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January 2008 News Letter

HAPPY NEW YEAR

“Stifling an urge to dance is bad for your health - it rusts your spirit and your hips”. ~ Adabella Radici

NEW YEARS RESOLUTION

TO DO MORE DANCING !!!

January 12th

First Dance of the Year “French Night”

Lesson: To be announced

Location: The Barn
680 Cherokee Lane
West Columbia, SC 29169

Doors Open : 7:15

Lesson: 7:40-8:30

Dance: 8:30-10:30

Wonderful: French Music-French Food, -Soft Drinks- Mixers and Lots of Fun

Co-sponsored by *Alliance Française de Columbia*



2008 Dance Schedule USA Dance Chapter Columbia

| | | | | | |
|----------|------|------|-----------|------|------|
| January | 12th | 26th | July | 12th | 26th |
| February | 9th | NA | August | 9th | 23rd |
| March | 8th | 22nd | September | 13th | 27th |
| April | 12th | 26th | October | 11th | 25th |
| May | 10th | 24th | November | 8th | 22nd |
| June | 14th | 28th | December | 13th | 27th |

All dances are held on the 2nd and 4th Saturdays of each month.

Location: The Barn
680 Cherokee Lane
West Columbia, SC 29169

Doors Open: 7:15pm

Lesson: 7:40-8:30 pm

Dance: 8:30-10:30pm

Cost: Members \$6.00 Guests \$9.00
Students \$5.00

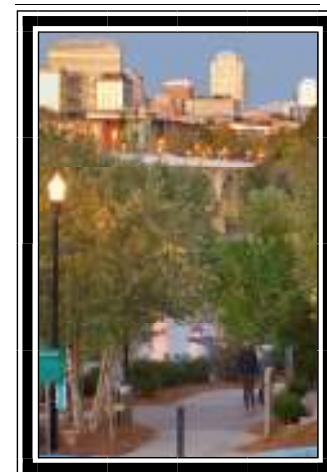


Photo by Ron Wright
Courtesy of Columbia Metropolitan Convention & Visitors Bureau

Letter From The President



Happy New Year to all! It is an honor and pleasure to be elected as your USA Dance president again after being absent and lazy for several years. I am thrilled to continue to have on our board Jo Morton, who has done a superb job as Vice President for I won't even tell you how many years. Jo has selflessly devoted herself and her many hours of time to providing us with the decorations and snacks at all our dances. Donna Swinbank remains our Youth and Outreach person and is responsible for among many other things our upcoming French Night Dance. Bob Sitko is our Publicity Chairperson and is also responsible for our USA Dance Website. If you want to know where and when there will be dancing in the Columbia area, call up the USA Dance website and click on the links for Columbia. Margaret Ehlers is our new Programs chairperson. She will be busy coordinating dance teachers and exhibitions at our dances. Arnell Coker has graciously volunteered to be our Newsletter editor and Secretary and his wife Melanie is our new Treasurer taking care of our dues, receivables and payables.

Your 2008 USA Dance Board Members

President: Mike Verdone

Vice President: Jo Morton

Secretary/News Letter: Arnell Coker

arnellc3@hotmail.com

Treasurer: Melanie Coker

Hospitality: Margaret Ehlers

Outreach: Donna Swinbank

Publicity: Bob Sitko

Our last dance of 2007, our Christmas Ball, was a resounding success. We had a total of 61 dancers and the dance floor was filled with revelers all night. Jo Morton outdid her usual culinary efforts by putting on a magnificent spread of snacks and deserts. David Brown served as our DJ and spun all the seasonal hits that were enjoyed by all. The Barn was dressed up in its finery and the tables were set up and put away by a host of our dancers including Arnell and Melanie Coker, Joe McDonagh, and David Brown. Jo Morton was greatly assisted by Donna Swinbank, Jean Mader, and Melanie Coker among many others. As usual, our loyal and dedicated front man, Ray Hill greeted dancers at the door and collected the entry fees. Our lesson was led by Sheila Brown who instructed us in some entertaining and tricky swing steps. Sheila also entertained us with three dance exhibitions featuring Bob Sitko in a hustle, Warren Wintrod in an exhaustive and exuberant Quickstep and Mike Verdone in a gallant Samba. Thanks to all our members who helped with putting on our dance and making it such a success.

Last but certainly not least, we toasted our outgoing USA Dance president, Patricia Hill. For two long successful years she led our dance group, increasing our revenue, maintaining our dance opportunities and providing increased opportunities for competitive and social dancing in central South Carolina. She was presented with a framed painting by Rhonda Wernick featuring an engraved plaque. Thank you so much for all you have done for USA Dance, Patricia!

We look forward to 2008 and hope to increase our dancing enjoyment with USA Dance, Columbia Chapter 6032.

Mike Verdone, President



Its A Wonderful Place To Dance.

Melanie and I started attending dances at the Barn around a year ago. Everyone has truly made each dance a wonderful experience, with the dance lessons, food, music, atmosphere and friendliness.

We are all very fortunate to have a such a fantastic place to dance and wonderful group of people who volunteer to organize the dances from opening the building, turning on the Heating /AC, providing and setting up the food, setting up the sound system, playing the music, working the sign in table, setting up the tables, cleaning up, sweeping the dance floor, taking out the trash, turning every thing off and locking up.

We need everyone's help so that we can continue to provide a wonderful dancing experience. Please take a few minutes and volunteer your time by signing up to at the front table.

“Dance, even if you have nowhere to do it but your living room. “ -Kurt Vonnegut

WE NEED YOUR HELP!!!!

Volunteer To Be On a Committee

New Board Members

President: Mike Verdone
Vice President: Jo Morton
Secretary: Arnell Coker
Treasurer: Melanie Coker
Hospitality: Margaret Ehlers
Outreach: Donna Swinbank
Publicity: Bob Sitko
Newsletter: Arnell Coker

Committees

DJs:
Food:
Decorating:
Setup/Cleanup:
Hospitality:
Outreach:
Publicity: Web Site, Newsletter, Door Prizes, Photography
Newsletter:
Fancy Feet:

Fancy Feet

At least one Saturday each month at one of the assisted living facilities around the Columbia area you will find many residents who are excited and are looking forward to the days activities. This isn't just another Saturday afternoon; it's a special Saturday....For around two O'clock in the afternoon a small group of dancers with big hearts and "Fancy Feet" will be there, to teach, dance with and perform Ballroom Dancing for the residents.

What makes this activity different and special from other activities is the interaction between the dancers and the residents. It doesn't matter who the resident is, how old they are, or even if they use a cane, a walker or a wheelchair. This selfless group of dancers, through the physical touch of dancing, the sounds of music, and the sharing of their lives, brings joy, love and happiness, to others.

One of the greatest joys we receive from life as well as from dancing is the giving of ourselves. Ballroom Dancing truly mirrors life in that the more we give the more we receive. Ballroom Dancing is in its self a selfless activity; it's about two people giving to each other. To get the most out of dancing we must step out of our comfort zone, have a positive attitude, a forgiving spirit and be quick with an encouraging word.

These small groups of dancers with big hearts and "Fancy Feet" have taken the joy of dancing and giving one step further.

Many thanks go out to Norma Catherine Davis, Al Jayne, Edna Free, Bob Sitko, Tom Savage, Jean Mader, David and Karen Brown for giving back to the community by giving of themselves through Ballroom Dancing.

Dancing in the Kitchen

A large part of our reasons for dancing has to do with the beneficial health aspects of this enjoyable hobby. Not only does dancing provide excellent cardiovascular exercise, but it also energizes our mental powers by learning and hopefully mastering new dance steps. Of course, the social aspects of interacting with others and most importantly with our various dance partners add to the joy and mystique of dancing.

Since we need sources of energy to equip our bodies to participate and dance socially and competitively, we want to include some of our favorite and most wholesome recipes that are sure to provide sustenance for not only dancers but for everyone. These time tested and nutritious recipes have been handed down for years and we are certain that you will find them both delicious and nutritious.— By Mike Verdone

Please send your favorite recipes to arnellc3@hotmail.com or see Arnell or Melanie Coker at the barn.



USA DANCE HAS A NEW PRESIDENT

Esther Freeman, USA Dance President since Dec. 2004 will hand the gavel over to [Peter Pover](#) on January 1, 2008 and wishes him much success as he takes over the role of USA Dance President for the second time.



Recipe of the Month

2 slices of bread
Mayonnaise
Potato chips

Spread the mayo generously across the bread. Pile the potato chips on to one of the slices as high as you can. Then top it with the other slice and mash down until all the potato chips are crushed. We have heard dance competitors say about the confection: "Wash it down with a Pepsi, it's some good!"

By Mike Verdone

Dancing Around Town

- ◆ Big Band/Swing Dance Grove Park Inn Asheville NC. Jan 18-20, 2008
- ◆ [Shaggin on Kiawah - A celebration of our State Dance March 7-9, 2008](#)
- ◆ Visit our web site <http://www.usadance.us/venues.htm> for list of places to dance



Dance Competitions Close to Home



- ◆ Heritage Classic Dancesport Championship At the Grove Park Inn February 26th- March 1st . To register for overnight packages or buy event tickets, contact Directors Colin and Joy Hillary at 954-757-5101, or visit www.theheritageclassic.com
- ◆ [Charlotte Dancesport Challenge](#)
February 1-2, 2008
- ◆ [North Central Regional Dancesport Championships](#)
Knoxville, TN
February 9-10, 2008
- ◆ [Triangle Open](#)
Raleigh, NC

Dance Studios

Capital Ballroom :

Group Lesson Schedule:

- ◆ Mondays - 7:00-8:00 - Advanced Social Dance Class, taught by Robert Seay
- ◆ Wednesdays - 7:00-8:00 - Social Dance Class, taught by Robert Seay
- ◆ Last Thursday - every Month 8:00-9:30 - Practice Party, hosted by Robert Seay
(Party is free and open to the public!)

2732 Devine Street, Suite D
Columbia, SC 29205
Phone: 803-799-2080

Columbia's Ballroom Company:

Group Class Schedule:

- ◆ Jan 7th, 14th and 28th- 7:00pm-8:00pm - Open Class Ballroom Dancing taught by Paul Lagatore
- ◆ Jan 3rd, 10th, 24th, 31st- 7:30pm-8:30pm -Theory Class, taught by Paul Lagatore
- ◆ Jan 24th - 7:30pm - Party, hosted by Paul Lagatore

Columbia's Ballroom Company
1333 Omarest Drive
Columbia, SC 29210
Phone 750-0181

Vista Ballroom :

Beginning in January the Vista Ballroom will start a wonderful six week orientation program designed to introduce the beginner ballroom dancer to many of the diverse styles and rhythms of ballroom dancing. Classes will meet on Fridays at 7:30pm for one hour, followed by the Vista Ballroom's open floor practice sessions until 10:45pm.

- ◆ Jan 11th, 18th, 25th, Feb 1st, 8th, 22nd- 7:30pm - taught by Shelia Brown
- ◆ Jan 19th - 1:00pm to 3:00pm "Salsa Boot Camp" taught by Eduardo Diaz (Pre-registration is required).
- ◆ Jan 26th - Milonga beginning @ 8:30pm

Vista Ballroom
1019 Assembly St.
Columbia, SC 29201
Phone 546-3705