era and the movie “Saturday Night Fever,” released in 1977.

I have never checked my heart rate after dancing Hustle, but I’ll bet it is at least 103. Actually, many disco songs might work since most have the same constant beat - which makes it easy to start Hustle anywhere in the measure of music.

But dancing to “Stayin’ Alive” vs “Another One Bites the Dust”? Charlie adds rather ruefully, “I think I’ll go with the Bee Gees. If I needed CPR, I would prefer someone singing “Stayin’ Alive” rather than “Another One Bites the Dust.”

Dancing Opportunities Here and Around

by Charlotte Griner

December 5 - Biltmore Dance Studio, Christmas Party with special performance by Wake Forest student dancers, 7:30 - 10 p.m., 3540 North Main, High Point 336-453-0386.

December 5 - First Friday Benefit at the Grange; bring non-perishables for GUM Food Pantry; music by Lib and Bob Johnson, 8 - 10 p.m.

December 7 - Tea Dance - 3:30-5:30 p.m., Tim Saunders, host; The Grange.

December 12 - Carl’s Dance, 6:30 p.m., High Point Elks Club, dinner and dancing to Carolyn and Rodney William’s music. (Reservations MUST be made by preceding Tuesday afternoon. Call Carolyn (336-945-3635), Lib Johnson (336-299-7412) or an Elks member.)

December 13 - Greensboro Social Dance No dance until January 10.

Around the State...

Charlotte’s Annual Holiday Ball will be at the Levine Community Center in Matthews December 13 with a New Year’s Dance January 19 at Metropolitan Ballroom. Contact Stephen Lucas, slucas@ccim.net.

Azalea Coast is also holding its holiday dance December 13 in the Lion’s Gate Clubhouse.

Triangle’s dance workshops will be held December 6 on NC State Campus, \$40 for four tracks. Its New Year’s Eve

First Night Dance will be in the ballroom of the Sir Walter Raleigh hotel in Raleigh. Contact Vickie Cribb, nobabycrib@aol.com.

Mountain Empire - Saturday, December 20, dance lesson with Nellie Hicks, Rural Retreat Community Center, Rural Retreat, Va., iballroomdance@embarqmail.com.

Piedmont - Early New Year’s Dance, Sunday, December 28, Waltz lesson with Tony Econ at 5:30 p.m. at Skateland USB in Clemmons. PiedmontNCUSABDA@aol.com.

Green’s Supper Club, Hwy 29N; December 5, Hip Pocket; December 6, Donnie & Susan Trexler; December 12, Rick Church DJ; December 13, Dockside Band; December 19, Part Time Party Time Band; December 20 closed; December 26, Shaggie Maggie; December 27, Shaggie Maggie.

Thirsty’s2, 119 North Chimney Rock Road, Greensboro. DJs Saturdays and Sundays, dance lessons Wednesday.

Club Fifth Season, Sheraton Greensboro at Four Seasons, High Point Road at I-40. Monday 8:30-12; Tuesday-Thursday 8:30-12:30; Friday and Saturday 8-1 a.m.; Top 40/Beach; live bands weekends. Cover \$5 weekends; women free, men \$3 weekdays. www.sheratongreensboro.com.

In Appreciation of Hosts and Providers of Treats

Lynette Smitherman and JoAnn Snyder, Hospitality Co-chairs for 2008, have expressed appreciation for the following members who have served as hosts throughout the year.

January - Lynda Williams, Al Kamperman, Cherrie & George Wheaton.

February - Charlotte Griner and Dot Russell.

March - Ellie & Joe Dolata and Elaine Frost.

April - No dance (Black Tie).

May - Donna Guinard, Peter Kauber, Dot & Homer Mason.

June - Joanie & Red Galloway and Joyce D’Arconte.

July - Ann & Jim Astin, Eileen & Joe Leggio.

August - Doris Kiser and Peg & Dan Manross.

September - Viritia Harper and Lynette & Wes Smitherman.

October - Carol & Bill Bryant and Laurie & Andrew Stroupe.

November - Betty & Conrad McClintock, Joyce D’Arconte and Yvette Zannini.

December - Flo & Burt Jackson, Judy & Tim Daughtry and Wanda & Wayne Wilson.

Most of the above also brought “best dishes” to our November dance along with Ling Sun, Tim and Judy Silver, Fran Randolph, Carolyn & Rodney Williams, Tammy Collins, Peg Sterling, and Jina Whittell.

November Dancers at Skate...



Carolyn Williams follows Jim Steed with ease.



Conrad McClintock leads Cindy Smith in a swing.



Tim Silver has a big smile dancing with wife Judy.