



Newsletter of the Boots 'n' Buckles Dance Club • October 2006 • Volume 17, Issue 10

PRESIDENT'S MESSAGE

I would like to welcome Leslie Brazelton to the Boots 'n' Buckles Board of Directors as the new Merchandising Chairman. See Leslie for all of those BnB purchases. Thank you Kathy Martin for stepping in while you could. The full story is inside.

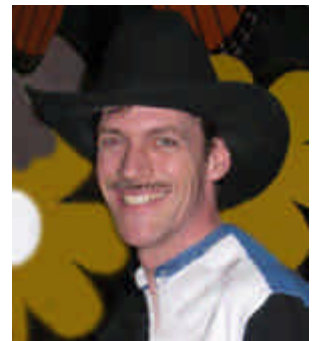
Labor day weekend turned out to be just that. Carole and I performed dance routines down at the Pinedorado 3-day festival in Cambria, CA. We ran into Pat and Mary from Quicksteppers and danced "Drifter" among others on the dance stage together. That was fun! We taught "Do Your Thing" to Krystle Forseth, the daughter of Carole's best friend Robin Pollock, the night before. She picked it up almost immediately and performed with us the following day. She was terrific. The weather was beautiful and we taught the usual "Electric Slide" and "Cotton-Eyed Joe (CEJ)" to the masses. Who knows? We might be having a few more beginners stop in to Swiss Park now.

It was straight from the theater. Popcorn and candy on the tables. We had all kinds of characters from the movies attend our Movies Night on September 8th. Carole and I appeared as an out-of-work, starving actress/actor. With sign's around our necks saying, "Will ACT for Food!" We were actually fed quite well, even though our acting was probably why we were "out-of-work." Several folks wore cartoon character shirts including DJ Bob Hubbard. Gary Davidson and Helen Phillips kept busy as a couple of Crime Scene Investigators (CSI) fingerprinting anyone who even looked suspicious. Helen would go around with her powdering brush collecting fingerprints. A flashlight and surgical glove completed the look. Gary, of course, was taking pictures of all of the suspects. Henry Costa came dressed as a gangster from the movies. He taught "Shipwrecked" as requested by a previous vote at one of our early Friday night dances. There were others but I was so busy acting for food that I didn't get to take them all in.

Birthday night brought Evelyn Khinoo in to teach Multiplication. And to top it off, Evelyn and Denny were DJing their own dance at Quicksteppers Saturday night. The cake was white with strawberry filling. Happy Birthday to all.

Our Welcome Back Membership Dance on September 22 was a huge success. Every member who attended received a "Dance" bracelet at the door signifying they belonged to our Boots 'n' Buckles Dance Club. Several members brought in goodies to snack on between dances. The General Membership Meeting took place at 9:38. The next General Membership meeting is in November when the new board elections will be held. If you want to run for the board, now's a good time to start campaigning.

Thanks to all of you for your support of our club. Glenn Wiegand / President



Three Dot Dance News

New Appointment to the Board of Directors

Please welcome Leslie Brazelton to the Board of Directors. Leslie has been appointed to take the place of Kathy Martin as Merchandising Chairman. Kathy resigned due to time constraints which did not allow her to make it to the board meetings. Kathy shall remain an active member and contributor to the RoundUp newsletter. Thank you Kathy. Congratulations Leslie and welcome aboard!

Hands Around the Lake

Carole and I participated in the "Hands Around the Lake" event to celebrate Fremont's 50th Anniversary Festival. On Saturday, September 9th, we walked from our house to Lake Elizabeth. A little over 4 miles roundtrip. Once there at the boat house, we checked in and donned our orange XL T-shirts. They were already out of the M and L we had ordered. Then we walked back about 1 mile to stand along side close to 3,500 other Fremont residents to join hands. A helicopter flew up from San Jose and made several sweeps around the lake to take our picture. Once with our hands joined, once with our hands raised. Our shoulders were sore just trying to keep our arms elevated for such a long period of time. When it was over we walked home and discovered that the shoes we wore were not good for walking distances. It's amazing how quickly a blister will form. Now if we can only live another 50 years we'll be able to compare our picture from then and now. If not, maybe our grandchildren will have fun looking at a piece of history that was made in September of 2006. Here's to another 50 years Fremont!

Pictures are on the web at:

<http://picasaweb.google.com/celebratefremontatthepark/HandsAroundTheLake>

October Birthdays



Lorraine Kurtela	10/3	Jocelyn Liu	10/20
Joyce Chiou	10/3	Dan Latipow	10/21
Glenn Wiegand	10/5	Mike Hanson	10/26
Monica Hepponstall	10/6		

**Members get into one Friday night dance during the month of their birth for Free!
Check with the cashier when you arrive.**



Kathy's Korral

I always ask people why they became interested in Country Line Dancing because to me, it is one of the most fun types of dancing. Often I get really varied reasons such as “for exercise”, “to get out of the house” or “because I love Country music”. Frances Lind is one of those people who really appreciate Country Music. Frances is a big fan of Billy Ray Cyrus, so when she saw a line dance class advertised at the recreation center near her home, she noticed one of the dance being taught was “Achy Breaky Heart” by the instructors so she couldn’t resist trying it. That was in 1996 and Frances says she has been hooked ever since.

Born in Manhattan, New York, Frances moved to South San Francisco when she was four and then to Mountain View when she was five and still currently resides there. She has worked in the electronics field in Silicon Valley ever since graduation from high school doing a vast assortment of jobs such as assembly, touch-up, production scheduler/planner, customer service, account administration, specification writer and marketing sales and support. It seems Frances really enjoys variety!

Among her hobbies other than line dancing, Frances likes photography, working on her computer and anything that has to do with Clay Aiken including being a volunteer for his foundation. Frances is city team leader for the Foundation’s yearly Wrapping for Inclusion activities during the Holiday Season. Wrapping for Inclusion involves wrapping gifts (not singing) at various stores and raising money for the Clay Aiken Foundation. Frances says the Bubel/Aiken Foundation’s mission is to “provide services and financial assistance to facilitate the full integration of children with disabilities into the life environment of those without”.

Frances also enjoys traveling especially if it also relates to Country Music and Line Dancing. She has been to Costa Mesa, Atlantic City and Clearwater, Florida for Clay Aiken concerts. Yearly, from 1993 to 1998 she traveled to Nashville for fan faire. She also traveled to Hawaii in 2001 for Hedy McAdams Hawaii Dance Camp, in 2003 it was the Aloha Dance Festival with Doug and Jackie Miranda and in 2005 the Hawaii Line Dance Cruise with John Bowen, Gina Mello and Harry and Sharon Emmett. In 2003 she attended the JG2 Line Dance Marathon in Raleigh, North Carolina. No wonder she knows every dance.

In 2003 Frances decided to check out Swiss Park when a friend mentioned to her how nice the dance floor was. Now, she is taking on another adventure as Public Relations for the Boots ‘n’ Buckles Board. Frances certainly has the enthusiasm for her role and will be a great asset for our Club.

Kathy Martin



Recognizing A Stroke

BACKGROUND STORY

During a BBQ party a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital and at 6:00pm, Ingrid passed away. She had suffered a stroke at the BBQ party. Had they known how to identify the signs of a stroke, perhaps Ingrid would still be alive today.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed and getting to the patient within 3 hours, which is tough.

RECOGNIZING A STROKE

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

1. Ask the individual to SMILE.
2. Ask him or her to RAISE BOTH ARMS.
3. Ask the person to SPEAK A SIMPLE SENTENCE (Coherently) (i.e. . . . It is sunny out today).

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of non-medical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

BE A FRIEND AND SHARE THIS ARTICLE WITH AS MANY FRIENDS AS POSSIBLE, you could save their lives.

Treasurer's Report - Overview for October 2006

On our bootsnbucklesdanceclub.com website are the financial statements for the club as of August 31, 2006. The report will be updated with final September data on October 7. The club continues to realized a surplus of \$740 year-to-date. This unusually high surplus is due to current membership renewal fees.

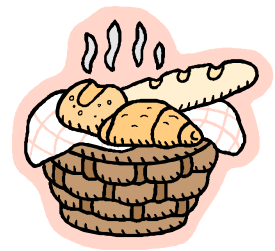
The club's cash position remains strong with \$10,123 in a risk-free CD earning 4.00% APR and over \$2,000 in cash and checking. – Gary Davidson, Treasurer

Boots 'n' Buckles Workshop T-shirts

There are still a few Boots 'n' Buckles T-shirts available. They are \$15.00 each and will be sold at Friday night dances. Also, pick up a totebag for only \$8.00.

Helen's Kitchen

AFRICAN BEAN SOUP



- 1/2 cup water
- 2 T soy sauce
- 1 onion
- 2 cups peeled and diced
sweet potatoes or yams
- 1 large carrot thinly sliced
- 1 celery stalk
- 1 red bell pepper diced
- 15 oz can crushed tomatoes
- 3-4 cups vegetable stock
- 15 oz can garbanzo beans
- 1/2 cup chopped cilantro
- 3 T peanut butter
- 1/2 cup water
- 1-2 teas. Curry powder

Heat 1/2 cup water & soy sauce-add onion & sweet potatoes. Cook 5 minutes over high heat.

Add carrots, celery, peppers-cover & cook for 4 minutes.

Stir in tomatoes, vegetable stock, beans, cilantro.

Blend peanut butter with 1/2 cup water, add to soup with curry powder.

Cover and simmer for 15 min.

IT'S RENEWAL TIME!!

Well, it's that time of year again. Time to renew your membership to Boots 'n' Buckles. Your 2005-2006 membership has expired on August 31, 2006 so be sure to renew right away. You can bring your renewal form along with the \$18.00 payment to the Friday night dance or mail the renewal form with a check back to us at:

Boots 'n' Buckles
P.O. Box 875
Newark, CA 94560

Remember...in order to participate and vote in any of our General Membership Meetings, you have to be a member. So make your voice count and renew your membership.

We want to thank you for your past support. As you know, Boots 'n' Buckles is a membership-based club and through club membership dues, we are able to support Friday night dances and you receive \$2.00 off your admission. Your support and participation keeps the dance world alive. So tell a friend, bring a friend, and encourage others to join our club.

See you on the dance floor!

Boots 'n' Buckles Board



Boots 'n' Buckles Monthly Dance Schedule

Come dance with us every Friday Night! All request social dance. Great wooden dance floor.

Where: Swiss Park, 5911 Mowry Ave, Newark, CA

When: 8:00 pm to 11:30 pm

This Month:

October 6, 2006 - First Dance of the Month.

Guest Instructor: Evelyn Khinoo

October 13, 2006 –Second Friday dance..

October 20, 2006 - Celebrate October Birthdays.

Guest Instructor: Charlotte Skeeters

October 27, 2006 - Halloween Dance. Come in costume for a trick or treat.

Next Month:

November 3, 2006 –First Dance of the Month.

Guest instructor: Connie Silva

November 10, 2006 – Second Friday Dance.

November 17, 2006 – Celebrate November Birthdays.

Guest Instructor: TBA

November 24, 2006 – Thanksgiving Dance.

Bring a snack to share.



Other Bay Area Dances

Sun Oct 1 - First Sunday Dance

San Bruno Senior Center

DJ: Diana Ward

1:00 - 4:00pm

Sun Oct 1 - First Sunday Country Swing Dance

830 Stewart Drive, Sunnyvale

Instructors: Heide and Kaylene

8:00 - 11:00pm

Fri Oct 6 - Cactus Corners

First Presbyterian Church, Livermore

DJ: Gary Clayton

7:30- 10:30pm

Sat Oct 7 – Quicksteppers - Oktoberfest

American Legion Hall, San Mateo

DJ: Neil Hale

7:30 - 10:30pm

Fri Oct 13 - Second Friday Dance

Masonic Temple, Menlo Park

DJ: Jamie Hogan

7:30 – 10:30

Sat Oct 21 - Cactus Corners - Halloween Dance

First Presbyterian Church, Livermore

DJ: Trish & Bob Boesel

7:30- 10:30pm

Sat Oct 21 - Quicksteppers - Sports Nuts

Twin Pines Community Center, Belmont

DJ: John Bowen

7:30 - 10:30pm

Fri Oct 27 - Fourth Friday Firehouse Dance

Pedro Point Firehouse, Pacifica

DJ: Matt & Carol Fitzpatrick

8:00 - 11:00pm

Sat Oct 28 - Country Hustlers

Danville Veteran's Hall

DJ: Clint Qualls

8:00 - 11:00pm

Sat Oct 28 - Dancin' Shamrocks

Line Dance Saturday Night

Hyde Middle School, 19325 Bollinger Rd., Cupertino

DJ: Mike & Joyce Shannon

7:30 – 10:30pm



BOOTS 'N' BUCKLES DANCE CLUB

Website:

Http://www.bootsnbucklesdanceclub.com

Mail:

Boots 'n' Buckles
P.O. Box 875
Newark, CA 94560

Email:

bootsnbucklesdance@yahoo.com

This newsletter and more are all available on our website above.

Check it out and become informed.

Board of Directors

Glenn Wiegand	glennwdancer@comcast.net
Rob Lynch	rob2563@yahoo.com
Lee Sollecito	BABYLEE3@aol.com
Gary Davidson	garyd9@pacbell.net
Carol Clark	ChetClark@comcast.net
Kathy Menzies	Kathy@timberconstructionco.com
Carole Wiegand	carolegdancer@comcast.net
Jim Cromie	K8VFT@aol.com
Leslie Brazelton	dance4me48@yahoo.com
Frances Lind	frances_lind@yahoo.com
HongYing Wang	yinger762@yahoo.com
Helen Phillips	Bucklesdance@pacbell.net

Dance Lessons at Swiss Park

Mondays	6:45-9:00pm	Intermediate Classes	\$7 per class
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New Beginner Class at Swiss Park:

Mondays 5:30 – 6:45. 7 week session September 11 through October 30 (no class on Oct. 9, Columbus Day)
\$35.00 prepaid. Drop in cost: \$7.00 per person

Instructors for Monday evening classes: Trish & Bob Boesel (email Trish: rboesel@ix.netcom.com)

Come dance with us every Friday Night! All request social dance. Great wooden dance floor.

Where: Swiss Park, 5911 Mowry Ave, Newark, CA

When: 8:00 pm to 11:30 pm



Boots 'n' Buckles Dance Club

P.O. Box 875

Newark, CA 94560