

## **Member of the Quarter**

**...Fred Ferate!!**



For Fred Ferate, an ABD member since 2009, and our first featured "Member of the Quarter", dance is the "elixir of life".

Fred grew up in Washington state, spent his college years in Cleveland and Minneapolis, taught physics in Colombia, and enjoyed a career in radiation protection that led him back to Washington state and then on to Las Vegas and DC.

It was in Las Vegas in 1988 that Fred began his dance journey with classes in West Coast Swing. In 1990, he transitioned to private American ballroom lessons from a "lovely Italian lady who'd been a stage dancer on the Strip".

When work took Fred to DC, he began International Latin group lessons with an English International Latin champion. Following her retirement, he and a partner practiced using

Dance Vision VHS tapes and later ventured into Argentine Tango.

In 2009, Fred's retirement brought him to Austin to be near his daughter and her family. He quickly became a regular at Tuesday ABD classes and balanced that with Argentine Tango lessons and milongas around Austin. For 5 years, he performed choreographed Argentine Tango routines at the annual Dia del Tango.

Currently you'll find Fred dancing most every day. When not in ABD's intermediate ballroom classes Tuesdays and Thursdays, or lighting up the floor at ABD's Saturday dances, Fred rounds out his week with Bachata, Salsa and Argentine Tango lessons and milongas elsewhere around town.

That's a pretty intense schedule for a dancer of any age, but our Fred is just shy of 80! He cites dance for its physical benefits in maintaining his strength and stamina and credits its social interaction with "many wonderful people" for his "very positive view of daily life".

Thanks, Fred, for your membership, friendship and support of ballroom dancing in Austin and ABD!