



USA Dance, Inc.



Carolina Heartbeat: a Publication of Carolina Heartland, Chapter #6092

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Send news and views to libsjohnson@triad.rr.com.

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The President's Column

This past month a friend and I were talking about the many benefits of dance. She shared a story with me about a



time she was teaching at a University in Indonesia when the Poco-poco was all the rage. It is similar to our Electric Slide and is danced to Indonesian folk rhythms. She was attending an outdoor event at a time of political unrest and there was a conflict involving student protesters and the police that was escalating to a dangerous level. Someone wisely put on the music for the Poco-poco. Lured by rhythms of Indonesia's eastern islands everyone including the demonstrators and police were drawn into the dance and tensions melted. You can read about this in articles in the Jakarta Post and an archived edition of the Washington Post. It became common practice during this time to use the Poco-poco as a means to bring people together.

What an incredible story and a strong testament to the power of dance and positive non-verbal communication. Ballroom takes this to another level by fostering strong partnering skills in giving, receiving, acting and reacting to another human being.

I truly believe in the power of dance to build community and bring people together. This month and in coming months, Outreach will be one of our primary initiatives. In June we shared dance at the Farmer's Market at the High Point Library and in the coming months we will visit Pennybyrn (August 16) and a Health Fair (September 15). Through sharing dance we can build positive relationships.

Sherri Raeford, President
Carolina Heartland, USA Dance, Inc.

Contact information for Sherri:
Sherrilovesdance@gmail.com, 336-601-1768.

Carolina Heartland Calendar

Carolina Heartland Chapter-2nd Sunday dance, July 8, 2018. At 3:30, Adina Harper will teach Viennese waltz. **General Dancing will be from 4:15-6:00.** Guilford Grange, 4909 Guilford School Rd., Greensboro, NC. **Admission fees: \$5.00 for members, \$10.00 for non-members, and \$5.00 for students with ID card.** Please bring your favorite snacks and enjoy dancing to Charlie Hafer's music.

Spotlight on Kathy Saunders

Kathy Saunders is one of our newest Carolina Heartland members and we like the enthusiasm for dance that she has brought to our group. In no time at all, she volunteered to host a dance, and she obviously has also agreed for us to put the spotlight on her. Folks know Kathy also as Mrs. Tim Saunders. Other members of her family are her daughter Nikki and 2 grand-children, Jack and Noah, who are 7 and 5. She enjoys spending time with them as often as she can especially at the beach.



Kathy is originally from Kernersville and she graduated from East Forsyth High School. When a two year waiting list thwarted her plans to enter nurse's training, she opted to enter Elon and graduated with a marketing degree. In her brief biography, she wrote, "For about 15 years, I worked at top radio stations WMAG 99.5 and WTQR 104.1 as a sales rep. Then I went to work in television in 1995 and have worked at WXLV, WFMY and for the past 19 years at FOX8 WGHP. I love calling on businesses and seeing them get great results from their advertising."

Kathy says "I have always loved dancing since my Mom started me in tap and ballet at age four. Much later in life, I wanted to learn to shag so I took lessons for awhile. I was introduced to Tim Saunders in 2009 at a Super Bowl Party. After we got a bit acquainted, I joined his shag class. He later introduced me to other ballroom dances that I have really enjoyed. I still enjoy learning and hope to spend more time dancing when my schedule frees up from working. I am happy to be involved with Carolina Heartland and look forward to meeting and making new friends through dance."



Making Another Great Showcase

See the article in the green box beneath the dance opportunities on page 2. **Theme to be announced later.**

Allen Berryhill:

It was delightful to have Allen back for a challenging lesson in cha cha in June. Allen pictured here with Anne Dipiazza, one of our newest members.



Feature Article-Anne Dipiazza

The dance floor is a wonderful place to make new friends as well as a place to reconnect with former ones. Soon after my introduction to ballroom dance, I looked around for classes and saw Allen Berryhill's name. "I know him!" I thought. I remembered Allen from my days at the UNC School of the Arts in the 60's. I was in the music department and he was in the dance department. He made quite an impression on me at the time. I contacted Allen and began classes with him. We've found that our paths had also crossed in high school and summer musical theater in Raleigh, although he was on stage and I was in the orchestra pit. It was wonderful to have Allen teaching cha-cha at Carolina Heartland's class in June, and I hope he will come back soon! New friends and old friends—the best of both worlds

Viennese Waltz: Since Viennese waltz is a very fast dance and the proper execution of the steps is critical to the safety of the dancers, we are focusing a bit more attention to the learning of this dance. Adina will begin with the most basic steps in the lesson on July 8. Then on November 11, with high interest, we will continue work on the Viennese Waltz in a two hour workshop. Please mark your calendar for this 2 phase opportunity.

Sunday, July 1, First Sunday, Tim Saunders Dance, Guilford Grange, 4909 Guilford School Rd., Greensboro, NC, 3:30-5:30. Contact: Tim, 336-324-1924. (Grange address not repeated in other entries below.)

Friday, July 6 , 1st Friday, Guilford Grange Dance, 8:00-10:00. Contact: libsjohnson@triad.rr.com.

Saturday, July 7 , First Saturday, Southfork Recreation Center, Winston-Salem, 8:00-10:00pm. Contact: 336-659-4305.

Sunday, July 8, 2nd Sunday, Carolina Heartland dance, Guilford Grange, 3:30 lesson, dancing 4:15-6:00. Contact: libsjohnson@triad.rr.com.

Friday, July 13, 2nd Friday, Dinner & Dance, High Point Elks Lodge, 700 Old Mill Rd., Dinner-7:00-Dancing 8:00, contact Carolyn Williams, 336-945-3635.

Saturday, July 14, 2nd Saturday, Greensboro Social Dance Club, 8:00 p.m., Lewis Recreation Center. Contact: Eileen Leggio, 336-643-6088.

Friday, July 20, 3rd Friday, Step Set Dance, Guilford Grange, 8:00-10:00. Contact: Charlotte Jackson, 336-889-5534, jercharjack@yahoo.com.

Sunday, July 22, Fourth Sunday, Piedmont, USA Dance, Jerry Long YMCA, Lesson at 4:00 and dancing from 4:30-6:30. Contact: Marcia, 336-712-8183 or hmbar@aol.com.

Saturday, July 28, 4th Saturday, Horizon 4th Saturday Dance, Guilford Grange, 8:00-10:00. Contact: libsjohnson@triad.rr.com, 336-299-7412.

MAKING ANOTHER GREAT EVENT! National Ballroom Dance Week Showcase and Ball!!! Our performers are already hard at practice for Sept. 16, 2018. **What do we need now?** We are still looking for a person to be the Chairman of the Showcase, one to be Chairman of the Food Committee, and one to be Chairman of the Decorations!! We've got a lot of volunteers including enthusiastic volunteer performers, many volunteers for committees, and our usual SHOW PLACE-The Oriental Shrine Club. PLEASE contact libsjohnson@triad.rr.com to get your name in the pot for work in "spots" mentioned above.

Cha Cha Workshop!! Look forward to a fantastic workshop on August 12. Tim Saunders will teach the American Cha Cha. Flyer to come in July!

First Outreach! Outreach on a hot Saturday morning and dancing on asphalt, to boot! Carlie & Jan Coats, Victoria & Mel Paterline, Marty Bergman, Sherri & Steve Raeford.Contact: Steve: raefordphoto@bellsouth.net;336-676-7748

Thank you for July, 2018: We sincerely appreciate these people: Hosts at the dance on July 10- Janice Bergman, Wes and Lynette Smitherman, donors of delicious snacks - Liz Gilkey, Anne Dipiazza, Lib Johnson, Mary Beth Jordan, Wes and Lynette Smitherman, Janice Bergman and Kathy Saunders. Teller - Rodger Haberfield; Music and decorations - Lib Johnson. And thanks to a kind proofreader.



Photos by Steve Raeford: Below - Dan & Peg Manross, Liz Gilkey & Steve Raeford. Below right-Beth & Bart Hillenbrand, Allen Berryhill & Virita Harper

