

BERKSHIRE BALLROOM
CHAPTER 3045 USA DANCE
APRIL 2016
NEWSLETTER



April – Berkshire Area Dances

**Berkshire Ballroom and USA Dance
Mission Statement**

Our Mission is to "increase the quantity and the quality of ballroom dance in the United States." We do this by organizing and supporting programs for the recreational enjoyment of ballroom dancing by people of all ages and to create affordable opportunities for the general public to participate in ballroom dancing in communities all across the country. A related mission is to educate the public regarding the physical, mental, and social benefits of engaging in a regular program of ballroom dancing.

We need your Suggestions

Do you have any ideas you would like us to try at the dances or themes for the dances? We would love to hear them. Please contact any of the board members. We will consider any suggestion.



Sunday, April 10th Ron Tritto will host a Tea Dance at Berkshire South Regional Community Center in Great Barrington from 2:15 pm to 4:45pm. A Tango lesson will begin at 2:15 pm. Admission is \$10 pp

April 16th "Dance with Evie" at Rudy's Ballroom in Canaan, NY from 7:30pm to 10 pm. Admission is \$10.00 PP

April 23rd "Dance with Evie" – a 50's Ballroom Dance at 2 Flights Up at 399 ½ Main St., Dalton. 7:30pm to 10 pm. Admission is \$10.00 PP

April 29th "Dance with Evie" at Rudy's Ballroom in Canaan, NY from 7:30pm to 10 pm. Admission is \$10.00 PP

The ITAM Lodge, 22 Waubeek Rd., Pittsfield hosts a weekly Sunday evening dance beginning at 7:00 pm, usually with live music. Check the ITAM web site <http://itam564.org/> for a schedule. Admission is \$10.00 for non-members.

A more detailed calendar of local dances, dance lessons and other dance- related activities can be found on www.berkshireballroom.org. Area dance instructors are also listed.

A complete daily schedule of regional ballroom and related dance events can be found on <http://ballroomdances.org>.

Community Outreach Committee

The Berkshire Ballroom Community Outreach Committee visits and entertains Berkshire County Assisted Care residents.

Our dancers perform ballroom dances to music that the residents would most likely have enjoyed – from the Big Band era, through the 50's and 60's to the modern day. Many of the residents really enjoy dancing with our dancers.

To date, we have entertained residents at these wonderful locations: Kimball Farms in Lenox, Sugar Hill in Dalton, Melbourne Place in Pittsfield, Mount Carmel in Lenox, Timberlyn Heights in Gt. Barrington, Devonshire Estates in Lenox and Laurel Lake in Lee.

If you would like to participate in this one hour program, please contact me at 518-781-4165 or kpulver@taconic.net or any Board member. Currently we are booking appearances for May and June.

We are also looking for help either as a member of the Board or volunteers.

The Board meets once a month to go over the previous dance and plan themes and ideas for next month. We are looking for people who would be willing to help with special projects, ideas for new projects (ex: Black Tie, summer dances, and theme ideas.) and ideas for music - either DJ's or bands. If you are interested, please contact us. We can *really* use your help.



Dance Instructors/Classes in our Area

Steve Dessereau teaches group and private classes in American Smooth and Rhythm style dance in Pittsfield. For information call 518-434-4941 or stevied68@yahoo.com.

Alan Franco teaches Salsa at Berkshire Yoga, Dance & Fitness at 55 North St, Suite 201 in Pittsfield. For class times and cost, call 518-766-4027.

Ron Tritto, Learntadance Studio, provides group lessons on Monday evenings as well as Friday evenings. Private lessons are also available. For more information on times, places, and costs - www.Learntadance.com or call 518-766-4027.

Cheryl Wendling hosts a Spring Semester Ballroom lesson program at Berkshire Community College and weekly Country 2 Step and Line Dancing at the Dalton VFW. For more information call Cheryl at 413-443-6263.

**DANCE LIKE NO
ONE IS WATCHING**

Our Board Members

Bob Romeo, President

bobromeo@berkshireballroom.org

Bob Hotchkiss, Vice President

Claire Hotchkiss, Special Events

rhhotchkiss@verizon.net

Lynette Gagnon, Secretary/Treasurer

lynettegagn@aol.com

Sue Schwartz, Decorating Committee Chair

sschwartz01256@yahoo.com

Pat and Karen Pulver, Outreach

Committee Chair. kpulver@taconic.net

Please send your suggestions for the newsletter or articles to me at

kpulver@taconic.net or call me at 518-781-4165. I will put them in monthly.

MEET OUR BOARD MEMBERS

We would like to introduce you to our Secretary/Treasurer Lynette Gagnon this month. Her duties are listed below:

Chapter Secretary

- Keeps minutes of all membership and Board meetings.
- Records all votes and all actions taken by the Board between meetings, at meetings, as well as via email or phone conferences.
- Corresponds with other individuals and organizations on behalf of the chapter.
- Distributes minutes of meetings to Board members within reasonable time following meetings.
- Is responsible for notifying USA Dance Central Office of any changes in Board members.



Chapter Treasurer

- Trustee of all monies– Collects all dues and money due the Chapter.
- Responsible for collecting and depositing all chapter monies, sign all chapter checks, draft, and notes.
- Treasurer maintains accurate and complete financial records including all deposits and expenditures, and signs all checks in accordance with procedures provided by the national organization.
- Develops an annual budget for approval by the Board and reports budget overages and shortages.
- Reports expenses and income by chapter program
- Presents to Chapter board a financial summary at each meeting.
- Prepares annual financial report to be submitted to the National Treasurer no later than 2/28 each year in accordance with provided guidelines.



“**RULES OF DANCE**”. Mike Nelson has provided the ‘**RULES OF DANCE**’ for our membership and dancers. We have re-printed portions of his Rules of Dance.

Our March Newsletter talked about **RULE #1 – Following the Line of Dance**. This is the first rule because no matter what your skill level, if you neglect it, you will be an impediment to others.

Rule #2: Step In Time (#2 of 5 Rules)

This is the second of a series on a hierarchical approach to social ballroom dance, which I am arbitrarily calling "Rules of Dance." Follow these, and you will be a desirable dance partner; neglect them, and you won't be desirable, level of mastery notwithstanding.

This is the second rule of dance because even if you follow Rule #1, Line of Dance but don't dance to the beat of the music and in the cadence of the dance, you will be an impediment to your partner. Music and Cadence tell us when to step.

Dance is the only sport that depends on an external "clock" throughout implementation. The music and the cadence of the dance style determine when we step. If we do not follow this common "clock," our partner will never know when we will take a step, and we will seldom, if ever, dance in synchrony.

If you cannot step in time with the music and follow the cadence of the dance style, especially the popular ones - SQQ, QQS, SSQQ - no attempt at learning figures or anything else will be productive. Invest in yourself by engaging with an instructor who will explain musicality and provide some exercises to bring you to an understanding.

Research has shown that violations of Line of Dance and failure to **Step in Time** with the music are the most frequent complaints among experienced social dancers. If you follow Line of Dance (Rule #1), and step in time (Rule #2), you can dance in sync with any partner and not interfere with other dancers. One of the best "gifts" you can give your dance partner is to stay in sync with the music and the cadence so that you each will know when to step. If you are a beginner, you will soon learn that you can tolerate almost any degree of ineptness on the dance floor except the inability of your partner to step in cadence and with the music



News from the Ballroom Dance Community

From our local dance community we are proud to acknowledge the Albany Dancesport Dancers who have competed in 2016 local, regional and national competitions under the direction and coaching of Paul & Louise Giuliano. These competitions include the January MAC Competitions held in Jersey City, NJ, the February Mid-Atlantic Championships in Bethesda, MD; the March Brigham Young Competition; the National Dancesport Championships in Baltimore, MD on April 1st & 2nd; the RPI Competitions in Troy, NY on April 2nd.

If you have ever competed, you will appreciate the time and effort it takes to train, learn and execute the proper footwork and styling to compete with the best local and national dancers. Berkshire Ballroom would like to acknowledge their accomplishments here.



These are a few of the photos of our local dancers who have gone to these competitions and won prizes for their ballroom dance skills. The photos are from New England Comp., Sept. 2015; MAC Comp., Jan. 2016; and RPI Comp., April 2016.

From top left: Sue & Mike Martin; group photo from NE Comp. 2015 - Tony, Barbara, Ruth, Ken, Louise, Paul, Sarah, CJ, Sue & Mike; CJ and Sarah in 2015; participants at MAC Comp. in New Jersey 2016 - Al, Sherry, Barbara, Tony, Evie, Sue, Mike, Maryann & George; participants at RPI Comp. April 2016 - Ron, Joy, Pat, and Karen



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