

The Banneker Grapevine



Newsletter of the Banneker Ballroom Dance Club of Washington, DC

March 2016

President's Message

By Brenda Manley



Happy Spring 2016!
I invite you to join us
for our Spring Gala,
Over the Rainbow,
on Sunday, June 12, 2016. The
Gala promises to be an elegant,
fun-filled evening of music,
dancing, dining and
entertainment. See our Gala flyer

on this page and please feel free to contact us about tables and tickets. I hope to see you there!

Also, Sunday, June 12, will figuratively end my term as President of Banneker Ballroom Dance Club of Washington DC. I would like to take this opportunity to thank the Executive Board, our dance instructor, the committees, the dance performance teams, my consultants, Banneker members and all of you for your support over the past two years. Together we accomplished quite a lot!

The last two years have seen many progressive changes to Banneker. Here are just a few! Over 40 new members have joined the Club. We gained 501(c)(3) status and created an implementation and affairs committee to make sure we remain in compliance. We've already received tax refunds from the District of Columbia as a result of our new non-profit status. With the hire of our new dance instructor, we have added different dances to our line-up, adjusted the dance schedule and increased the number of dance classes. We overhauled the website and created a brand new Facebook page. The fresh marquis at the dance hall entrance adds a nice touch to our venue and the novel Banneker business-card schedules make it easy for us to share information about the Club. And we're documenting our administrative processes to pass along as Banneker goes forward!

I've thoroughly enjoyed working with Banneker's leadership team, members and friends. Banneker's foundation is stronger than ever. Thank you all for working with me!

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

*Over the
Rainbow*
ANNUAL JUNE GALA

Ballroom
Hand Dance • Line Dance

Sunday, June 12, 2016
7:00 - 11:00 p.m.

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

Tickets: \$65.00 per person
Attire: Black Tie

FOR TICKETS OR INFORMATION CONTACT:
BRENDA MANLEY 202-256-7218
CECELIA DADE-WINFIELD 301-589-0051

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Biking in Chile

Submitted by Thomas James

In October 2015, my wife, Lami, and I were able to cross another place in the world off of our bucket list. We travelled to the central coastal region of Chile in South America. Our trip to Chile was organized by Vermont Biking Tours (VBT). VBT specializes in biking and walking tours. It was VBT's first tour in Chile but they have many years of tour experience in other parts of the world.



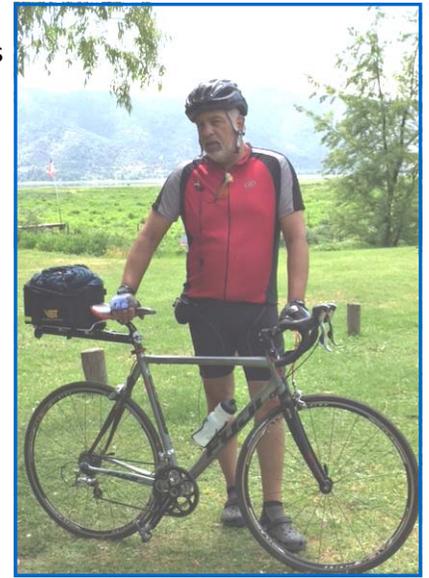
Thomas and Lami relaxing

Chile is a very long slender country bordering the

lower western coast of South America. Chile has over four thousand miles of coastline. The upper or northern region of Chile is mostly desert, arid, and dry. The southern lower region of Chile is colder being so near Antarctica.

Our bike tour with VBT focused on the central coastline flowing inland to lush farmland with many vineyards. October is spring

in Chile and wild flowers grow like grass blanketing the entire countryside. The sites from your bike of the snowcapped Andes mountains and the Pacific coastline were breathtaking. We started our tour in the capital city of Santiago. Santiago is incredibly modern. We also toured the historic port cities of Vina Del Mar and Valparaiso. In our opinion, Valparaiso could be called the San Francisco of Chile. We enjoyed lots of wine tastings at vineyards in the Santa Rita and Casablanca region. The people of Chile were extremely welcoming and created a wonderful experience for us.



Thomas suited for action

Junkanoo Christmas

Submitted by Philippa Smith-Tyler

Christmas 2015, I took my third cruise to the Bahamas. For me, this trip was different from other cruises I have taken. After boarding the ship my travel mate said she felt the stresses of everyday life dropping from her shoulders. All I wanted to do was sleep, but she convinced me to tour the ship. We ended up where there was 1980's music and the dancers were dressed like The Village People! At the encouragement of one of the dancers, I left my lethargy behind and took to the dance floor dancing to "YMCA". My travel mate was shocked to see me change from lethargy to a dynamic disco dancer! By the end of the evening, I had gotten everyone in the crowded audience up on their feet!

The Junkanoo, a Bahamian Festival, was in full swing during our visit. A bus tour took us to visit the Garden of

the Groves, dedicated to Wallace and Georgette Groves, who created the town of Freeport, Bahamas. We dined at The Conch Fritter Shack, which I profess to have the



Philippa with Junkanoo performer

best food on Grand Bahama Island. The tour guide pointed out we were only 40 miles from the coast of South Florida, and that it takes 30 minutes to fly to the Island and 60 minutes to swim. But, if you take a cruise, it takes ALL NIGHT! We were told that the ship avoids port taxes for a lengthy stay in dock by slowly cruising around in a circle during the night while passengers dance, gamble, and drink.

I met a woman a few days into our cruise who had seen me dancing and laughingly asked, "When we go back to the ship, are you going dancing? Everyone onboard was talking about you!" WHAT A FUN TRIP!

CATCHing Healthy Habits

Submitted by Cecelia Dade-Winfield

Want a better way to help reduce the fast rate of obesity that is spreading among our young people today? I found a program that does just that! The program is called CATCH: Coordinated Approach To Child Health. CATCH Healthy Habits, funded by the National WellPoint Foundation, is an after-school program conducted in several locations in the Washington Metropolitan area. It is an intergenerational physical activity and nutrition program that has



Cecelia serves CATCH kids a healthful snack

positive impacts on adults age 50 plus, and on children in kindergarten through fifth grades.

The Program addresses obesity through nutrition information, health education, exercise and mentoring. I volunteer twice a week for the CATCH Program at the Rollingcrest Community Center in Hyattsville, Maryland, where I work with children to expose them to healthy, nutritional snacks. I also lead lessons on health and nutrition. Each session ends with games and fun-filled physical activity.

My Dancing Classrooms Experience

Submitted by Bob Jones

Recently I spent two enjoyable hours as a ‘Buddy’ at Stoddard Elementary School for the Dancing Classrooms of Washington, DC (DCDC). DCDC is part of an international arts-in-education program teaching ballroom dance to school students. Stoddard is currently the only DCDC participating school in the area.

I came in as a Buddy during the twelfth lesson of their twenty- lesson series. The goal was to show good form while doing all of the dances with the teacher, for each of her two classes, and to talk to students after the demonstrations. Dance teacher, Vivian Thurman, aka “Ms. Vivian”, introduced me as “Mr. Bob” to her 5th and 6th graders. She and



Mr. Bob with DCDC participants

I danced the Merengue. She then asked the class for comments on our dancing, other than I was very tall, and she was short.

Next, Miss Vivian had the class dance the Merengue for me and asked for my comments on their dancing. I made ‘gentle’ comments — first a positive statement, and then a small criticism. For example, I saw two gentlemen that would not put their right hands on their partners’ left shoulder blades. We continued this teaching process by first dancing and then reviewing the students as they danced the Fox Trot, Rumba, Tango, Swing, and Waltz. Students also asked me questions such as “was Ms. Vivian my wife” to which I clearly replied “No”.



Ms. Vivian (r) shows a student proper form

I encourage other experienced Banneker male dancers to consider becoming a Buddy. You will have fun, as well as exert some positive influence on children about the healthful benefits of social ballroom dancing. Dancing Classrooms will train you to do their simple steps, and will also give a small stipend for each Buddy visit.

Little Sister Comes to Visit

Submitted by Deryck S. Chase

The last time I saw my father, was in November of 1976 when I visited Guyana after finishing school. At that time, he introduced me to his latest crop of children, four year Ulric and three year old Elizabeth (who was the same age as my son). At that time, it seemed he was contemplating that he might not live to see them grow. Seven years later he died, at the age of fifty-eight, but not before making two more babies. After his death I lost track of Elizabeth and her siblings.

In September, 2015, my uncle (his brother) called me and said that Elizabeth was asking about me, she said she had met everyone else but me and wanted to see me when she came on a visit to the US but she was afraid that I would reject her. He gave me her number and I called, we became Facebook friends and began exchanging information, I was even able to

provide her with a picture of the old man. I learned from her that after the old man's death, she and her family had moved into the interior to live with her maternal grandmother.

At my invitation, she and her husband came to visit me in Maryland. I picked them up at the bus station and gave her a big hug that seemed to dispel her anxiety. After treating them to dinner, I showed them around Washington, DC and we got further acquainted over breakfast the next day. She and her husband even came to that Tuesday's Banneker dance lesson but were too shy to participate. By the time she left she was comfortable enough to address me as "Big Brother" and I, in turn, called her "Little Sister". We now keep in touch by Facebook and by telephone.

She has since introduced me to two more half-sisters, but that's another story.



Deryck with his sister, Elizabeth

Around Town



Banneker Ballroom Dance Team has been very busy this season. Besides the usual gala performances, the team has performed at the NBC4 Health and Fitness Fair (left), the MidAtlantic Jazz Festival, and the Mount Zion United Methodist Church Health Fair (right).



Club Calendar

April	May	June
5, 12, 19 - Cha Cha 26 - Merengue	3, 10 - Tango 17, 24, 31 - Waltz	7 - Review Session Sun 12 "Annual June Gala"
Class Times 7:00 pm – Beginner 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!

January	February	March
Cindy Brewer Carl Carlton Genie Chisholm Nobuko Contee Lori Dendy Horatia Fagan Vangy Franklin Robert Jones Bonnie McCoy Elaine Powell Sandra Rogers Bruce Romano Betty Smalls Eleanor Stewart Reggie Wingfield Eddie Witten	Fran Alves Robert Bowles Claude Correll Elaine Gunter Reginald Handon Glenca Kande Roland Kave Yvonne Rogers Timothy Smith Sharon Walton Jerry Whitfield John Wolf	Drexel Agee Valerie Brooks Lovie Carolina Constance Creasey Eve Dickey Margaret Green Michael Gunn David Nelson Peter Taylor William L Woods
April	May	June
Diane Blount Reginald Boone Constance Hinds Angela O'Davies Shern Stewart Paula Waters Anita Williams	William Banks Joyce Bowles Deryck Chase Ronald Crockett Anthony Curtis JoAnne Joyner-McNear Lawrence Lanier Cindy Price Gumbs Roma Candace Thomas	Gwellnar Banks Frances Brock Albert Lee Brock Stewart Fitzgerald Jeanne Fox Alston Judith Fykes Kaye Henson James Jackson Robert Robinson Mary Terrell Felix Theodore Loren Walker Betty Wilkins Marilyn Williams

Newsletter Committee

Betty Wilkins, Eddie Witten



Contact Us

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