

The Banneker Grapevine



Newsletter of the Banneker Ballroom Dance Club

June 2012

President's Message

By Cecelia Dade-Winfield



As we near the end of a very successful dance year at Banneker, I am pleased to report that we have a roster listing 131 active members. Banneker is flourishing under

the masterful dance instruction rendered by Stan Kelly, who focuses on the beginners during the first hour, teaching basic foot work and patterns. During the second hour, he instructs intermediates whose foot work and patterns are more complex.

This approach to learning ballroom dancing is quite inviting to new students who tend to be hesitant and unsure at first. It has worked well and has resulted in a weekly class increase of $33\frac{1}{3}$ percent of members on the dance floor. Beginners are more comfortable at their pace and the experienced members are able to continue progressing.

Banneker continues to increase its presence in the community, accepting invitations and participating in community events including, but not limited to the Annual NBC4 Health and Fitness Fair, the Armed Forces Retirement Home Christmas and Valentine celebrations, and the Veteran Administration's Medical Center senior talent review. In these events, dancers partner on the dance floor and demonstrate choreographed, technical, and creative dance expressions.

Owing to popular demand, Banneker extended the dance year by adding two additional weeks of classes. Our monthly theme socials, always a big hit, reflected a 20 percent increase in attendance, partly due to the addition of two new themes: "Anchors Away" and "Sports Night".

I wish to thank numerous others who contributed to this year's success: the executive board, the hospitality team, newsletter staff, website team, gala committee, and above all, our many true and faithful members and friends.

2011-2012 OFFICERS

Cecelia Dade-Winfield - President

Pauline Hazel - Vice President

Glenca Kande - Treasurer

Robert Jones - Assistant Treasurer

Brenda Manley - Secretary

Harry Townsend - Assistant Secretary

Margaret Green - Member at Large

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Ballroom Dance as Exercise

By Sherrill Chase

Ballroom dancers enjoy the gliding stride of the foxtrot, the graceful rise and fall of the waltz, and the saucy swaying of Latin dances. On occasions when particularly stirring music causes more enthusiastic movements, the ballroom dancer can and often does “break a sweat”. In light of this evidence of physical exertion, take a moment to consider ballroom dance as physical exercise and its benefits.

Ballroom dance is a weight-bearing activity that builds not only bones but also the upper body, helping to strengthen the body’s core (abs and back). Ballroom dancing also works the backs of the thighs and buttock muscles differently from many other types of exercises.

For women especially, dancing with a partner means mostly moving backwards which engages leg muscles in a different manner than normal forward movement, thereby strengthening the legs and improving balance.

As with any exercise, the number of calories burned depends on the overall intensity of the dance. You can burn more calories dancing a fast tempo salsa, cha-cha, or samba than a slower tempo foxtrot, rumba or waltz. According the HealthStatus website, a 150-pound person can burn about 100 calories for slow ballroom dancing for 30 minutes.

The calorie count increases to approximately 190 calories for fast ballroom dancing. The calorie count also increases with duration; for example, 60 minutes of dancing

increases calories burned to 204 and 374 respectively. To get an estimate of calories burned based on your and a specific dance duration, go to:

<http://www.exercise.com/activity/ballroom-dancing>.

Most fitness professionals agree that an important element to maintaining good physical health is to keep moving. So no matter if you ballroom dance for exercise or for pleasure, “tripping the light fantastic” will help to keep you in fantastic health.

Learning the Tango at Banneker

By Vincent Parker

I first heard about the Banneker Ballroom Dance club from Cecelia Dade-Winfield whom I had the pleasure of meeting while hand dancing at the Eclipse Night Club in Washington DC. She would encourage me to attend the ballroom dance lessons which proved to be difficult at the time because I was in a dance instructor training program with the Smooth and Easy Hand Dance Institute.

Cecelia would always invite me to the floor to “Bop” with her where I would take notice of her poise and grace as we used the floor. With the Bop being a 3 count dance (1, 2, 3, and 1, 2, 3) Cecelia would make me feel as if we were dancing to a waltz. I would acknowledge the fact that she was a good follower and she would reply with more invites to the Banneker Ballroom Dance Club, which resulted in me giving her my assurance of attending a class session in the near future.

I finally entered the dance sessions at Banneker with the idea of learning the Tango, Waltz and Foxtrot and then return to my home dance studio. But somehow Cecelia worked her magic for the second time and talked me into joining a demo group which has become to be known unofficially as the Banneker Tango Team with its first performance being at an exhibition demo in the NBC4 fitness day program at the Washington Convention Center.

Upon retiring from Federal Service after 31 years, I often ask myself, "Vincent what are you going to do with your life?" Well, one thing for sure is this—I will continue to be an active member with the Banneker Ballroom Dance Club as long as I'm able to dance.

Tai Chi and Me

By Deryck S. Chase

It was some time in 1994 and I was experiencing one of the emotionally toughest times in my life. A colleague, perhaps fearing for my health, directed me to a Tai Chi school in Laurel, Maryland. I credit the practice of Tai with improving my mental and physical outlook and ushering me back to a healthful existence.

The term Tai Chi translates as the "supreme ultimate". The "supreme ultimate" is associated with the Chinese concept of Yin and Yang (hard/soft, male/female, dark/light, active/passive, etc.) and the blending of these dualities. The means of managing the blending of these dualities is Tai Chi - the supreme ultimate.

The practice of Tai Chi generates the vital force (sometimes called chi) within the body in patterns that are closely related to the nervous and vascular systems, and is regarded as being connected to the practice of acupuncture and other oriental healing arts.

Tai Chi develops a calm and tranquil mind that results from the focus on the precise execution of the prescribed movements. It builds strength, balance, corrects poor postural alignment and develops one's meditational abilities.

Additionally, Tai Chi is actually a martial art and can be used for self defense. After 18 years I am still captivated by the art of Tai Chi. You see, part of the attraction is that every time I practice, I discover something new—it is the never-ending quest for perfection. I relish losing myself in the movements of the Tai Chi form, maybe it is because it is very much like a slow dance - and I do love dancing.



Banneker's Own Stan Kelly Crowned Prom King of George Washington University Senior Prom

By Emma Coleman Jordan

On Saturday, April 14th, Banneker Ballroom Dance Club members made a splash at the George Washington "Senior Prom", held on the George Washington University campus in Foggy Bottom. This annual event provides an opportunity for G.W. University student service organizations to provide music, serenade a selected "mom" in the audience, and to prepare and serve meals to members of a variety of senior citizen groups from throughout the area.

Students and their senior guests danced with each other to soul music. Some senior

dancers showed their "old school" dance techniques that even the most capable students found hard to match.

At the end, Stan Kelly was chosen "Prom King". Stan's wife, Norma, was surprised, but delighted, at the announcement. Banneker members stood to applaud Stan's selection. Stan spoke to a student reporter about his life as a dancer.

Banneker members are invited to return next year.



Stan Kelly crowned Senior Prom King.



Banneker members congratulate the Senior Prom King.



An elegantly dressed student couple gave an impeccable demonstration of the waltz.

Relevés

Over the grenades of arched feet,
 With a mind of their own.
 I do not think.
 Harmonies slash through cognition.
 Thoughts cling to steel stilettos in expedition.
 Counting steps become faded commands of the
 past,
 Innate inscriptions dictated by syncopated
 breathing.
 A fertile hand rests on a trained bicep.
 A solid clasp in an arid palm.
 Here, I revel in your fruitful embrace.
 Between us exists
 An immeasurable intensity, interlaced.
 From an aerial view of frozen terrain,
 I recognize an old home, forcefully claimed.
 Numb toes engrave stories in frigid cement,
 To the acoustic of gravel beneath slurred steps.
 I do not think.
 Unaware
 When this dance began, I anticipate no end.
 I live here now, safe within this cradle,
 Indifferent to the seasons.
 Burnt cedar clutches the coldest of vapors.
 But I am not chilled.
 The interposed warmth is good here, still.
 I do not push and pull

While the bandoneón clamors,
 Repelling painted, chipped walls of a chiseled
 mind,
 Above the wail of an injured radiator,
 And the sway of camouflaged curtains,
 Caught in a draft,
 Intruding the sealed windows of a defended
 dwelling.
 I've surrendered to your gracious invitation
 To explore this realm of passion,
 Where the origins of vehemence
 Explode organically, without strategy.
 Steps uncounted.
 And the sharp abrasions of the violin whine
 farewell.
 Departing through perilous streets,
 The baritone voice bellows of peace
 Above the mild melody of a feeble flute.
 Your whispers, your warrants,
 Are incomprehensible.
 But your spin in silent sedition
 Enlightens me.
 We dance, mindlessly
 Exchanging power,
 Peacefully sharing unseized space,
 Desperately longing for a taste
 Of revolution
 And a reverence worth pondering.
 I do not think.

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Around Town

Banneker members turned out in force to support Sherrill and Deryk Chase (Front row, 2nd and 3rd from left), and enjoy a fun night of dancing at St. Martin Catholic Church in April.



Birthdays!

March	April	May
Drexel Agee Nataya Battle Valerie Brooks Wayne Butler Eve Dickey Margaret Green Michael Gunn David Nelson William Woods	Plater Campbell Gwendolyn Kurtz Lewis Kurtz Angela O'Davies Mariessa Terrell Andrea Williams	Deryck Chase Anthony Curtis Anita Philyaw Cynthia Price

June	July	August	
Wellington Arnaud Albert Brock Carlyn Cole Judith Fykes Paul Harley James Jackson Frederick Laney Mary Terrell Betty Wilkins	Faye Campbell Sherrill Chase Margaret Crump Cecelia Dade-Winfield Debbie Galiber Brenda Johnson Walter Lawson Darlene Robinson Erana Sanders	Frances Brock James Commissiong David Corry Richard Crutchfield Jeong Dinello Mary Duarte Jean Gilmore Marion Harley Stephen Hayes Inger Hogan Richard Holliday	Joseph Jackson Saiyd Khaalid Patricia Mccullough Stephanie Moore Vincent Parker Deborah Peterson Valida Walker Paul Washington Jeanne Woods Agnes Yates

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