



Northern Virginia Country-Western Dance Association **NEWSLETTER**

CELEBRATING TWENTY NINE YEARS OF TWO-STEPPING
29th
Anniversary
1986  2015

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Second Quarter 2015

President's Report

by Rick Humbert

I am hoping that all the winter weather is behind us for several months, as the clocks are now set on Daylight Savings Time, and the calendar says it is Spring. While Northern Virginia didn't seem to receive a lot of snow over this winter, the timing of the snow was such to disrupt NVCWDA activities. The February 21 dance was cancelled due to snow, as Fairfax County Public Schools decided the day before to cancel activities. The March 5 snow did not deter attendance at the March 7 dance, as approximately 75 people were in attendance.

The annual NVCWDA Benefit Dance will be held on April 18. Once again, Fisher House Foundation will be the beneficiary. In short, Fisher House Foundation is best known for having a network of houses where military and veterans' families can stay at no cost while a loved one receives treatment. The Country Steppers, NVCWDA's dance demonstration team, will entertain us with one of their routines. Please bring a dish to share for a potluck "dinner," and please also donate any items you may not need for a silent auction. Once again, Ann Marlin, with help from Beth De Silvo, has made a quilt to raffle off. Please do not miss this special night of dancing and other festivities.

A bit of "good" news is that scheduled remodeling at the main dance venue at Linconia Senior Center will be delayed until after the August dances. The Board continues the process of attempting to find suitable venues to hold dances during the remodeling. As I pointed out in my last article, when dance venues are confirmed, everyone will be informed by way of announcements at dances, the website, etc. (It will not pay to ask before things are finalized.) Please remember that no venue is going to be perfect to all.

Northern Virginia Country-Western Dance Association Benefit Dance for Fisher House

April 18, 2015
6:30 p.m. - 9:30 p.m.

Please bring a potluck dish to share.
Be ready to participate in the Silent Auction.

Lincolnia Senior Center
4710 North Chambliss Street • Alexandria, VA

Tickets will be \$15 in advance; \$20 at the door.

Make checks for admission tickets payable to NVCWDA.

Net proceeds will go to the **Fisher House Foundation**, which is a not-for-profit organization providing temporary housing to families of patients receiving care at military hospitals.

Difficult to believe, but NVCWDA Board elections will be held at one of the May dances (it's tentatively scheduled for the 2nd, but could be on the 16th). All offices and directorates are up for election. As of now, Wayne Herndon, Nancy Vogelmann, and Bill Wong plan to continue their service as Vice President, Secretary, and Treasurer, respectively, and Lydia Vitale plans to remain Communications Director. Luella Montgomery is stepping aside as Member at Large. As was the case last year, while I have previously announced that I would not seek another term as President, I am open to continuing my service as President for one final year. Planning Director, Special Events Director, and Membership Director positions are currently vacant, although Eric Vondra is continuing to perform the duties of the Membership Director. We are looking for a few non-Board members to serve on a Nominating Committee to attempt to fill Board positions. Please bear in mind that we need to have a President, Vice President,

Secretary and Treasurer in order to hold dances. Also, three directors need to be present in order to conduct business at Board Meetings. (There have been two Board Meetings this term that fell short of a quorum.) Please consider running for one of the open Board positions.

That is all I have for this issue. I hope everyone has a happy Spring season of fun and dance.

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2014-2015 NVCWDA Board of Directors

OFFICERS

President	Rick Humbert
Vice President	Wayne Herndon
Secretary	Nancy Vogelmann
Treasurer	Bill Wong

DIRECTORS

Dance	Kathy Fanelli
Communications	Lydia Vitale
Membership	Vacant
Planning	Vacant
Special Events	Vacant
At Large	Luella Montgomery
Steppers	Susan Scott
Past President	Vacant

The NVCWDA is a non-profit organization dedicated to teaching and promoting CW dancing for the enjoyment of our members and friends.

The NVCWDA Newsletter is published quarterly by the Northern Virginia Country-Western Dance Association, Inc.; P.O. Box 384; Merrifield, VA 22116-0384. Initial memberships and annual renewals are \$18 per year or \$36 for two years payable to NVCWDA at the address above. Advertising deadline is the 15th of the month preceding publication. Advertising rates: camera ready full page display ads, \$160; 1/2 page, \$80; 1/4 page, \$40; business-card ads, \$20. Email prepaid advertising material (high resolution pdf if available) to communications@nvcwda.org. Mail check to NVCWDA, P.O. Box 384, Merrifield, VA 22116-0384.

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Hotline Mistress	Diane Foster

Summary of March 21st Board Meeting

by Nancy Vogelmann

The NVCWDA Board of Directors met on March 21st at Lincolnia Sr. Center. Elections are to be held in May, and new people are being sought to fill in some of the vacancies. Please talk to Board members if you are interested. The Vice President again requested Board members to sign up for front desk duty, and Board members will cover dances April 4, April 18, May 2 and May 16 so far.

The Lincolnia Sr. Center has notified us we can only continue holding dances through August 2015. After that the Mason Hall room where we dance is being remodeled with the future unknown. Other venues for our dances are going to be needed, in case our members know of possibilities. Calling all Couples: The upcoming dance of April 4 to be held at Accotink Unitarian Universalist Church (AUUC) in Burke, has

the Steppers teaching a couples dance along with a line dance, both of which to be announced shortly.

With the Benefit Dance, April 18th, to be held at Lincolnia Sr. Ctr., also coming up very soon, we need donations of items for the silent auction to benefit Fisher House. Please contact a Board member so we have an idea of how many tables to set up. So far there is 1, possibly 2, beautiful hand-made quilts by Beth and Ann! We also need people to bring a potluck dish to share, as we did last year. It should be a wonderful evening again!

A vote will be taken to see if the membership is interested in having a Fourth of July dance this year, as the first Saturday of July this year happens to be the 4th.

The Treasurer presented income and expense reports, transactions for year to date, and balance sheet. The Treasurer also reported filing Form 102 with the State of Virginia to allow for solicitations on behalf of Fisher House, which is to be filed each year.

New Members needed for our Steppers Dance Team!

Join us for **FUN, EXERCISE, COMRADERIE** and the
SATISFACTION of SMILING FACES



Email: steppers@nvcwda.org

Lessons taught recently at NVCWDA Dances

Step sheets for most of these dances are available on our [website](http://www.nvcwda.org), under the "DANCE INFO" tab.

Do You Wanna Dance LD	Fishin' LD
American Kids LD	Roller Coaster Ride LD
Tennessee Waltz Surprise LD	The Sway Couples
Jordin's Step LD	Such a Fool LD
The Wanderer Couples	Santa Fe Stroll Couples
Long Long Way LD	Boys 'Round Here LD

Annual Plea for New Board Members

The end of the current term of the Board of Directors is quickly approaching at the end of May, and Board positions will be available. We must fill the open positions to continue to have dances. Please take a moment to read the brief position descriptions below. We hope that you will consider volunteering for one of the jobs. NVCWDA cannot continue to host dances without volunteers. We need your help!

President—Responsible for the overall supervision of NVCWDA. The President calls and presides at meetings, appoints committees, and reports to the membership. The President sees that we follow the NVCWDA Constitution, Bylaws, and Rules of Order and serves as the primary contact for other country-western dance groups and associations.

Vice President—Fills in for the President when necessary and compiles the desk duty schedule.

Secretary—Primary duty is to record the minutes of all meetings and to maintain the official records of NVCWDA. The Secretary is third in line of succession after the President and VP.

Treasurer—Responsible for paying NVCWDA bills, maintaining bookkeeping records, submitting required forms when due, updating liability insurance, and informing the Board about the Association's financial activities and status. The Treasurer also picks up NVCWDA mail at the Merrifield Post Office once a week and directs it to the appropriate Board member.

Planning Director—Main duty is to secure dance venues for NVCWDA events. This includes compiling possible locations and visiting the sites, preparing agreements with the venues, and acting as the point of contact with their representatives.

Membership Director—Maintains the NVCWDA membership database, which includes entering new members and

renewals and sending renewal/expiration notices. The Membership Director keeps the Board informed about trends in member numbers.

Communications Director—Oversees the production of the NVCWDA quarterly newsletter and coordinates with the NVCWDA hotline mistress, webmaster, and Facebook administrator. The Communications Director also submits notices about dances to local news outlets.

Dance Director—Manages the DJ contracts and schedules, arranges instructors for dance lessons, fields questions and problems at dances, monitors dance floor etiquette, and acts as liaison between dancers and DJs.

Director-at-Large—Coordinates with volunteers to provide refreshments and decorations for dances.

Special Events—Coordinates with volunteers to provide refreshments and decorations for special event dances. (These refreshments and decorations are in addition to the regular decorations and refreshments coordinated by the Director-at-Large.) We have several special event dances during the year. The biggest is the New Year's Eve Dance. Others are the Anniversary Dance and the Benefit Dance.

All Board members get free admission to our regular dances. They are expected to attend six Board meetings, which are held every other month and last about an hour and a half. Once a quarter, Board members submit material for the NVCWDA newsletter. Board members, except for the Director-at-Large who is busy monitoring refreshments, are also expected to do door duty at the dances on a rotational basis. If you would like further information or have any comments or suggestions, please email us at info@nvcwda.org or speak to any of the current Board members at one of the dances. Your involvement in any capacity will be greatly appreciated.



Steppers Report

by Susan Scott

Email: steppers@nvcwda.org

I begin my report by extending a warm welcome to Vinny Mulally and Terry Garczynski. They officially joined us in January. In less than three months, they are already performing 4 routines. Both are current line dance instructors with ballroom dancing experience. We are fortunate and thrilled to have them on our team! Bobby Orndorff resigned due to a long commute to and from Winchester. He is a line dance instructor at the Moose Lodge in his town and has grandchildren who are keeping his schedule busy! We miss you Bobby!

Ella Broughton has also stepped down from our team due to family commitments. She will come to practice occasionally when her schedule permits.

This brings me to an article I read recently about the health benefits of dancing.

A 21 year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City,

Health benefits of frequent dancing included: increased energy, reduced depression, improved cardiovascular health, strengthened bones, improved flexibility and improved balance to name a few. (see article on page 4 also)

I have a great idea to help you increase your dancing frequency. We need more dancers to join our Steppers Dance Team. We have to cancel many of our scheduled performances when there are too few of us to perform. By joining, not only will you exercise your mind and body, belong to a group and develop camaraderie, but most importantly, be of service to your community.

Our demonstration dance team creates our non-profit status through community service. According to the Constitution and Bylaws of our Association, one of the purposes of the NVCWDA is to: "to develop and provide a Demonstration Dance group to portray Country-Western Dance."

Please consider joining your dance team.

You may e-mail me at steppers@nvcwda.org, call our hotline, or speak to me or one of the "Steppers" at our dances for further information.

See you on the dance floor!

Dance at Every Chance. No More Excuses

by Lydia Vitale

It's too much work!

In order to live a long and healthy life, it takes a lot of work. That work doesn't have to be unpleasant. That work can be joyful, fulfilling, and in a sneaky way keep you going, keep you active, keep you happy, and keep you young. Come dance! Sure, it means getting up out of the recliner. Yes, you may have to get your brain working. Yes, you may have embarrassing moments as you are learning. You may step on toes or find yourself face to face with a fellow line dancer when you should be seeing their back. The startled look on their face as they quickly try to figure out whether they did something wrong or you did something wrong is well worth the effort of giving it a try. Without even knowing it, you are not only exercising your brain but theirs too. We all know that burning calories is good for you. If you get hot you know you are doing something right. If you get tired, you'll sleep better. If you strengthen your muscles, your balance improves. It takes work but it is fun work!

You are just making the health benefits up!

There have been documented studies. There was a major study published in the *New England Journal of Medicine* (<http://www.nejm.org/doi/full/10.1056/NEJMoa022252>) that promotes the idea that dancing can help offset dementia.

"Among leisure activities, reading, playing board games, playing musical instruments, and dancing were associated with a reduced risk of dementia."

There is a great synopsis of the article in laymen's terms accompanied by some nice illustrations at this site: <http://socialdance.stanford.edu/syllabi/smarter.htm>. I personally like the title "Use It or Lose It: Dancing Makes You Smarter." A major point of the study is that the lead and follow of couples dancing did wonders to maintain mental acuity since there are split-second decisions made by men and active interpretation by women as they dance.

Dancing has many benefits that are a boost both mentally and physically. Take a look at this AARP site: http://www.aarp.org/health/fitness/info-2005/dance_to_health.html

"Like other moderate, low-impact, weight bearing activities, such as brisk walking, cycling or aerobics, dancing can help:

- strengthen bones and muscles without hurting your joints
- tone your entire body
- improve your posture and balance, which can prevent falls
- increase your stamina and flexibility
- reduce stress and tension
- build confidence
- provide opportunities to meet people, and
- ward off illnesses like diabetes, high blood pressure, heart disease, osteoporosis, and depression

So if you're tired of the treadmill and looking for a fun

way to stay fit and healthy, it might be time to kick up your heels!"

Here is another good article that speaks of life choices and the benefits of exercise.

<http://www.helpguide.org/articles/alzheimers-dementia/alzheimers-and-dementia-prevention.htm>

I would like to do all I can to keep my brain healthy and alert. Four out of six of their brain-healthy lifestyles hit the mark with dancing for me.

#1 – Regular Exercise. They state that physical exercise reduces your risk of developing Alzheimer's by 50 percent.

#2 – Mental Stimulation. People who keep learning new things throughout their life are less likely to develop dementia. How about learning a new line dance or new couples dance move?

#3 – Stress Management. I can't tell you how many times I've been worrying about everything going on in my life as I head to class or to a dance and come away at the end of the evening completely relaxed, tired and happy.

#4 – Active Social Life. This is a big one. It turns out that dance classes, dance teams, and dance associations can be social clubs. You make friends, you develop support networks and you get the additional great satisfaction of helping others.

I have two left feet!

I hear this line very often. My response for that is easy. I quickly reassure people that when I started dancing I couldn't even hear the beat of the music. I was pretty terrible but I stuck with it. I took a lot of classes before I got up enough nerve to attend a dance. I worked at it and eventually I could hear the beat and recognize what type of dance I could do to a song. I brought it up a notch when I started teaching. I can usually count a dance in (some still elude me). I've developed lung power by calling out the steps for my beginners. I've created an extra reason to go to class. It is hard to say "I don't feel like going to class today" when you are the teacher. I'm constantly having to learn new steps (especially for our intermediate class). My secret is that I'm not too swift learning dances. Being a teacher gives you a head start – you get to work at it ahead of time while no one is watching. It all boils down to... if I can do it, anyone can.

I don't like to leave my spouse at home alone!

Spouses who have no interest in dancing can come visit, snack, enjoy watching the happy looks on their partner's face on the dance floor, be entertained by all the activities and even better, help out with the associations who are always in need of volunteers to keep the whole thing going. If nothing else, they can bring along their crossword puzzles. (See the article called "Use It or Lose It: Dancing Makes You Smarter" <http://socialdance.stanford.edu/syllabi/smarter.htm>). It states that doing crossword puzzles at least four days a week offers a 47% reduced occurrence of dementia. Eventually they may give the dancing a try when they see how much fun everyone is having.

I can't find any place to dance!

Go to the NVCWDA web site and check out the dance links.

–continued on page 5

There are many links filled with information about dancing in this area: <http://www.nvcwda.org/links.html>

You'll find a place to dance in no time.

I have no time!

This one hits close to home. All I can say is that in this busy world, grab any opportunity you can to get out there and dance. Learning is exciting, conquering a move or adding a new line dance to your repertoire is exhilarating and making new friends is awesome. I don't know where I heard it but this sums it all up. Live to dance and dance to live!

Twenty Questions with Wayne

by Wayne Herndon

Editor: Wayne, thank you for coming in to the studio today to have a cup of coffee with us and answer some questions that have come up from our members following your article in last quarter's newsletter. By the way, with the Sam Elliott-esque hat and mustache, I was expecting to see you drinking coffee that could be cut with a knife. Your cup looks a bit more amber than I was expecting. You take it weak?



Wayne: No, actually, it's quite strong.

Q2: Oh, okay. Well, anyway, we wanted to start the discussion with association business. First, thanks for being willing to fill a board position. As you know, it is often hard finding people willing to fill these important roles. But, the organization really needs people who will get out in front of things and lead.

A2: Thanks, Lydia, I just want everyone in the NVCWDA to know I'm behind them all the way.

Q3: That's great. Have you considered running for President?

A3: Of course. I'm sure everyone thinks about that from time-to-time. But, this year doesn't seem like a good year. The field is very crowded with quite competitive candidates.

Q4: What? Really?

A4: Yes, Hillary is a clear front runner for the Democratic nomination and O'Malley is there in case she stumbles. On the Republican side, there are at least a dozen candidates and Jeb Bush seems to have all the money locked up. The Texas card that got two of our last four Presidents elected is already being played by Ted Cruz, Rick Perry and, to some extent, Jeb Bush.

Q5: Well, that wasn't exactly what I meant but moving on. I hear you are writing a country western song. Is that true?

A5: Not exactly. I'm actually writing an entire album.

Q6: Very interesting. What inspired you to take on such a project?

A6: A while back, a friend suggested that I write my autobiography. As I thought more about it, I realized that an autobiography for me would essentially be a collection of short stories that would make great country western songs.

Q7: So, you decided to do it?

A7: Yep, I went for it. The album is mostly complete. But, I'm a perfectionist and I'm still doing some clean up on it. Hopefully, it will be out soon.

Q8: I'm sure a lot of our readers have thought about making an album. Would you tell us a bit about the process?

A8: I tell you, putting these songs together has been a real lesson in self-examination. I have essentially taken apart all the pieces of myself and my life until just my heart and soul remained. Then, piece by piece, lyric by lyric I've rebuilt myself and my life in country songs. It has been quite the introspective experience and I'm sure you will all be amazed with the end product.

Q9: Wow, that does sound interesting. Tell us more about the album?

A9: Well, of course, I talk about the challenges I've had in life. All the trials and tribulations are in there as well as my struggles to overcome them. I talk about my passions and my addictions -- and there's lot of overlap between those two. For me, both categories basically consist of 80 proof, classic country music, dance floors and lonely women. You know what's fascinating about those four things, Lydia? They would make the perfect heaven. They also would make the perfect hell. I'm telling you those four things are pretty darn versatile to be both passions and addictions.

Q10: Very insightful. Do you have a title for this album?

A10: Well, I would have called the collection "Legends, Lullabies and Lies" had Bobby Bare not already used that for a two-album set he recorded back in 1973.

Q11: Uh ohh. So, what is your second choice?

A11: Well, a few weeks back, I was on top of our ladder trying to fix a busted water pipe in the ceiling of our garage. I happened to look down to where I was standing and there on the top step of the ladder, between my boots, were the words "Not a Step." It hit me then that this situation pretty much summed up my entire life experience. So, for now, I'm calling this collection of songs "Life on the Not A Step."

Q12: The mention of "lies" in the context of being an ideal potential album title brings up another question. After your last article, I have to tell you, we had some readers that questioned the veracity of some of your stories. Is this album more of the same?

A12: Well, Lydia, the recipe for a good story is equal parts fact and fiction. Frankly, it takes some of both to have a good tale and I'm cognizant of that when I write or speak. People tend to think I've made up the most outlandish parts of the stories I tell. But, really, those are the true parts. The fact checkers know I'm making stuff up but they always come up dry because they choose the exciting stuff to fact check. Truth truly is stranger than fiction. What I do is make up and blend in the mundane. I have to. Otherwise, people wouldn't swallow the story.

Q13: Yes, that explains a lot. Thanks for filling us in. Would you mind sharing one of the songs with us?

A13: Well... I guess... sure. The first song in the collection sets

— continued on page 6

the stage and the themes it brings out are really a backdrop for everything else on the album and in my life. I'm not going to sing the whole song today but I'll tease you with the chorus which goes like this:

*Hey bartender, when you close,
Sweep the sawdust off the floors,
Drag the drunks through them swingin' doors.
But, don't worry about the sleazy women,
I'll take out the trash.*

Q14: Very nice, will that be a two-step or a waltz?

A14: Yes.

Q15: Umm, okay. So anything else you can tell us about the album?

A15: Well, I've tried to stick to tried and true country song writing methodologies but with my own brand of misery and humor.

Q16: Can you give us an example?

A16: Well, one of the things that makes a country song really work for listeners is to have a theme that keeps coming up in different contexts at different times in the singer's life. Take Tim McGraw's "Don't Take the Girl" for example. The first time we hear this phrase in the song he's a little boy going fishing with his dad and doesn't want the girl to come along. Then, ten years later, they're in love and facing a mugger. The line still works. Finally, five more years have gone by and she's having a difficult childbirth. His plea is still on point. Other classic examples are T. G. Sheppard's "Do You Wanna Go To Heaven" and Cal Smith's "Country Bumpkin." I have this thread that just seems to keep popping up in my life. So, I used this writing style for the second song on my album. First, it was the employee at work who leapt over me on the corporate ladder by going to work for a rival in the company. It next came up in the emotions following a tough break up. Even now, it still pops up in my life from time-to-time in the weirdest of places. I've called this second song "She Got Over Me (By Getting Under Him)."

Q17: Alrighty, then. I think we'll move on. I've noticed you've refilled your, umm, coffee twice already. And, you've alluded to liquor at least a couple of times today. So, is alcohol one of those tribulations you've fought?

A17: Actually, Lydia, I never have more than three.

Q18: Come on now, that's not what we've heard.

A18: I swear on a stack of Garth Brooks CDs.

Q19: Scandalous...but, good try.

A19: Actually, I use a waltz count when I drink to make sure I never go over three. And one, two, three, and one, two, three....

Q20: Got it. That's more like the rumors that are going around. Well, it looks like we are running out of time so we will need to wrap this up. Once again, thanks for coming in and I do have one last question before you go. I'm kind of embarrassed to ask it but a couple of our very persistent members have insisted that I do. So, here goes. Boxers or briefs?

A20: No, thanks.

Treasurer's Report

by Bill Wong

NVCWDA has filed IRS 1099's for the DJ's, paid the ASCAP bill, and filed the Virginia Department of Agriculture and Consumer Services (VDACS) form 102 for permission to solicit, after VDACS denied our form 100 exemption request.

The average attendance so far for the fiscal year ending May 31, 2015 is: 54.5. For fiscal year ending May 31, 2014 it was 52.2 and for the previous fiscal year it was 59.7.

The membership this fiscal year has fluctuated between 123 and 130. The previous fiscal year it went down from 170 to 130.

For this fiscal year, the association's funds increased from \$10,433.02 on June 1, 2014 to \$11,370.60 as of March 23, 2015. Below is the quarterly report:

Category	FYE May	Quarter Jun	Quarter Sep	Quarter Dec	FYE May to 2/28/15
INCOME					
Admissions	12,340.00	2,775.00	3,254.00	2,618.00	8,647.00
Donations	3,920.00	0.00	0.00	100.00	100.00
(Payable to Others)					
Donations Received	3,512.54	326.00	260.00	463.00	1,049.00
Interest Inc	0.87	0.24	0.24	0.24	0.72
Membership Dues	2,142.00	396.00	288.00	324.00	1,008.00
TOTAL INCOME	21,915.41	3,497.24	3,802.24	3,505.24	10,804.72
EXPENSES					
Bank charge	237.21	0.00	10.00	0.00	10.00
DJ (1099 payee)	7,050.00	1,800.00	1,800.00	1,600.00	5,200.00
Donations to Others	7,512.00	300.00	300.00	1,400.00	2,000.00
Dues, Fees, Licenses	801.95	0.00	35.00	758.00	793.00
Insurance	496.06	0.00	496.03	0.00	496.03
Phone	515.80	209.42	101.75	152.41	463.58
Space Rental	2,260.50	850.00	229.00	0.00	1,079.00
Space Rental - (Officers Mtg)	40.00	0.00	0.00	0.00	0.00
Supplies	434.35	0.00	22.46	53.06	75.52
Website	179.64	0.00	0.00	156.38	156.38
TOTAL EXPENSES	19,527.51	3,159.42	2,994.24	4,119.85	10,273.51
OVERALL TOTAL	2,387.90	337.82	808.00	-614.61	531.21

NVCWDA HOTLINE
703-860-4941

NVCWDA WEBSITE ADDRESS
www.nvcwda.org

NVCWDA EMAIL ADDRESS
info@nvcwda.org

 **Visit us on
Facebook**



Scan this code
with your
smartphone
to open our
website.

Welcome New Members

Donna Hall
Young Soon Dorr

Rebecca Gibson
Mark Gibson

HAPPY BIRTHDAY!

April Birthdays

4/02 Sue Maillet
4/03 Diane Foster
4/04 Mike Houchins
4/11 Sandra Graves

May Birthdays

5/01 Armand Maillet
5/06 Linda Cerisano
5/13 Gary Campbell
5/19 Jack Wallace

June Birthdays

6/13 Linda Wallace
6/14 Bruce Wright



Newsletter Sections on Website

[NVCWDA Dance Schedule](#)
[Dance Event Calendar](#)
[Upcoming Steppers Performances](#)
[Looking for Lessons?](#)
[How Do I Get There?](#)

STORES

Sal's Shoe Repairing

703/941-9864
7312 Little River Tpke.
Annandale, VA 22003

*10% discount with
NVCWDA membership card

W. J. Colt & Company

703/971-7555
2832 Dorr Ave. #B
Fairfax, VA 22031

*20% discount on boots with
NVCWDA membership card

**Call ahead to make sure discount is still in effect.*

Newsletter Deadline

**June 15 for articles,
reports, ads and news items**

Email to: communications@nvcwda.org

Send Microsoft Word or Text Files. Ads may be
sent as press-ready pdf files (if able, make them high
resolution with fonts embedded)

Send photos separately as tif or jpeg files
(high resolution)



MEMBERSHIP APPLICATION/RENEWAL/CHANGE FORM

Northern Virginia Country-Western Dance Association

P.O. Box 384

Merrifield, VA 22116-0384

06/2012



Individual Members Only

Name _____ NEW ADDRESS
check here ☐

Address _____ Apt. _____

City _____ State _____ Zip _____

Birthday: Month _____ Day _____ (Must be 18 years of age)

Phone: 1st _____ 2nd _____

Email _____

Membership Category

New _____ Renewal _____

_____ 1 year . . . \$18.00

_____ 2 years . . \$36.00

Membership # _____

Make check payable to NVCWDA

Cash ☐ Check # _____

Your email address will be used only for official NVCWDA notifications, including membership renewals and announcements.

Please check your preferences on the following questions:

Would you be willing to help with some of our activities during the year? Yes ___ No ___

Would you like your birthday listed in our newsletter on your birthday month? Yes ___ No ___

Today's date _____