

The Banneker Grapevine



Newsletter of the Banneker Ballroom Dance Club of Washington, DC

October 2014

President's Message

By Brenda Manley



Autumn is full of potential. It's a time when we leave the long and lazy days of summer behind. We are ready to work with a newfound freshness, energized from our rest and vacations, summer boat rides, beaches and cookouts.

Banneker was a destination for many this fall. We had more than 25 new members join us in the month of September! The excitement in the mix of new members and returning members is intense! The dance floor is full. Smiles are broad. New friendships are promising. We marvel as we watch our brilliantly talented and splendidly gifted instructor, Stan Kelly, harvest the boundless enthusiasm and produce new and confident Ballroom Dancers!

Our rolls have expanded and so too have the invitations for Banneker members to join in and participate in outside activities. Banneker members are certainly out and about. Consequently, we have picnicked in Rock Creek Park, sat on the rooftop of Society, sailed the Potomac, danced to a Caribbean beat and listened to the smooth sounds of Jazz. If you would like to receive announcements, send an email to: banneker_info@bannekerballroomdance.com. Ask to be added to the *BBDC Member Email Extras List*!

This season Banneker marches to the rhythms of Salsa and Tango. We will close 2014 dancing the Cha Cha and the Merengue. As the year ends we remember the beloved members and friends that we lost this year— Martha McQueen, Andrew Owens, Audrey Carroll, Sam Burroughs and Lisa Hurt. They will be missed.

The Rhumba begins the New Year. New faces and acquaintances will be added and seasoned members will return. The *Dance Performance Team's* first performance will be at NBC 4 Health and Fitness Expo January 10-11. Our website will get a professional face-lift. Plans are underway to develop a Banneker Facebook page. We will expand our relationship with Dancing Classrooms and will forge new outside relationships. Our new tax exempt status has given us a renewed spirit to promote ballroom dancing.

Be a part of the excitement! Banneker's doors are open and we are always so happy to see you!

2014-2016 EXECUTIVE BOARD

Brenda Manley – President
Cecelia Dade-Winfield – Vice President
Felix Theodore – Treasurer
Deryck Chase – Assistant Treasurer
Candace Thomas – Secretary
Anthony Curtis – Assistant Secretary
Eddie Witten – Member at Large



**Jingle
All the Way**
Annual Holiday Gala

Ballroom
Hand Dance • Line Dance

Sunday, December 14, 2014
7:00 – 11:00 p.m.

Martin's Crosswinds
7400 Greenway Center Drive
Greenbelt, MD 20770

Tickets: \$65.00 per person
Attire: Black Tie

Contact:
• Joe Jackson 202-262-9563
• Brenda Manley 202-256-7218
• Cecelia Dade-Winfield 301-589-0051
• Eddie Witten 202-584-8508

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My Search for My Roots

Submitted by Deryck S. Chase

In one of my favorite Taoist poems, Lao Tzu says “If you don’t know where you come from, you stumble around in confusion and sorrow”. I must say that for a long time I had been haunted by the fact that I did not know much about my family history. By the way of oral history I learned that my maternal great grandfather’s name was Amie Moore and that he was a butler. I do not know if my family took the Moore surname at the time they were released from slavery, in British Guiana, in 1838, or if they adopted it before that.

After pondering the thought of not wanting the expense of a DNA search, I happened on an Ancestry.com offering on Face Book and decided to take the plunge. A few days later, a package with a test tube and all the instructions arrived. I followed

their instructions, mailed the envelope back to the appropriate place, and six weeks later had the results.

I was so excited. There it was. My ancestors were from ALL OVER WEST AFRICA. My DNA showed that I am 41% Ghanaian, 16% Nigerian, 15% Cameroonian, 11% Senegalese, 7% Beninese and 6% British European, which I did not expect but I shouldn’t have been surprised. I actually shed a few tears. I felt as if I was newly liberated and I reclaimed something that I felt I had been robbed of earlier. I thought of the faceless people from all those countries who are my ancestors. I will never know their names but I wondered if their spirits were proud that I had done this thing. And now -for this SON OF AFRICA -there is no more confusion, no more sorrow. I know where I



Deryck embraces his heritage with traditional West African garments.

come from.

Banneker Ballroom Dance Portraits

Submitted by David Corry

I conducted a three year project, during which time images of members from Banneker Ballroom Dance Club were captured while they participated in semiannual events. It has culminated in a photo album with images captured during those events, and of individuals, couples, and groups attending the events. It has been an overwhelming success as I note the degree of satisfaction from those who participated, and from membership in general.

I am so pleased that what my late uncle, who lay bed-ridden by a stroke, told me once when I came in from a print competition, in a state of despair due to a valued print having been ripped apart by print judges. He said “Your work is good; somebody has to see it.”



Portrait of current Banneker President Brenda Manley

He had every right to be in the state I was in, considering his physical condition, yet he offered encouragement to me.

In this project my objective has been to show the quality of my work, without regard for profit. Success can be measured in more ways than monetary value. In this case, the value of providing the service to a community I have come to know and enjoy is measured in the encouragement you give, and in the acceptance given to my work.

I continued to enter print competition and, on several occasions since, my moment of despair have received high marks from print judges. I value your response even more because you are the ultimate judge.

Basic Exercises for the Ballroom Dancer

Submitted by Sherrill Chase

This is the first of a series of articles about general physical conditioning.

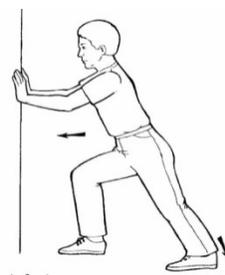
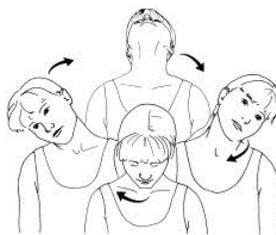
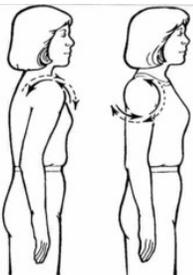
Television has popularized ballroom dancing and underscored the fact that dancing is a highly physical activity--like a sport! For sport-athletes, even for the non-competitive "ballroom athlete," participation requires conditioning. Your conditioning regimen might include (1) warm-up/ stretching, (2) core strengthening, (3) improving balance, and (4) flexibility. This article will concentrate on warm up and stretching

Walking at a leisurely pace can be used as a warm up exercise. Start walking for five to 10 minutes to get your joints and muscles working. Walk around the room, up and down the hall, throughout your house, or around the outside of your house. If you are walking outdoors, be aware of your surroundings such as uneven pavement and low-hanging branches. You can also walk slowly up and down the stairs. Wear properly fitted shoes and socks to avoid injury and discomfort. Do not rush your walking warm up exercise when first starting. As you become more comfortable, you can increase your speed.

Stretch your muscles for five to 10 minutes as part of a proper warm up. Stretching involves doing gentle range of motion exercises. Remember it is better to completely and slowly stretch your muscles than speed through your repetitions. Hold your stretches for about 30 seconds to improve your strength and resistance.

Perform **shoulder circles** to increase your range of motion in the upper back and shoulders, and improve your flexibility in the chest area. The **overhead reach stretch** involves reaching both arms over your head and increases range of motion in the shoulders and upper back. Slow **neck rotation** works out kinks in your neck, **calf stretch** helps you to better straighten your knees, and **lower back stretching** increases range of motion in your spine, trunk and your ability to bend high or low.

Always check with your physician before beginning any exercise program.



Shoulder circles	Overhead reach	Neck rotation	Calf stretch	Lower back stretch
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2014 Dance Team

The Banneker dance team had many opportunities to show off their spirited Merengue routine in 2014. After many practices, this dedicated group performed at:

- NBC4 Health and Fitness Expo
- Mid-Atlantic Jazz Festival
- Glenarden Community Center Valentine Dance
- Banneker Ballroom June Gala

Shown, starting from the left, are Valerie Brooks, Samuel Jones, Margaret Green, Bob Jones, Cecelia Dade-Winfield, Thomas James, Brenda Manley, Eddie Stevison, Sherrill Chase, Deryck Chase, Yvonne John, and Vincent Parker. Dance on dance team. You make us proud!

Family Vacation

Submitted by Judy Bizzell

This year our family decided to go to Myrtle Beach. We went in July, which was sooo very hot; we will probably rethink that next time. But we had a blast! There were 6 adults, but the highlight of the vacation was the children. There was my four grands (Skylar & Kyra – “the twins”, Jade and Chase) and their cousin Bailey.

Of course the ladies are Little Princesses, and the Little Prince wants to be just like his dad. These 5 love muffins will keep you laughing. They are truly the loves of my life.

We stayed a block from the

beach but no-one seemed to mind—as long as the kids had the beach during the day and amusement parks in the evenings.

We were so excited to find a place that offered helicopter rides! With joy and excitement everywhere, the adults took turns flying with the young ones.

The men found a ride called the Sling Shot that propelled them into the air over 9 stories high!!

What a time we had. There were all kinds of things to do for the young and the young at heart.

I hope you’ve enjoyed hearing a little about my family vacation. *THERE’S NOTHING LIKE FAMILY!!!*



The Princesses hold still long enough to pose.

Captivating “Down Under”

Submitted by Pearl Spencer

As the plane descended into Auckland, New Zealand, I was totally hypnotized by the breathtaking scenery of the snow-capped mountains. At the airport we met a few Aborigines who welcomed us and were very friendly.

As we began to explore we went to the Sky Tower and watched as people dropped from 636 foot cables to the ground. At the Auckland War Museum we learned about the first inhabitants – the Maori people. We visited Queens Town where we saw dare devils as the bungee jumpers and visited Skippers Canyon where the gold rush took place in the 19th century. We visited the mountains where the movie “Lords of the Rings” was filmed and traveled through a tunnel in the mountain, where we came upon an awesome sun drenched, snowcapped mountain which prompted me to think “What a beautiful world the Lord has made.”

We later boarded a coal fired steamship to see a sheep shearing; cruised to Milton Sound to witness hundreds of seals and penguins basking in the mid-day sun on the rocks of majestic falls; visited Dunedin, a gold rich town; and visited Baldwin Street (350 meters in height), the steepest street in the world. From Dunedin, we travelled through Christ Church City and saw the destruction caused by a 6.3 magnitude earthquake in 2012.

In Australia, we visited the Opera House in Sydney; Melbourne’s famous sea captain’s house; Phillip Island, where we witnessed the largest penguin parade at sunset as they



Pearl, second from left, poses with her new Aborigines friends.

waddled from the ocean to their sand dunes; the crowded Bondi Beach; royal botanical gardens and Harbor Bridge. We also saw Koala bears and other exotic animals and birds, fed the kangaroos, and visited the Aboriginal Centre where the natives performed a cultural show. We returned home filled with beautiful memories.

I'll Remember You

Submitted by Stan Kelly

I first met Lisa Hurt 12 years ago when the Jones Haywood School of Ballet was beginning rehearsals for its production of the Nutcracker. Lisa was cast as the wife of my character, Dr. Stahlbaum, and our characters were the hosts of a grand Christmas party for our family and friends. Lisa was perfectly casted as the gracious hostess displaying her talent as both an actor and dancer. She and I performed the Nutcracker together for several Christmas seasons thereafter. Lisa was such a joy to be around. She was vivacious, upbeat, and smart...and she loved to dance!

Sometime later, I shared with her information about Banneker Ballroom Dance Club. I was thrilled when Lisa showed up and joined the class. She partnered with Jerry Whitfield for her first Banneker performance at the NBC4 Health and Fitness Expo.

The dance club embraced Lisa for her many fine qualities and, most of all, her genuine personality.



When Lisa became seriously ill, it was hard for me to believe that a person so full of life could no longer live life to the fullest. But then I learned from Lisa how her faith kept her strong and fearless.

Norma and I took her to the hospital several times. We regularly took flowers to her home, sent cards and talked by phone. We were awed by how beautifully Lisa expressed herself in conversations, in notes she would send and telephone messages she would leave—they were so inspirational. One such message was about what a wonderful evening she had spent (although in a wheel chair) attending Banneker's June 2014 gala. But her last telephone message was somewhat foreboding. Lisa asked that we not continue to send flowers because she could no longer take care of them.

Lisa we love you and you will forever live in our hearts.



Club Calendar



November	December	January
4, 18 Cha Cha 25 Thanksgiving Break, No social	2, 9 Merengue 14 Annual Holiday Gala (@ Martin's Crosswinds)	6, 13, 20 Rhumba 22 Theme Social: Sports Night
February	March	April
3, 10, 17 Foxtrot 29 Theme Social: Black History/Valentine	3, 10, 17, 24 Waltz 27 Theme Social: Country Western	7,14,21 Samba 22 Theme Social: Wine and Roses
Class Times 7:00 pm – Introduction 8:00 pm – Intermediate	Class Location 6310 Chillum Place NW Washington, DC 20011 National Association of Letter Carriers (NALC) Union Hall – Second Floor	
(Check our online calendar for updates at www.bannekerballroomdance.com)		

Birthdays!

July	August	September
Angele Baker Faye Campbell Veda Carter Sherrill Chase Cliff Collins Margaret Crump Cecelia Dade-Winfield Teresa Dent Ethel Hawkins Tuleda Johnson Rosalind Palmer Darlene Robinson Odette Smith-Forte Lauri Williamson Sandra Wilson Mary Wolf Diane Scott-Jones Lois Robinson	James Commissiong David Corry Tamara Coward Richard Crutchfield Emma Davis Mary Duarte Jean Gilmore Harrison Hawkins Paul Hester Inger Hogan Connie Jackson Joe Jackson Janice Latimer Vincent Parker Jeanne Woods Agnes Yates	Earl Armstrong Lisa Bell Pat Commissiong Pauline Hazel James Jenkins Yvonne John Frenchie Lumpkin Anita Marshall Gail Mayers Martha Parks Thelma Price Pearl Spencer Minnie Taylor Francis "Bob" Yates
October	November	December
Loretta Argrett Nancy Berry Cynthia Carpenter Billy Coward Brenda Crockett Estelle Franklin Deborah Grimstead John Harps Cohinta Hester Norma Kelly Stan Kelly Brenda Manley Charles McDaniel Gwendolyn Means Maria Mims Publina Pereira Howard Pippen Fern Underdue Roberta Wright	Tami Bey Sandra Handon Emma Jordan Sherrie McReynolds Cecile Mitchell Katherine Moseley Barbara Owens Jody Roberts Keelie Taylor Jeffrey Thompson Jimmy Thorne Olivia Upshur Francine Vinson	James Baker Raymond Contee Lorna Greaves Edith Griffin James Gross Gwendolyn Ingram Thomas James Anna Laney Dennis McCall Ronda McCall Roland Randolph Jefferson Spears Pat Theodore Harry Townsend F. Robert Yates Jr. Pearl Young Janice Wallace

Newsletter committee: Betty Wilkins, Eddie Witten

October 2014

Photo Gallery



Breaking News!!!!

Banneker Ballroom Dance Club of Washington, D.C. is now a tax exempt, non-profit organization!! What great news!! Congratulations to the members of the ad hoc committee who contributed to the successful 501(c)(3) application!

Robert (Bob) Jones
Robert Yates, Jr.

Cecelia Dade-Winfield
Harry Townsend

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