



# Stepping Out!

NYS-Adirondack Chapter  
United States Amateur  
Ballroom Dancers  
Association

Volume 1, Issue 3

Spring 2005

## Adirondack Chapter Elects New Officers



The Board of Directors of the Adirondack Chapter of USABDA held elections in January. Pictured above are the newly elected officers, left to right: Melissa Ferrie-Healy, Secretary; Joseph DeMeo, Treasurer; Cheryl Humphrey, President; and John Dye, Vice President.

### The President's Corner:

Welcome to the third edition of *Stepping Out!* This month marks the third anniversary of the formation of our Adirondack Chapter. Bravo!!! It amazes me how far we have come, especially when I reflect back from our very first meeting to where we are today. First, just the mere fact that we have a regular monthly dance is impressive. Second, in the past year, we have created a quarterly newsletter, a website, a dance workshop in March, and an outreach program. And currently, we have a committee working diligently on an upcoming black tie event. All this growth comes from hard work and commitment from our board members as well as our volunteers. (Speaking of volunteers, we are looking for YOU. It can be once or twice, or if you like what you see, the  
(cont. on page 2)

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## Line of Dance: Waltz by Melissa Ferrie-Healy

The waltz is a dance that can be many things to many people. It can be the stiff-legged box step first attempted at a junior high dance, or the fast-paced, graceful whirling of practiced dancers on the dance floor at a Viennese ball. It can be the perfectly poised hesitations, intricate twinkles and daring dips of classic ballroom style, or the simple swaying to "Let Me Call You Sweetheart" in the corner of a country dance hall. We ballroom dancers tend to be most interested in ballroom style, but the truth is you're as likely to be waltzing at a wedding or square dance as you are at a ballroom

dance. Where did such a wonderfully versatile dance come from?

The mesmerizing allure of the waltz began with the weller and landler, which were the simple turning dances of Austrian and Bavarian peasants. The turns were eventually combined with a French contredanse figure, which featured an exciting close-hold of intertwining arms at the shoulder level. The resulting dance was thrilling and invigorating, especially when compared to the minuet and other court dances that required dancers to keep a respectable distance from one another. Although many

objected to the scandalously close hold and the dizzying spins, the waltz was eventually accepted by Austrian royalty and began its climb up the social ladder. The English were particularly reluctant to embrace the waltz, but when Queen Victoria expressed a special interest and love of the dance, they could no longer resist its pull. Once the prolific and well-respected composers, Josef Lanner and Johann Strauss, began writing their light-hearted yet classically sophisticated waltzes, the popularity of the dance spread across Europe like wildfire.

(cont. on page 2)

## Our Name is Changing

For years, marketing experts have been saying that the name United States Amateur Ballroom Dancers Association, Inc. is too long, and as a result, almost everyone uses the acronym USABDA when

referring to us. Unfortunately, "USABDA" has little meaning to the general public. In an attempt to remedy this, USABDA members across the nation recently voted to change the name of our

organization to "USA Dance, Inc.". The transition will be slow, since there are a lot of legal issues involved. However, you will eventually see our new name on all of our correspondence.

### President (cont. from page 1)

door is open to help us on a regular basis. We welcome any support!

At this time, I want to take a moment to welcome our newest board member, Tony Farrar. In addition, I want to extend a special thank you to our outgoing officers, Chandler Atkins (President), Steve

board members, Joan Butler, Sarah Ramirez, and Bob Fuller.

In the upcoming year, we will continue to focus on membership growth as well as educating the public regarding the physical, mental, and social benefits of ballroom dancing. Furthermore, we will be forming a fund raising committee,

which should help us to provide you with additional dancing opportunities. If you have any ideas of your own on the future growth of our chapter, please do not hesitate to contact me. In closing, I look forward to working with all of you!

See you on the dance floor!

Cheryl

### Waltz (cont. from page 1)

It is believed that the waltz was first danced in the United States at a Beacon Hill mansion in Boston in 1834. It was part of an informal exhibition presented by local dancing master, Lorenzo Papanti. As in Europe, the shockingly intimate waltz initially met with much resistance, but by the turn of the twentieth century, a typical social dance program in the United States was likely to consist of three quar-

ters waltzes and one quarter all other dances combined.

As waltz entered the realm of more formal ballroom dance, two main styles emerged. The Boston featured a slower tempo with long, gliding steps and eventually evolved into the English/International style. The hesitation involved taking one step to every three beats of music, which is still heavily featured in waltz today.

Whatever the setting, waltz is always

danced to music in  $\frac{3}{4}$  time with a strong accent on the first beat. Tempos may vary. If the music is at a very fast tempo, the Viennese or Quick Waltz is danced. Otherwise, the Modern Waltz is suitable. The basic waltz pattern consists of step-step-close, danced to three beats, often counted in groups of six. Soft knees and a solid frame add to the flow of this smooth and graceful dance.

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## Congratulations!

**Adirondack Chapter U.S.A.B.D.A.**

**Three Years Of Successful Growth.**

- ◆ Monthly dances
- ◆ Quarterly newsletter
- ◆ Formation of a hard-working 12-member Board of Directors
- ◆ Ever-increasing number of active and committed members
- ◆ Informative and User-Friendly Web site



**Looking forward to another exciting year with new ventures including:**

- ◆ Dance Workshop
- ◆ Formal Dance
- ◆ Community Partnerships



**Thanks to all of you.**

**Keep up the great work and enthusiasm!**

**Our Mission:**

- To promote Ballroom Dancing so as to bring the joy of dancing to the citizens of our community.
- To create opportunities to meet and enjoy the friendship of other ballroom dancers.
- To help unite all who share our enthusiasm and interest in ballroom dancing.
- To create a friendly and happy atmosphere for those who enjoy social dancing.
- To provide regularly scheduled dances for the benefit of all who are interested.

**Leads to Follow:**

Check out these dance related web sites:

<http://www.dancelandboomers.com/>

<http://www..GlensFallsBalletandDance.com/>

**Meet Our Members- Brent & Cheryl Humphrey**

Brent and Cheryl Humphrey met through a mutual friend in 1980, but it would be a few years before they would see each other again. Brent had taken a job with a company in Virginia and it would be two years before he would return to the area to work for an Albany based company. Cheryl was working at Glens Falls Hospital and little did either of them know, that for over a month, they lived right next door to each other!

In December 1984, they married. Cheryl left the hospital and went back to SUNY to work on her Masters while Brent traveled the Northeast selling equipment to the paper industry. While attending SUNY, Cheryl was working with a friend's catering business. In 1988, the couple built a home in Queensbury. In the 1990's, they started a home-based business, which keeps both of them busy.

Their adventure in dancing began during dinner one evening, when Cheryl broached Brent about taking a Rhumba



lesson. Uncomfortable with the very thought, Brent agreed to take ONE lesson. Five years and many dance lessons later, they are finally seeing signs of progress. Above and beyond their weekly dance class and their monthly USABDA dance, Cheryl and Brent practice at least once a week either at the dance studio or out on the dance floor at a local establishment.

Brent and Cheryl have found that sometimes dancing can be one of those chal-

lenges that is similar to being asked to rub your stomach with one hand, tap your head with the other hand, and stomp your foot - while chewing gum. It's a lot to assimilate! Thus, laughter and perseverance would be their words of advice to any aspiring dance couples.

Cheryl and Brent were part of the original steering committee from the inception of our Adirondack Chapter of USABDA. Since then, they have remained on the board with Cheryl as Secretary and Brent as a board member. Now, three years later, Cheryl is President and Brent is the Chairperson for the Fund Raising Committee. They have met so many wonderful people that dancing has become a big part of their life!

When they are not dancing, the Humphrey's enjoy jogging, skiing, roller blading, hiking, boating, fly fishing (Brent), biking, working on the house or just enjoying one of Cheryl's gourmet dinners.



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**Adk-USABDA Board of Directors**

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 V.President: John Dye (jdye@finchpaper.com)  
 Secretary: Melissa Ferrie-Healy ( mlfmusic@yahoo.com)  
 Treasurer: Joseph DeMeo

Fund Raising Committee Chairman: Brent Humphrey

Hospitality Committee Chairman: Lise Fuller

Outreach Committee Chairman: John Dye

Publicity Committee:

Diane & Harry Barker and Melissa & Michael Healy

Directors at Large:

Chandler Atkins Steve Butler Tony Farrar

**NYS-Adirondack Chapter  
United States Amateur  
Ballroom Dancers Association**

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Melissa Ferrie-Healy, Editor  
Harry Barker, Production  
Brent Humphrey, Advertising

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**"Let's Dance"**

## **NYS-Adirondack Chapter USABDA Dances**

**All Dances held at the Temple Beth-El**

**3 Marion Ave. Glens Falls, NY**

**(To Temple Beth-El: From I-87 Exit 19, go right onto Aviation Rd. passing Aviation Mall to Rt. 9. Go right (south) on Rt. 9 (Glen St) 1.5 miles. Marion Ave. is on the right across from Heritage Apts.)**

\* \* \* \* \*

**March 12, 2005, 7 PM Lesson: Salsa by Jerry Durovic, 8-10:30 Dancing, Music by: "Dancin'Time"**

**April 9, 2005, 7 PM Lesson: Quick Step by Hershell Allen, 8-10:30 Dancing, Music by: "Dancin'Time"**

**May 15, 2005, 7 PM Lesson: Rhumba by Jan Holik, 8-10:30 Dancing, Music by: "Dancin'Time"**

\* \* \* \* \*

**Dress: Smart Casual      \$7 Members   \$10 Non-members   \$5 Students**

**In case of inclement weather, please call Joseph DeMeo @ 793-0227**

**OR**

**Check our web site: [www.geocities.com/adkusabda/](http://www.geocities.com/adkusabda/)**