

BERKSHIRE BALLROOM FEBRUARY NEWSLETTER 2016



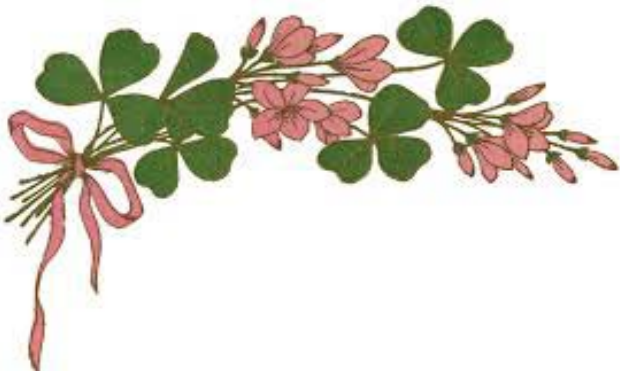
February Monthly Dances

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 & Help

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, after all they are your dances too. Please contact any of the board members. We will consider any suggestion **but you have to let us know.**



Feb. 12th, Votre Soiree Dance at Polish Falcons in Pittsfield, MA starting at 7:30 to 10:30 pm.
Admission \$10.00 per person.

February 20th Berkshire Ballroom USA dance at Masonic Temple. Evelyn Garstang will be doing the music for "*Love is in the Air*". Joy Leslie and her partner Ron Barnard will be teaching the Bachata at 7:00 pm. 8:00 to 10:30 general Dancing \$10 members, \$15 guests.

February 7th Ron Tritto's Tea Dances at Berkshire South Regional Community Center from 2:30 to 5 PM. \$10.00 PP.

Sunday February 14th Valentines Dance at Rudy's 2:30 PM and Saturday February 27 at Rudy's 7:30 PM Evie will be holding a dance. She will be doing the music for both.

ITAM does host a weekly dance each Sunday beginning at 7PM with live music. Go to ITAM web site <http://itam564.org/> for schedule. Admission is \$10.00 for non-members.

Also get calendar of dances in our area at Ralph's web site.

<http://ballroomdances.org>

The web site covers dances in Western Mass. and NY. You will find scheduled dances for all the types of dance, not just Ballroom along with Teachers in the area.

Outreach Committee

Our Outreach Committee has been going to local senior facilities in Lenox, Lee, Dalton and Pittsfield for the past two years. We schedule an hour where some volunteer dancers come and dance for the residents of the facilities. We have been asked back to many of them and enjoy interacting with the people there.

The facilities we have gone to are 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.

Our next dance will be Thursday February 18th at 6:30 PM in Dalton at Sugar Hill. We have been there every year and they love having us come there. If you would like to come this time please let me know. My regular volunteers know I will bug them.

In March we will be going back to Melbourne Place in Pittsfield on Thursday March 17th (St. Patrick's Day) at 6:30 PM.

Without volunteers there would be no program. This is one program our group is doing to give back to our community and bringing ballroom dance to our seniors who cannot get out to enjoy our monthly dance. Many of these seniors were dancers and some like to get up and dance also. If you might like to participate we usually schedule these dance on Thursday evenings at 6:30 in the evening. Please contact me at 518-781-4165 or kpulver@taconic.net. You are important!!!



Dance Instructors/Classes in our Area

Ron Tritto holds a monthly tea dance, group and private lessons. For more information on times, places, and cost go to his web site at www.Learntadance.com or call 518-766-4027

Cheryl Wendling holds lessons at Berkshire Community College. For more information on lesson dates, times and cost call Cheryl at 413-443-6263.

Steve Dessereau, teaches in Pittsfield, MA and Loudonville, NY. He has been dancing since 1975 and teaches American Smooth and Rhythm style dance. Call 518-434-4941 for information or stevied68@yahoo.com.

Alan Franco Teaches Salsa at Berkshire Yoga, Dance & Fitness at 55 North St, Suite 201 in Pittsfield, MA Call 518-766-4027 for information on Classes times and cost.

Jim Apicella at Danceland, in Latham, NY has a variety of Dance style Dances and Exercise Classes there. For a calendar of his events please go to <http://dancelandboomers.com/Calendar> or call 518-785-3888 for more information.

Hershell Allen holds a Friday night Dance Class at ABC Sports and Fitness in Latham, NY. Time: is 6:30 PM. Place: ABC Sports and Fitness behind Trustco Bank on Johnson Road, Latham. Cost: \$15.00 PP Call 518-292-8360 for more info and privates.

You can go to Ralph's web site where a list of teachers in our area with their contact information, type of dance lessons and costs is included. If you have a particular dance teacher you want included please let me know.

Berkshire Ballroom Dances for 2016

All of our dances are usually on 3rd Saturday of the month unless indicated differently and are held at the Masonic Temple on South Street in Pittsfield, Mass.

February 20th at Masonic Temple in Pittsfield, MA with Evelyn Garstang doing the music for the evening. Joy Leslie from Albany and her dance partner Ron will be teaching the Bachata. 7:00 lesson 8:00pm to 10:30 general dancing. \$10.00 members, \$15.00 Guests, \$5.00 for in school students.

March 19th at Masonic Temple with Ron Tritto doing the music and lesson. Lesson will be the Waltz. Possible showcase also.

April 9th Black Tie at Berkshire Hills Country Club in Pittsfield, Ma. where the Overtones will be playing. Invitations will be sent out. More details will follow soon.

May 21st at Masonic Temple with Ron Tritto doing lesson and music. Lesson for the night will be East Coast Swing.

June 18th at Masonic Temple with Paul and Louise Giuliano doing the music and lesson.

What we have been doing at our dances

We are hoping to have showcases at some of our dances. Many of the people we have met dancing love to do them and we would love to give them the opportunity to show the rest of our dance community their fun dances they have come up with.

Our Board Members

Bob Romeo, President
bobromeo@berkshireballroom.org

Bob and Claire Hotchkiss, Bob Vice Pres. Claire and Bob also do Special Events plans, get snacks and food for our dances, help set up and cleanup.
rhotchkiss@verizon.net

Lynette Gagnon, Secretary/Treasurer
lynettegagn@aol.com

Sue Schwartz, Decorating committee for our dances
sschwartz01256@yahoo.com

Pat and Karen Pulver, Karen Outreach committee along with Pat set up and cleanup.
kpulver@taconic.net

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

The Board meets once a month usually on third Tuesday of the 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 use your help.

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.



DANCING FOR YOUR HEALTH

I found this article on our USA web site and got permission from the author to print it here. Hope you enjoy it.

Ballroom Dance – It's Good for You!

By J.M. Nelson

We dance for pleasure, the joy of combining music we like with physical activity. The health benefits of dance are emotional as well as physiological. Socializing with others who share ones interest in dance provides a positive sense of wellbeing. Dance activity level can range from the leisurely pace of golf to a workout comparable to that of a long distance runner. The health benefits of dance are certainly worth considering, but dancers dance for the joy of dancing.

Health care professionals tell us that people who laugh and smile a lot are healthier and live longer. Dancers laugh and smile a lot; even if Tango dancers are not smiling on the outside, they are probably smiling on the inside. Ballroom dance requires mental alertness - awareness of the music, the movement, the environment, nearby dancers, and, of course, our partner. These are all consistent with activities that help preserve mental and neurological health.

Dancing burns calories, and the calories burned are proportional to the amount of work done. When we walk, run, or dance, we move our weight up and down as we progress; we move a weight over a distance, the physicist's definition of work. Of particular value to the dancer is that the cumulative calories expended are just as important as the duration and intensity of exercise, particularly as we grow older. Too often people think they must

exercise for at least 30 minutes and at 70 percent capacity (maximum heart rate) or more, but all exercise (calorie burning) is important. Thus dancing, even at intermittent intervals, burns calories. **Cardiopulmonary Benefits of Dance.** The caloric consequences of dancing are relatively constant. Benefits to heart and lungs will vary depending on the general condition of the dancer and the intensity and duration of their dancing.

Caloric Implications for the Social Dancer. The following chart shows the approximate calories burned in an hour of continuous dancing. It also shows the approximate equivalent in miles per hour and minutes per mile of walking or jogging.

Data from research on running and walking indicates that each step requires a slightly different amount of calories depending on a person's weight: approximately 0.03 calories per step for 125 pounds, 0.04 calories per step for 150 pounds, 0.05 calories per step for 175 pounds, and 0.06 calories per step for 200 pounds.

These data enable us to approximate the number of calories burned per minute according to tempo and dance style. We might add a few calories via other muscular involvement not usually considered in running and walking, but these estimates seem insightful nonetheless.

In general, dancing is comparable to walking; if you can walk, you can dance. Anyone in doubt regarding their ability to perform the physical maneuvers associated with dance should consult with their physician or a licensed exercise physiologist.

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Style	Min./mi	125lb	150lb	175lb	200lb	MPH
Foxtrot ssqq 120BPM	25	144	192	240	288	2.4
Tango 128 BPM	25	144	192	240	288	2.4

Foxtrot sqq 120BPM	22	162	216	270	324	2.7
Waltz 30 MPM	22	162	216	270	324	2.7
Rumba 136 BPM	20	184	245	306	367	3.1
Merengue 120 BPM	17	216	288	360	432	3.6
Quickstep 200BPM	14	255	340	425	510	4.2
Mambo 196 BPM	14	265	353	441	529	4.4
Cha Cha 120 BPM	13	270	360	450	540	4.5
Samba 204 BPM	13	275	367	459	551	4.6
WC Swing 120 BPM	12	288	384	480	4576	4.8
Viennese 54 MPM	12	292	389	486	583	5.4
Polka 240 BPM	11	324	432	540	648	5.4
EC Swing 140 BPM	11	336	448	560	672	5.6

Socially Yours

I have been looking for articles that might interest you and have found some from our American Dancer Magazine that we might have overlooked. One such article I like is from the

Sept.-Oct 2015 issue on Page 17

By Jean Krupa.

“Social Dance Position, Avoiding those Awkward Moments”

Below is an excerpt from this article with quotes from Jean Krupa.

It starts out asking “How close should I stand to my partner when we are dancing?” Like most questions it depends on how comfortable you are with your partner. Are you married, dating, just met? How would you rate your dancing skill and what dance are you doing?

Jean states in the article “For the **social dancer**, it is the lady who decides how close to stand to the man, no matter what dance

you are doing. Obviously the lady needs to stand close enough to be held comfortably. However it’s not the man’s job to ‘put her there’. Being pressed up too closely to someone you would rather not be that close to can cause an uncomfortable situation for the lady. Some men feel the only “correct” way to dance is with full body contact which happens more often than not.

In **Latin dances** you would stand nearer to your partner, so your arms connect comfortably, somewhat in the form of a circle or loop. You should feel a comfortable connection but also feel like you can move independently so you can move your knees, hips and body easily. There are advanced dance moves in various dance styles that have to be done very close in order to do them correctly. Just make sure your partner appreciates the idea as much as you do!

For **Ballroom dancer’s** closeness and contact varies according to your skill level. Jean states “For beginning dancers, the advice is to stand *slightly* apart, so that you get comfortable with the basic steps and movement before you get too close.” This goes for Social dancing and on a crowded floor.

The more advanced you become the closer will want to position yourself. Jean goes on to say, “Almost all advanced ballroom dancers dance with their bodies in contact (usually connected at the hip and ribs for smooth or standard dances).” The reason for this is that you can move easier when you are closer to your center and can function as one unit.

Getting to your perfect dance position is not easy and even the best dancers spend years learning how to stand and move as a single unit.

OUR BOARD MEMBERS

I would like to introduce you all to your USA Board members. I thought I would start with Our President Robert 'Bob' Romeo. Below is the description of the duties for President according to USA National web site.



USA Dance Chapter Board Position Descriptions

Chapter President

- Presides at all membership and board meetings.
- Sees that the orders and resolutions of the board are carried out and have other authorities and responsibilities as assigned by the board.
- Serves as Chapter contact for National USA Dance and the public or designates another Board member to handle this responsibility.
- Ex-officio member of all committees, except the Nominations & Elections Committee
- Completes with assistance of outgoing board and/or other Board members, the Chapter Annual Report. Reviews and signs the Chapter Year End Financial Report.
- Sees that information provided by National USA Dance via email, phone or mail is disseminated to others on the Board and membership as appropriate or designates another Board member to handle this responsibility.

On a more personal note Bob started ballroom dance lessons with Esther and Irving Mindlin in 2011. Joined Dancesport in 2015 under the leadership of National and International Dance champions, Paul & Louise Giuliano.

He has held the office of President for Berkshire Ballroom since 2014.





He has helped expand the dance venues for our Chapter by bringing in teachers from our area and Western Mass. by setting up dance opportunities for them to hold lessons at his studio in Lenoxdale and setting up times when friends and members can practice there also.

“Being a fun social dancer was always a goal but my life, career and family seemed to fill and occupy all the days and years. BUT these past four years of dance lessons and dancing, as I enter the retirement years, have given me a new life of challenge, commitment and entertainment within a community of like-minded & wonderful people.”

Come dance with me ---



February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	 <p>GROUNDHOG DAY</p>	3	4	Evie's Dance at Polish Falcons 7:30PM	6
7 Tea Dance Ron Trittos ITAM Dance	8	9	 <p>ASH Wednesday</p>	11	12 Votre Soiree	13
14  <p>Happy Valentine's Day!</p> Evie's Dance At Rudy's 2:30 PM	15	16	17	18	19	20 USA Pittsfield 7- 10:30 PM
21 USA Albany ITAM Dance	22  <p>Presidents Day</p>	23	24	25	26	27 Evie's Dance at Rudy's 7:30 PM
28 SOS Dance Albany ITAM Dance	29	1	2	3	4	5
6	7	8	9	10	11	12



Photos From The Past Remember When?



I would like to use more photos in the newsletter as well as on our Facebook page. I found this form on the **Official USA Dance Web site** regarding use of Photos and Videos that might be taken at our dances. If there are any members or friends I do not know about already, that do not want their photos printed, I will have a form you can fill out to that effect. We do not want anyone uncomfortable about coming to our events and we do not want to offend anyone either. Thank you all for understanding.

About photographs/video provided by Angela Prince, Dir. Public Relations, could be used on websites or in newsletters.

Important Notice to Members and Guests. USA Dance has the mission to promote the quality and quantity of ballroom dancing in America, and, on occasion, our Chapter will be photographing and videoing its activities. Photos and video of our members and guests may appear in print, email or on chapter internet pages and websites. The Chapter also submits photos/video to the National organization for publicity purposes and these often appear in national communications. Please know that great care and discretion will always be used when selecting photos/video. Your attendance at our events is greatly welcomed and constitutes your unconditional permission for USA Dance to take/use/publish photos and video in which you may be present. USA Dance is not responsible for photos/video taken by other persons at its activities.

Portions of USA Dance events may be videoed and/or photographed for promotional and educational purposes. Since there is no way of knowing what audience, background or participant shots/footage might be utilized, it is considered that everyone who attends or participates in these events has consented to the use of video and/or photograph in print or electronically in newsletters, flyers, promotional brochures or on chapter or national websites. If any person has an objection to the possibility of being seen in any video or photograph please notify USA Dance in writing. Failure to do so will be considered "permission granted".

