



# USA Dance, Inc.



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

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[www.carolinaheartland.org](http://www.carolinaheartland.org)

## The President's Column

The benefits of ballroom dance are numerous and well published. Fitness level, cognitive function, memory and coordination are all obviously enhanced and nurtured through dance. Positive social interactions and healthy relationships are a bonus. But one of the benefits I embrace most is the ability that dance provides to fully live in the moment.



On a recent cruise to the British Isles, Steve and I had the chance to dance nightly in the piazza. One of the things I noticed repeatedly was that there were normally 15 to 30 people on the dance floor in joyous motion while about 400 people watched on the sidelines. I realized that there had been many times in my life when I felt I was "on the outside looking in." When dancing I always have a feeling of being on the inside completely living the moment. And those moments are so wondrous and special.

During the cruise, as many of you have experienced, we became known as "the dancers." People would comment about how they enjoyed watching us and how much fun we seemed to be having. And they were right. We were totally immersed in the experience, the music and the dance.

So carpe diem to you all! Seize those moments and live them joyously. Whether you are a beginner, a seasoned social dancer or a competitor, the experience is there for the taking. And to quote a fun-loving icon of our generation, Goldie Hawn, "Why not live in the moment, especially if it has a good beat."

Sherri Raeford, President

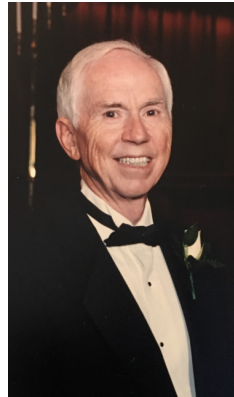
Carolina Heartland Chapter #6092, USA Dance, Inc. You may contact Sherri at [@sherrilovesdance](mailto:sherrilovesdance)

## Carolina Heartland Calendar

**Carolina Heartland Chapter-2nd Sunday dance May postponed until June 10, 2018.** At 3:30, Allen Berryhill will teach cha cha. **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 Rockie's music.**

## Spotlight on Jack Mitchell

When Jack Mitchell says "I love to dance, and I am still learning," it was not always that way. As a student at Appalachian State University (BS and MA), he had to take modern dance as a prerequisite for football. After that, he said, "Never again," but he changed his mind when he moved to Winston-



Salem. He began classes at the YMCA in the early 1990's, then moved to Allen Berryhill's classes at South Fork where he found ladies who helped him in the classes. (And now he's helping them.)

Jack grew up in the Methodist Children's Home in Winston-Salem and attended the Winston Public Schools. He remembers that in high school, they had a called square dance. "I had to be led through the steps" he says and adds wryly, "that didn't change much after I started ballroom dancing."

Early in his career, Jack taught history and PE at Page High School where he also coached football, wrestling, and track. Five years later, he moved to Winston Salem where he coached the same sports. Serving as a football, basketball and wrestling official over the years, he reached the collegiate rank in all three.

Having grown up in the Methodist church, Jack remains active in Centenary Methodist Church where he teaches Sunday School, serves on the administrative board and visits shut-ins. He also drives for Senior Services and has supported a young man in Ethiopia through World vision for 20 years.

Married while in college, Jack has two sons and five grandchildren. He takes occasional time off to golf, swim, and work out at the YMCA. (Jack & grandson)  
Continued on p.1, col.3.



**Great Success** for Rueda de Casino workshop on May 12 sponsored by Jan & Carlie Coats. Many thanks to the fourteen Carolina Heartland members and friends who attended. When asked about the workshop, Liz Gilkey said "I thought it was great! We had so much fun and Steven Messina was a great teacher." The dance itself is a dance routine which requires muscle activity and forces the dancer to be thinking at all times. What a great exercise for the brain and body.

**Resource Sheet from Website:**The Carolina Heartland website has a full page list of local dance instructors with their contact information. We are making efforts to add even more to that list. Contact [libsjohnson@triad.rr.com](mailto:libsjohnson@triad.rr.com) if you know someone we could add or if you would like a copy e-mailed to you. It is the perfect resource sheet *to share with friends interested in finding a dance instructor.* Space does not allow including that list in the newsletter.

**Earn yourself a free admission to a Sunday dance!! Contact Lynette** if you wish to **host a dance** - [lwsmitherman@gmail.com](mailto:lwsmitherman@gmail.com).

**Contact Rodger** if you wish to **serve as teller**- contact Rodger at [rhabfield2004@yahoo.com](mailto:rhabfield2004@yahoo.com).

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**Video Checkout:** Thanks to Lynette Smitherman, our video keeper. ([lwsmitherman@gmail.com](mailto:lwsmitherman@gmail.com)). One month checkout, members only.

**Spotlight continued.** . . . . . Over the years, he has traveled outside the US, cruised quite a bit, and lived in Florida for four years, but dancing ladies are glad he has settled in Winston-Salem and loves to dance.

**Friday, June 1, 1st Friday, Guilford Grange Dance**, 4909 Guilford School Rd., Greensboro, NC. 8:00-10:00. Contact: lib-sjohnson@triad.rr.com. (Grange address not repeated in other entries below.)

**Saturday, June 2, First Saturday**, Southfork Recreation Center, Winston-Salem, 8:00-10:00pm. Contact: 336-659-4305.

**Sunday, June 3, First Sunday, Tim Saunders Dance**, Guilford Grange, 3:30-5:30. Contact: Tim, 336-324-1924.

**Friday, June 8, 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, June 9, 2nd Saturday, Greensboro Social Dance Club**, 8:00 p.m., Lewis Recreation Center. Contact: Eileen Leggio, 336-643-6088.

**Sunday, June 10, 2nd Sunday, Carolina Heartland dance**, Guilford Grange, 3:30 lesson, dancing 4:15-6:00. Contact: lib-sjohnson@triad.rr.com.

**Friday, June 15, 3rd Friday**, Step Set Dance, Guilford Grange, 8:00-10:00. Contact: Charlotte Jackson, 336-889-5534, jerchar-jack@yahoo.com.

**Saturday, June 23, 4th Saturday, Horizon 4th Saturday Dance**, Guilford Grange, 8:00-10:00. Contact: lib-sjohnson@triad.rr.com, 336-299-7412.

**Sunday, June 24, 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.

We sincerely appreciate these people: Hosts at the dance on May 27- Wes and Lynette Smitherman and Mel and Victoria Paterline; donors of delicious snacks - Mel and Victoria, Wes and Lynette, Janice Bergman and Kathy Saunders; Teller - Rodger Haberfield; Music and decorations - Lib Johnson. And thanks to a great proofreader.

Below: May 27, 2018: Adina Harper gives "refining tips" for waltz style improvement. She followed up with steps designed to "fit all levels" and ended with the popular triple twinkle.



**First Outreach! June 2, 2018 performance** will be at 10:00 in the High Point Library parking area, 901 N. Main St., High Point, NC. A note from Sherri Raeford says, "Come on out and join us!" Contact: Steve: 336-676-7748, raeford-photo@bellsouth.net.

Rodger Haberfield leads Melody Kearns in the lovely new waltz step taught by Adina on May 27, 2018.



**Showcase dreams!** Photos below designed to inspire dancers to plan to dance in the 2018 Showcase. More information coming very soon. Be thinking about how you can participate! Below left is dancer Jonathan Medlin, one of our earliest USA Dance members. A National Champ!

Below: Members & friends learn the Rueda de Casino taught by Steven Messina.



My dance is ready! My costume is ready!  
**What are you waiting for? NBDW Showcase in mid-September!**  
Bob & Lib's granddaughter Liz

