



NATIONAL CHAPTER OF THE YEAR

2011/2012

District 9 Chapter of the Year 2009 and 2011

**Greater Daytona Chapter USA Dance
#6026 January 2014**

HAPPY FEET



President's Message

Dear Members and Future Members,

An exciting announcement regarding our chapter will be revealed at our January 11 dance, which we are calling our Revelation Ball, thanks to Jean Krupa's creativity. We hope you are able to attend.
:)



With a new year upon us, let's renew our desire to be better dancers and to encourage our non-dancing friends to join in the fun. Why? Dancing makes you smarter. You may have heard about the New England Journal of Medicine report on the effects of recreational activities on mental acuity in aging. Here it is in a nutshell. The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine. Their method for objectively measuring mental acuity in aging was to monitor rates of dementia, including Alzheimer's disease. They studied cognitive activities such as reading books, writing for pleasure, doing crossword puzzles, playing cards and playing musical instruments. They also studied physical activities like playing tennis, golf, swimming, bicycling, dancing, walking for exercise and doing housework. One of the surprises of the study was that almost none of the physical activities appeared to offer any protection against dementia. There can be cardiovascular benefits, of course, but the focus of this study was the mind. There was one important exception: the **ONLY** physical activity to offer protection against dementia was **FREQUENT DANCING**.

Reading - 35% reduced risk of dementia

Bicycling and swimming - 0% reduced risk of dementia

Crossword puzzles at least four days a week - 47% reduced risk of dementia

Playing golf - 0% reduced risk of dementia

Dancing frequently - **76%** reduced risk of dementia

[Read](#)

[more...](#)

Wishing you only good things in 2014!

Marta

Dance Instructors for January

January 11

Felix Solis teaching Tango from 7 - 8 p.m.

Dance from 8 - 10:00 p.m.



Cost

\$10 for members of USA Dance; \$15 for non-members

\$5 for students of public schools or higher education under age 25

January 25

Felix Solis teaching Tango from 7 - 8 p.m.

Dance from 8 - 10 p.m.

Cost

\$10 for members of USA Dance

\$15 for non-members

\$5 for students of public schools/higher education under age 25

Not a member? Be a member!

Only \$25 for a full 12 months as a social dancer and receive a return of \$283!

How? Check out Benefits of Membership at greaterdaytonachapter.org.



**Both at Gold Star Ballroom
Home of Greater Daytona
Chapter**

3100 S. Ridgewood Avenue, South

Daytona

1/8 mile west of Ridgewood off Venture Drive
at the South Daytona Business Park

**Be sure to welcome our
new
members!**



Myra Daniels
Darlene Martel
Mikie Forsyth
Tom Moroney



Chapter-Sponsored Dance Lessons

Who: Members and Non-Members,
singles and couples welcome,
no partner needed

What: ***Beginning Cha Cha**

When: Tuesdays - January 7, 14, 21, 28

Time: **6:30 - 7:15 pm**

Cost: \$6 per person per lesson;

\$24 total paid at first lesson please, cash or check payable to USA
Dance

What: ***Beginning Foxtrot**

When: Tuesdays - January 7, 14, 21, 28

Time: **7:30 - 8:15 pm**

Cost: \$6 per person per lesson

\$24 total paid at the first lesson please

Cash or check payable to USA Dance



What: **Intermediate Tango**

When: Tuesdays - January 7, 14, 21, 28

Time: **8:30 - 9:15 pm**

Cost: \$10 per person per lesson; \$40 total paid
at first lesson please, cash or check payable to
USA Dance

***Gold Star Ballroom is partnering with USA Dance Chapter
#6026 by offering free admission to Wednesday Night Practice
to the students of Beginning Cha Cha and Beginning Foxtrot for
the month of**

January, when paying for all 4 lessons at lesson #1.

Thank you, Gold Star Ballroom!

Where: Gold Star Ballroom

3100 S. Ridgewood Avenue, South Daytona
(1/8 mile west of S. Ridgewood from Venture Drive; look
for Sandy Point and a sign for the South Daytona Business Park
on the corner)

(use 3090 S. Ridgewood as your GPS address)

Questions?

Contact Marta at martausadance@cfl.rr.com or [386-562-0590](tel:386-562-0590).

CENTER STAGE

by Tom Sanders

She Conquers Challenges
&
Relieves Stress with Dance

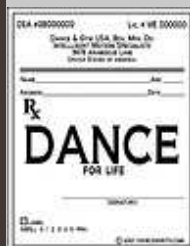


I know you have seen this extraordinary lady at USA Dances and locally where she attends dance lessons. Her name is Mary Mosley, and prior to having the privilege to write about her, I would never have realized her life-long accomplishments.

Mary is a Florida native, born in St. Augustine who now resides in Daytona Beach. Let me be the first to acknowledge that there are many individuals who benefit daily from her living in our Community.

Her background has paved the road for many in education, industry, and social justice. Mary began her education in Catholic school and then was a pioneer in the integration of African-Americans into the public school system. Upon her transition into her High School years, she rallied for the Civil Rights of African-Americans to attend St. Augustine High School. Her rallies for this Civil Right landed her in jail on multiple occasions as she marched side by side with Martin Luther King. Her fervor for social justice even resulted in her sharing a jail cell with Martin Luther King on a night when his life was threatened. Her commitment and actions were rewarded by being the first ever African-American individual to receive a High School diploma from St. Augustine High School.

[Read more...](#)



Dance Quote of the Month

I would rather pay for dance lessons than visits to the doctor, wouldn't you?