



USA Dance, Inc.
Adirondack Chapter #3035

Stepping Out!



Winter 2007-2008

President's Corner

Hello everyone and Happy New Year!

It has been another busy year for our chapter. Our membership has reached 100, a major milestone! Our treasury remained fairly stable and our youth program was very active. We had a very successful 2nd annual black tie optional dinner dance, *Spring in the Adirondacks* and our quarterly newsletter, *Stepping Out!* has continued to be very informative and very professionally done. Congrats to all!

As most of you already know, John Dye has recovered from his surgery and is back dancing! It is so good to see him doing so well!

As I mentioned during our

(see **President** pg. 2)

Dancing For Your Health

Believe it or not, I'm living proof that dancing is good for your health! There may be some nay-sayers out there that might be thinking, "Au contraire! Didn't you have a heart attack while out on the dance floor? How then can you still believe that dancing is good for your health?" On the surface it looks as though those nay-sayers just might be right. After all, it's true. I did have a heart attack on the dance floor. But, I'm still here to talk about it. And it's because dancing saved my life and that's no exaggeration!

I've been ballroom dancing now for around seven years. I take group as well as some private lessons, help out as a dance host at beginner lessons,

and go out dancing with friends every chance I can. It's great aerobic exercise. It improves or at least helps maintain eye-hand coordination. And with all the different types of dances and dance moves to remember and utilize, it improves mental agility. I have benefited from all of these.

So, considering all this, why then did I have a heart attack? All I can say is that I was genetically predisposed to have one. Heart problems are found in both sides of my family. Sometimes doing good things for your body can not totally offset the ol' family tree. But thankfully, they do offset some of the more traumatic outcomes.

by John Dye

After I did my big "show stopper" at the Queensbury Senior Citizen Dance and found myself sometime later settled into my room at the Glens Falls Hospital, I was visited by my cardiologist. "You are a very lucky man," he told me. (I couldn't agree more!) "You were at the right place, at the right time." And I was! Dancing saved my life! I was with someone that makes me happy and content, surrounding by friends and acquaintances, and doing something I really enjoy. Had the circumstances been any different the outcome could have totally changed. Oh, and by the way, while having blockages was not a good

(see **Health** pg.4)

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Share the Harvest Dance

by Cheryl Humphrey

On Saturday, November 3, 2007, the Queensbury Seniors held their annual *Share the Harvest Dance* at the Queensbury Hotel with music provided by David Levesque from Dancin' Time. Approximately 30 dancers from our chapter shared a wonderful evening of

dining and dancing with members from the Queensbury Seniors. Everyone in attendance brought a food donation for the Family Service's food pantry. Also, according to Karen Bodenweiser, Coordinator of the Queensbury Seniors, a little over \$2000 was raised from donations and items from

local sponsors in their silent auction. To quote Karen, our presence was again, "super greatly appreciated."

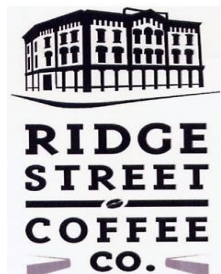
As the evening's music echoed across the dance floor, our chapter's Vice President, John Dye experienced a life changing event. After collaps-

(see **John** pg.2)



Thank you

to the people at The Rock Hill Bakehouse Café at 19 Exchange St. and The Ridge Street Coffee Shop at 1 Ridge St. for letting us display our newsletter in their establishments.



John (cont. from pg.1)
ing on the dance floor, our members, Chris Utter and Susan and Dr. Eric Goe along with some quick reactions from the local EMT's and the fire department turned what could have been a dismal

outcome into a ray of sunshine. Reverend Steve Butler, another dance member, gathered the stunned group and lead us in a prayer for John's well being. Upon speaking with members from our chapter, the President of the Queensbury Seniors,

John Dwyer announced that John would not want us to stop dancing and thus, the evening should continue.

As you will see elsewhere in this issue, John is alive and well today thanks to everyone's help and prayers!

AMERICA'S BALLROOM CHALLENGE

Ain't Nothing Like the Real Thing

America's Ballroom Challenge on PBS—(25 couples...but who will be crowned?)

January 30th	8:00PM	Hour 1	American Smooth
February 6th	8:00PM	Hour 2	American Rhythm
February 13th	8:00PM	Hour 3	International Standard
February 20th	8:00PM	Hour 4	International Latin
February 27th	8:00PM	Hour 5	Grand Finale

Check your local listings for times in your area



Do you have an idea?
We will be providing a suggestion box at future events.
Let us know how we can improve our dances.



President

 (cont. from pg. 1)

December dance announcements, we are raising our entrance fees to our dances. We have kept our fees at the same rate for five years, however, due to rising costs for us to operate, effective January 2008, the new entrance fees will be: members - \$9 and non-member - \$12.

As far as our dance schedule for 2008 is concerned, we will continue to hold our 2nd Saturday dances at the Temple Beth-El except for our 2nd Saturday dance in April as that is our black tie optional dinner dance, *April in Paris*, which will be held at the Adirondack Community College. Our 4th Sunday dances will continue to be held at the Fun Spot through April. Then, we will be taking a temporary hiatus for the summer months as the Fun Spot has committed to other venues during the tourist season.

At our dance on February 9th, we will be celebrating our 6th anniversary. So, please join us in our celebration!

Invitations and flyers are out for our 3rd

annual black tie optional dinner dance, *April in Paris*, on April 12, 2008. It will be held at the Adirondack Community College gymnasium with the Sonny & Perley Band along with our DJ, Dancin' Time. The net proceeds from the evening will benefit our youth program. It should be a wonderful evening of dining and dancing! Please make your reservations now. If you have any questions or need additional information, please feel free to contact me at 761-4174 or the Black Tie Committee Chair, Ellen Dziengieski at 793-8261.

Our "Dance for Life" youth program has already had several inquiries from our local school districts. Some districts are looking for dance lessons during gym class while others are looking for lessons prior to proms or dance marathons. If everything comes to fruition, we will be very busy this spring.

As many of you already know, ballroom dancing is exploding across the country. The media coverage has been

tremendous. In fact, "Dancing with the Stars" will be back again this spring with another season of excitement as well as a special program of "Dancing with the Youth" will premiere. Additionally, dancers have appeared on Maury Povich's TV show "Most Talented Kids" segment. Stay tuned to your TV for the date and time. In the meantime, encourage your neighbors and friends to get involved as dancing is fun and good for you!

As I mention in every newsletter, there are many committees and/or activities that you can become involved in. If you are interested, please do not hesitate to contact me.

In closing, I would like to take a moment to express my sincere appreciation for all of your support in helping to make our chapter such a great success. We will continue to plan for different dancing experiences throughout the year. Your input is most welcome! Keep dancing! Cheryl



The Adirondack Chapter #3035 of USA Dance Inc.

cordially invites you to our 3rd Annual Charity Ball to benefit our youth program

April in Paris

Saturday, April 12, 2008

Adirondack Community College Gymnasium
Bay Road, Queensbury, New York

6:30 P.M. - 11:00 P.M.

Dinner Buffet and Dancing (Cash Bar) ■ Silent Auction

Music Provided by
The Sonny & Perley Band and Dancin' Time

\$55 per person

Black Tie Optional ■ Tables of 8 Available
Amount Deductible \$20

April in Paris

Saturday, April 12, 2008

Please reserve _____ places at \$55 per person.

Name _____

Address _____

Telephone _____

Check(s) for \$ _____ is (are) enclosed.

Reservations please by Friday March 14, 2008
For information call Ellen Dziengoleski (518) 793-8261

Please send your check(s) to: USA Dance Inc., Adirondack Chapter 3035, P.O. Box 4192, Queensbury NY 12804
Please make check(s) payable to: USA Dance Inc. Reservations are limited. Tickets are non-refundable.



Health (cont. from pg.1)

thing, my cardiologist did say that my heart muscle was in great shape and had minimal damage done to it. Obviously, all those people who came to my assistance that night played an enormous part in keeping my heart that way. But let's

not discount how much the aerobic exercise of dance factored into this as well. I am convinced that because of dance, I had a good strong heart muscle for people to work with.

Lastly, I just want to thank everyone for all the cards, prayers, and good

wishes. I was overwhelmed by your kindnesses. I am getting better every day and by the time you read this I anticipate being out on the dance floor "cutting a rug" with all of you once again. Keep on dancing! It's good for you!



Share The Harvest Dance



Leads to Follow: <http://www.dancepartner.com/>

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

Welcome New Members

We would like to welcome the following new members:

September: Norman Barbeau Sunny Hickey Jone Johnson Diane Randall

October: Marci Fraser Lisa & Steve Miller Bill Schwarz

November: Heidemarie Lane Nancy & Richard Wilson Sharon Zayachek

December: Nancy & Robert Gatland Pete Keenan Andie "Jade" Thibodeau

"Dance is the hidden language of the soul" - Martha Graham (1894-1991)

USA Dance, Inc. Adirondack Chapter #3035

Board of Directors

President: Cheryl Humphrey (cheryl@usadanceadk.com)

Vice President: John Dye (john@usadanceadk.com)

Secretary: Diane Barker (diane@usadanceadk.com)

Treasurer: Tony Farrar (tony@usadanceadk.com)

Directors at Large:

Chandler Atkins, Harry Barker, Brent Humphrey

Marilyn & Dan Tallon

"Volunteers don't get paid, not because they're worthless, but because they're priceless" - Author Unknown



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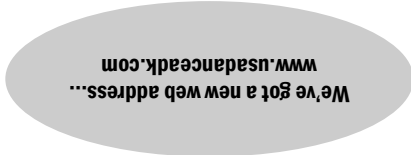
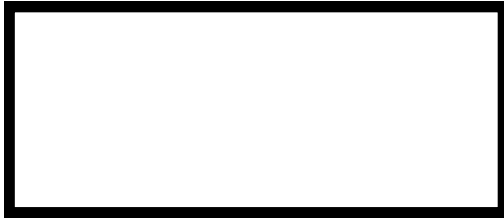


We welcome your input.

Send any info or articles to

admin@usadanceadk.com





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"Let's Dance"

USA Dance, Inc. NYS-Adirondack Chapter #3035

Second Saturday Dance
 Temple Beth-El, 3 Marion Ave. Glens Falls, NY
 7 p.m. Lesson/ 8-10:30 p.m. Dancing
 Music by: "Dancin' Time"

 February 9, 2008 Waltz Lesson by Erick Singleman of Lorraine Michaels Dance Centre

 March 8, 2008 Check our website for lesson info

 April 12, 2008 "April in Paris" Black Tie Optional Dinner Dance
 To benefit our Youth Program
 Adirondack Community College Gymnasium

Fourth Sunday Dance
 The Fun Spot (Skateland)
 1035 State Rt. 9 Queensbury, NY
 7:00-9:30 p.m. Dancing

 February 24, 2008

 March 23, 2008

 April 27, 2008

Stepping Out! is published quarterly by USA Dance, Inc. Adirondack Chapter #3035 P.O. Box 4192, Queensbury, NY 12804
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**USA Dance, Inc.
 Adirondack Chapter #3035**

Dress: Smart Casual \$9 Members \$12 Non-members \$5 Students
 In case of inclement weather, please call Harry & Diane Barker at 793-5853

Check our web site: www.usadanceadk.com