

Volume 4, Issue2

April 2008



A New Dawn A New Day



As the song goes, "It's a new dawn.....It's a new Day..... It's a new LIFE!!!!", and the Phoenix USA Dance chapter is preparing to bring "new life" to a traditional event. Our first annual fundraiser will be Saturday, June 21st at the Oakwood Country Club. In response to your membership feedback, we are providing an additional opportunity in our calendar to "upscale" your dancing, but without the need to rent a tux or go into debt to purchase a formal gown.

The First Annual **Ballroom Blitz—A Passport to Paris** is a fundraising event—not just a dance— but an evening to raise funds for chapter activities and expansion— with an atmosphere primed to transport you away for a night of fantasy and fun.

With activities spread around the room to keep you busy, hors doeuvres being passed by smiling waitstaff, silent auction items to bid on, and both social dancing and special dance performances to entertain you, we think you'll find it easy to label the **Ballroom Blitz** as a night to remember.

For tickets—simply go online to www.phoenixusadance.org and purchase through Paypal once the link is up and running. Or if you prefer to mail in your payment, you can mail it to Sharilyn Deerman (a mailing address will be listed on the website) .

Support your local chapter by joining us on June 21st. Get your "passport stamped" and travel with your fellow dancers and dance supporters from across the valley for an evening of cabaret, can-can's and haute couture in the city of lights.

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PHOENIX CHAPTER # 4033

Dance Chatter

Phoenix USA Dance Chapter #4033

presents the

First Annual Fundraising Benefit

Ballroom

Blitz

"A Passport to Paris"

June 21st, 2008

7:00 – 11:00 pm

Oakwood Country Club

Sun Lakes, Arizona

Go to www.phoenixusadance.org for more details
and information on how to purchase tickets.

The "Year of the Committee"

For a USA Dance chapter to be successful, a small "army" of volunteers is ideal in offering a diversification of activities and a balanced workload. 2008, I'm happy to report, is turning out to be just that, as many of you have responded to the board's invitations to become more involved in your chapter and thereby helping to promote its expansion. Three committees in particular stand out: Outreach, Fundraising/Sponsorship and YCN-Youth Division.



Outreach (formerly called "Outreach & Performance") has blossomed to include a number of non-board member volunteers. Chapter members Alfreda DeLuca, Barbie Brasch, Maria Guaglianone, Polly Reed, Judy Peters, Terry Union and Wilma Papsidero have come together to propel this active group, based on the solid foundation built by Sharilyn Deerman (also Chapter Treasurer.) These dynamic women, including Chapter V.P. Sherry Parmon, are now taking the reins of this committee by planning events at assisted living centers, festivals, corporate events - any place where the joy and healthful benefits of ballroom dancing can be brought to the public.

Some of their tasks include:

- creating databases
- contacting facilities and participating dancers coordinating dance demos

The work of our Outreach Committee continues to serve as a valuable mouthpiece for what Phoenix USA Dance is all about. But they can still use your help. Want to be added to the email list of dancers at future events? Go to our website, click on the "**Get Involved**" link, and select Outreach. We'll then send you a short questionnaire to determine your availability and interest. And by the way, we need men folk who are willing to donate a bit of time to dance at various events. Believe me, Outreach is not only great fun, it is also extremely rewarding!

Brand-New Committee: F/S

Hospitality/Registration Chair Ginny Zeroulis is also heading up the recently formed Fundraising/Sponsorship Committee, in collusion with our very own *Dance Chatter* editor, Sue Putzier, and board members Pat Koepf, Sherry Parmon, Sharilyn Deerman and yours truly. Ginny's vision of setting a 2008 fundraising goal of \$7,500 in order to underwrite costs of chapter activities (scholarship, sanctioned competition, expanded Black Tie, etc.) is manifesting in the form of our chapters' first official fundraiser on June 21 - **BALLROOM BLITZ: "A Passport to Paris."**

How exciting is that?! Keep your eye on *Dancin' Newz* issues and promotional material that will reveal the secrets of how you can attend and participate in this blitz o' fun for everyone over 21!

The Newest "Kid on the Block"

YCN-Youth Division, also in its developmental stages, was spearheaded by professional dance instructors and co-chairs, **Chandra Tenley and Robert Blair**. YCN (Youth College Network) in our chapter is split into two divisions, College and Youth (under 18.) While YCN-College Division is organized under the auspices of **Nathan BrownEagle** of ASU's ballroom dance team, Devil DanceSport, the Youth Division is in its infancy but is beginning to gather some awesome momentum, thanks to the positive energy and dedication of its co-chairs. (See **Chandra's** article elsewhere in this issue for additional exciting info on YCN-Youth Division.)

Between these three incredibly important aspects of the chapter, and with the advent of more volunteers stepping forward to help with our bimonthly dances, Phoenix USA Dance is quickly becoming a well-oiled machine... and the envy of many a USA Dance chapter around the country.

Everything in the universe has rhythm.
Everything dances.
--Maya Angelou

Thanks to all of you who participate in one form or another. You are very much appreciated!

Until next time, happy dancing to everyone.

Priscilla

Dance University

Part One—Etiquette



Courtesy

Defined as:

1. Excellence of manners or social conduct; polite behavior
2. A courteous, respectful or considerate act or expression
3. Favor, help or generosity

Courtesy is a word heard less and less now-a-days. And it is put into action with even less frequency. What was once “common” and a matter of daily course, has become something of an anomaly, a rarity, and a “thing of the past”. Simple things.... like opening a door for a lady.... or ANYONE who has their hands full, for that matter; offering a seat to someone when you’re in a crowded space; introducing yourself and shaking hands with a grip that resembles something other than a limp noodle or that initiates with something other than the hesitancy of someone who fears they “might catch something”; making eye contact when speaking; saying “please” and “thank you”. These aren’t difficult things to do, nor should they be foreign to anyone. Yet these actions are becoming more and more foreign in our own country, in our own communities, our schools, our homes, and on our dance floors.

In days gone by, courtesy and one’s ability to employ good manners spoke volumes about a person. What socio-economic class did you come from? What part of the country or what part of the world did you hail from? How educated were you? Today, one’s use, or lack of use, of courtesy and manners may tell more about your generation or your own personality rather than your status or social standing.

How does this translate to dancing?

Having good manners on the dance floor or anywhere “near” a dance floor says the same things about you as a dancer as it does about you as a person. Are you considerate of others? Do you take other people’s feelings and comfort level into consideration? Do you treat others as you yourself would like to be treated?

Here’s an easy “test” to see if you’re a courteous dance partner:

1. Did you politely ask for or accept the privilege of a dance? (Or did you expect it?)
2. Did you politely decline, and then sit out that song when you were too tired or required a moment to catch your breath? (Or did you quickly hasten off to find another partner in preference to the one who first asked?)
3. Did you thank your partner at the end of the dance? (Or did you simply walk away when it was over?)
4. Did you smile and make eye contact with your partner during the dance? (Or did you stare blankly into space, contemplating who you would ask next?)

While courtesy may be a relic of the past, it never goes out of style. Like most antiques, if you keep it in good condition, give it some TLC, and dust it off once in a while, it will keep working, sometimes even better than the “new” stuff. Keep courtesy alive and well, both on and off the dance floor, and hopefully it will become “common” once more.

Dancing with the Stars The New Season



PREMIERES March 17th

Celebrity — Pro partner

Adam Carolla — Julianna Hough

Christian de la Guente — Cheryl Burke

Shannon Elizabeth — Derek Hough

Steve Guttenberg — Anna Trebunskaya

Penn Jillette — Kym Johnson (eliminated)

Marlee Matlin — Fabian Sanchez

Priscilla Presley — Louis Van Amstel

Monica Seles — Jonathon Roberts (eliminated)

Jason Taylor — Edyta Slivinska

Marissa Jared Winoskur — Tony Dovolani

Kristi Yamaguchi — Mark Ballas

Mario — Karina Smirnoff

Local Events

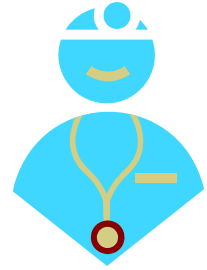
Phoenix USA Dance regular chapter dance — Saturday, May 10th at the Phoenix Arthur Murray Studio / 12th Street and Indian School

Celebration of Dance—9th Annual Production of a community showcase of dancing talent, was created in 1999 and launched in April of 2000 exclusively in observance of **National Dance Week**—a nationwide campaign to bring visibility and recognition to dance-arts in our communities. Each year more than 5000+ events and activities are held throughout the United States and **Celebration of Dance** is Arizona's contribution to this national campaign, a concert with a mission! Performing companies and solo artists are selected by a committee consisting of industry dance professionals. Many dance styles are represented such as HipHop, Ballet, Jazz, Flamenco, Modern, Tap, Ballroom, Lyrical, Belly Dance, Contemporary, Classic Indian and many other cultural dance styles. The result, a true Celebration of Dance!

Performance Dates: *April 26th—Herberger Theatre*
 May 4th—Scottsdale Center for the Arts
 May 10th - Cactus Shadows Performing Arts Center

Dance University

Part Two—TRIAGE



Foot Injuries:

Dancers place tremendous stress on their feet through hours of practice and performance, making that area of the body prone to injury. Your feet are the foundation on which you build your dancing, so proper care and treatment is essential to your continued enjoyment and practice of this wonderful activity.

Metatarsalgia is the term used to denote a painful foot condition in the area of the foot most commonly described as the ‘ball of the foot’. The first step in treating this disorder is to determine what is causing the pain. If it is due to improper shoe fit, your footwear must be changed or the condition will persist. Your ultimate goal is to unload the pressure on the ball of the foot area and allow your condition to heal. This can be difficult to ballroom dancers, especially women, whose feet are put into the unnatural position of flexation through wearing heels. When not on the dance floor, give your feet a break, get into lower heels or none at all, and let your feet rest.

Plantar Fasciitis is an inflammation caused by excessive stretching of the tissues that run along the bottom of the foot, attaching at the heel bone. This condition leads to severe heel pain, arch pain and heel spurs. The key to healing this condition is discovering its cause as well. If you over-pronate—or have flat feet, an orthotic support can help. Even if not worn when dancing, orthotics can help tremendously when worn in regular shoes when not on the dance floor.

Achilles Tendonitis is caused by the inflammation and degeneration of the Achilles Tendon, or the tendon which runs from the calf to the heel. This disorder can cause shooting or burning pain. If left untreated, the tendon can become weak or even rupture.



A good reference if you have questions or concerns about footcare:

The Dancer’s Foot Book by Dr. Terry I. Spilker

YCN-YOUTH DIVISION: Today's Dancers = Tomorrow's Leaders

By Guest Author—Priscilla Dean

What is YCN? An acronym for Youth College Network, a very important aspect of USA Dance chapters.

The Phoenix chapter's YCN is divided into two divisions: College and Youth (ages 18 & under.) While ASU students comprise the majority of the College Division members, the focus of this article is on the newly forming Youth Division, under the tutelage of dance instructors and co-chairs, **Chandra Tenley** and **Robert Blair**. The core of YCN-Youth Division is comprised of Chandra's ballroom dance students from American Heritage Academy located in Camp Verde. These kids have been actively participating in the ballroom dance community, both in their area and in the Valley, learning a combination of the values of ballroom dancing, floor etiquette, manners and respect for others. And now YCN-Youth Division is also expanding to include all USA Dance youths.

It is my great privilege to share with you a recent interview conducted with **Chandra Tenley**!

Priscilla: When did you first begin teaching dance at American Heritage Academy?

Chandra: The fall of 2005. I started with one class each day with about 25-30 kids. Most of the kids were forced to take the class, but by the end of the year I had two kids on the team.

Priscilla: How many students do you currently have?

Chandra: 30 in high school and about the same in 5th grade. For the Phoenix DanceSport Challenge (chapter ballroom dance competition in February) we had 26 competitors participate.

Priscilla: What type of dance activities have your students been involved in?

Chandra: We hold monthly fundraisers; attend group classes and social dances at various places, including, of course, our home chapter's (Phoenix USA Dance) bimonthly event. The group goes to Flagstaff once a month and attends the Prescott dances, where we have been invited to work the front desk, plus raise funds by providing the water and snacks. Plus, we attend other local dances in the Valley when possible. These students not only compete in local ballroom dance competitions, they also perform at Outreach events through Phoenix USA Dance and other community service activities. For example, we have been invited to dance for our local library's luncheon, as the entertainment for this annual event. The library's donation (and others) will greatly benefit our dance team by providing funds for dance shoes, travel expenses, coaching, workshops, etc. In between all of these scheduled events, we have practice and coaching around school hours. Check out this website for videos of some of our activities: <http://verdenews.com/>

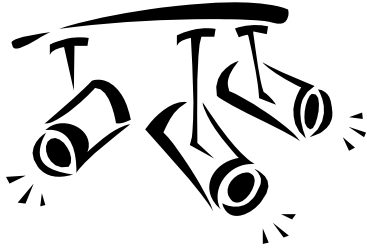
Priscilla: What is your "vision" of what YCN-Youth Division is and where it will lead?

Chandra: I would like to see other schools offer the same type of program, such as YCN-Youth pods in schools all over our state. Then, we all come together once or twice each year at events such as our Youth Dance Camp on April 19th (see further info in the Dancin' Newz.) This event is for all USA Dance youths. That way we would not only be competitors but have friends and support from each other, too. We are kind of like two-in-one. What I mean by that is 1) we are American Heritage Academy's Ballroom Dance Team and have our own interests and fundraising for us, but 2) we are also part of YCN-Youth division, representing our chapter and setting an example for others.

Priscilla: How did you first meet your co-chair Robert Blair in reference to working with the youths?

Chandra: I met Robert at a Phoenix USA Dance event about a year ago. You had mentioned the idea of us forming a YCN-Youth Division together. At first we really didn't have a plan. I remember when we would meet and try to plan, but it wouldn't gel. It started working when we quit planning and pushing. We just left YCN alone, and it pretty much led us to what it needed. That "vision" is now taking form as our first official YCN-Youth function: the Youth Dance Camp on April 19 at Ambient Dance in Scottsdale. We're so excited by the participation of top instructors from across the Valley: Olegas & Renata, Jenell Maranto, Robert Blair, Lowell Fox, and Amber & Michael Cross. Robert is generously donating the use of his studio, Ambient Dance, for the entire day to host this exciting affair. Much heart and work has been put into the YCN-Youth Division. Some of you may know or have even have danced with many of our young dancers. You have seen them grow from knowing only a basic step or two to become the confident competitors they are. And it's your donations through fundraisers, competition scholarships and more that is helping to provide these kids the tools necessary to not only be these bright young dancers of today but the leaders of tomorrow.

I'm sure I am not the only one who is proud of each and every one of them. Thanks to all of you who support our youth!



Felix as Simon Legree in The King and I



1. What first got you interested in dancing?

In the late '70s I was chosen to dance in a disco medley which was put on by the Air Force version of USO called Tops In Blue. They usually visit remote air bases around the world, of which our base, located in the desert of NM, was considered "semi-remote." And this started me off in my avocation as a dancer in the disco craze of dance contests.

As I was considering many different career choices in college, I continually included dance and theatre classes in my curriculum. So after obtaining a business & computer science degree, I was selected for a "guinea pig" conservatory program in theatre in Santa Barbara. From there I moved on to New York training at AMDA (American Musical and Dramatic Academy) and danced in musical theatre – community, regional and off-Broadway for nine years in shows such as *Carousel*, *Showboat*, *West Side Story* and *Guys & Dolls*.

2. What is your favorite dance and why?

Foxtrot because it reminds me of my (younger) theatre days, as it's the most like character dancing in musical theatre production numbers.

Member Spotlight

Felix Ray

Phx USA Dance Board Member
and
Competition Committee Chair

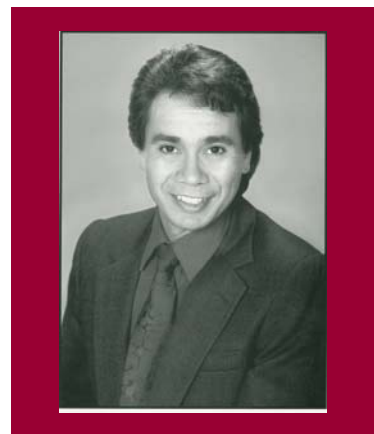
Also, my wife Priscilla was very instrumental in my learning ballroom, at the time when I was no longer dancing. She dragged me in kicking & screaming as I kept whining that "Ballroom was too stuffy!" But once we started taking ballroom lessons together, I fell in love with foxtrot and that was that.

3. What is one of your favorite dance memories or moments?

Dancing in the role of Simon of Legree in the regional Broadway series, *The King and I* in California. It was the first time my father ever saw me dance, and according to my mom, he continually elbowed audience members around him, saying, "That's my son!" It was a very proud moment for me.

4. What advice would you give to other dancers?

Keep an open mind when studying ballroom, because you can learn from many different teachers. One teacher may say something that will finally "click" in your head and body, and you hear yourself say, "Aha! So that's what he/she was trying to tell me." And it all becomes worth it.



PLANS FOR THE FUTURE: PHOENIX DANCESPORT CHALLENGE

Some of you are three-year veterans of our local competition, and I'm glad to say we've been more and more successful each year, thanks to both the veterans and newcomers alike.

We on the Phoenix USA Dance Competition Committee have decided to apply for a nationally sanctioned status with proficiency point eligibility in 2009. We've listened to both yours and National's suggestions, and here are next year's possible changes:

- Saturday event rather than Sunday, allowing more traveling competitors to participate.
- Move to the third Saturday in February, which allows more time for competitors to prepare for the competition circuit.
- Proficiency points included, which encourages more experienced competitors to come to Phoenix.
- Relocation to the Shriner's Auditorium, which is centrally located, five miles from the airport and is close to hotels. This facility also offers more accessible parking.

Keep in mind that if we do become sanctioned, the Rulebook will be strictly adhered to. For those of you who are considering competing, please review the dress code and allowable events as they have changed. As a sanctioned competition, we will no longer be able to be as lenient as we have been in the past.

I will keep you informed of National's decision to allow us sanctioning rights. Remember, it's not a done deal.

SOMETHING NEW IN 2010 – MAYBE...

Phoenix has been invited to enter into the Southwest Region rotation of Regional Championships, which is now called "National Qualifying Event" or NQE. Many of you have competed in this event when it has been held in San Jose or Anaheim.

Depending on the outcome of the 2009 event, we are considering accepting the invitation of our Southwest Region and becoming a National Qualifying Event in 2010. Let's hope it all goes well.

For all you competitors, or wannabe competitors, please keep in mind that I will keep you updated only if I have your email address. If you're not certain you're on my list, or if you have any questions, please email me at Felix@PhoenixUSADance.org.

Dance University

Part Three— History

Who said that?

See if you can match the author of the quote

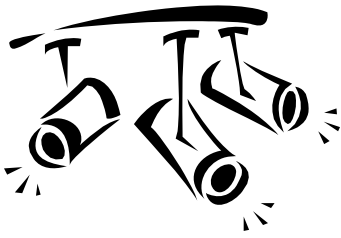
with their words:

1. "Dancers are the athletes of God."
2. "Dancers are instruments, like a piano the choreographer plays."
3. "Then come the lights shining on you from above. You are a performer. You forget all you learned, the process of technique, the fear, the pain, you even forget who you are you become one with the music, the lights, indeed one with the dance."
4. "I have no desire to prove anything by dancing. I have never used it as an outlet or a means of expressing myself. I just dance. I just put my feet in the air and move them around."
5. "I do not try to dance better than anyone else. I only try to dance better than myself."

- Albert Einstein
- Shirley MacLaine
- Mikhail Baryshnikov
- George Ballanchine
- Fred Astaire



*Answers
On
the
last
Page*



Member Spotlight

A.J. Specter

1. What first got you dancing?

Ever since I could walk I've been dancing in one way or another, and as I grew older, it became something that has given me a release from the stress of everyday life. I progressed from improvised movements to music in my fourth grade talent show, to Jazz for two years, Tap for one, then I tried Hip-Hop dancing for a few years, and then I took a four week Swing course during high school. Finally, beginning with my first semester at ASU, I entered into the world of Ballroom dancing by enrolling in Larry Caves' Latin/Ballroom/Swing class. I've been taking the class every semester since, and have fallen in love with it. I've always been interested in dancing, it has just taken a number of years to really fine-tune my interest.

2. What is your favorite dance and why?

I'm equally passionate about the Samba, the Waltz, and the Jive. I can't pick one over the other because each dance has its own separate and unique style. I love the Samba for its heart beat rhythm, beautiful flowing movements, powerful lines, and unique freedom to allow each dancer to express themselves with passion, and energy. The Waltz is so fluid and wonderful, I could never have a life of ballroom dancing without it. The graceful rise and fall, coupled with the powerful gliding movements, make it my favorite smooth dance. The Jive falls into a category all on its own, and I love it. The speed and control required for the dance make it so exhilarating, plus the expressive characterization that is afforded to the dancers puts this dance right at the top of my list.

*Dancing is silent poetry.
--Simonides*



3. What is one of your favorite dance memories / moments?

One of my favorite dance memories has to be the UCSD Competition last March called "Dance by the Shores." My dance partners, a dancing friend and I loaded up in my car and drove five hours from Phoenix to San Diego. After rescuing another friend from an empty gas tank in the mountains, we spent the weekend in beautiful San Diego, surrounded by some of the nicest and most elegant dancers in the nation. Competitively, my partners and I fared quite well, but that was only part of the joy the weekend brought me. We got the opportunity to see Eugene Katsevman & Maria Manusova do a show performance at the end of the competition, and then to top it off, the five of us spend our last afternoon on the San Diego beaches, dancing away.

4. What advice would you give to other dancers?

Learn as much as you can from as many people as you can. Every single individual that dances has a unique and interesting perspective on dance – whether that be techniques, theories, experiences, or opinions. Every person can offer some new and interesting way to perceive the sport. Never stop asking questions, never stop learning new things, and above all, never stop dancing,

I know I won't.



Stars Ballroom

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(602) 309-2736 www.socialballroom.com

HELP WANTED

More Hands Make Less Work!!

Please contact the indicated person if you are interested in any of the advertised volunteer activities.

Donations: Phoenix USA Dance will be hosting its first annual fundraiser, Ballroom Blitz, on Saturday, June 21st. If you can provide a “large ticket item” or service, or are willing to solicit appropriate silent auction items from people or organizations you are affiliated with on the chapter’s behalf, please contact Sherry Parmon at sherry@phoenixusadance.org.

Keep your eyes open in this section for future opportunities to put your membership into action within the Phoenix USA Dance chapter.

Volunteers: We are always in need of volunteers for a variety of tasks related to our regular dances. This is not a long term commitment. Even if you just volunteer once, you will have helped us out immensely. Positions open include:

- Dance hosts (primarily male, but we are considering including a few female dance hosts as well). This role interacts with all event attendees and invites single and newcomer dancers onto the floor. This role is time-limited to the first half the dance. Contact Ray Palant for information: ray@phoenixusadance.org
- Front table (accept admission and act as greeters). Contact Ginny Zeroulis: Ginny@phoenixusadance.org
- Refreshment hosts (furnish and replenish supplies periodically during the evening). Contact Sherry Parmon: sherry@phoenixusadance.org
- Set-up and/or Wrap-up crew (set-up includes: prep event locale, decorate as needed, prep refreshments. Tear-down includes: quick trash clean up, reset studio furnishings, pack up pertinent items). Contact Ginny at the email above.

Answers to the “Match the Quote” quiz: 1. Albert Einstein 2. George Ballanchine 3. Shirley MacLaine
4. Fred Astaire 5. Mikhail Baryshnikov