

THE DOWN BEAT

OCTOBER 2009

OKC SWING CLUB NEWSLETTER

LESSON TIME CHANGES

In **October**, we will be adding the **RED class on Sundays at 2**, same time as the **PINK** class. All other classes will remain the same.

On **Mondays**, **GREEN, YELLOW, & PURPLE** classes will be at **7:00**. **PINK** and **RED** will meet at **8:00**.

BLUE class will continue to meet on **Tuesday at 7** and any **dancers wishing to have help prior to competing at the State dance** are welcome to come on **Tuesday at 8:00**.

There may be other changes. If you are not yet signed up at the Yahoo group, you might want to do that so you can receive up-to-the-minute changes and notifications from the school. Go to the club website, <http://www.okcswingdanceclub.com/>, to get registered.

One more change: the **YELLOW** curriculum will have set moves and be on DVD like the Pink and Purple and available at all times. There will be several Yellow DVDs with different moves, i.e., A, B, C, etc. The first one will be available soon, with the others to follow shortly. Yellow will become a level that you must test out of in order to move up to Green.

If you've never been to the **RED** class, now might be a good time to check it out. The footwork will be taught as a line dance and, again, you will be required to test out of that class in order to move up to Yellow.

BIRTHDAYS

Happy **October** Birthday to Club members: **Jim Bell, Martha Clayton, Neil Craig, Roger Hoskins, Jamie Leal, Kathy Osborn, Jenna Quintero, Carolyn Smith, and Zetty Templin**. Come on out to the Swing Club birthday party and celebrate your special day. Birthday people get in free!

We're having **BUILD YOUR OWN DESSERT** for our birthday party so we need you to bring **SOMETHING** you would use to build a dessert, i.e., nuts, hot fudge, caramel, butterscotch, whipped cream, cherries, bananas, pineapple, ice cream, brownies, sprinkles, etc. We will all go through the line and make our own desserts. Yummy!

Birthday night we will also have a **PHOTO IDENTIFICATION CONTEST**. You need to bring a photo of you, preferably one that others have not seen. Please put your name on the back and give it to Linda Jones and **ONLY** Linda Jones. Put it in an envelope so no

one will see it. Better yet, email it to her at littlewhit42@att.net. Either way, she needs to have it by the October 9th Practice Party in order to get everything set.

CLUB DECORATING

It's Halloween! We will be decorating the Club on October 3, so please make plans to give a little time Saturday morning at 10. There are LOTS of decorations to put out and we sure could use some extra hands in order to get it all finished in a timely manner. There will be music and we always have a good time. Come on out and join us. **All dancers (Swing, Ballroom, Country, Salsa, Square Dance) are encouraged to come join us since we all benefit from the beautiful decorations.**

APPARREL

The ladies new jackets have finally arrived and are a big hit. With three styles to choose from there is something for everyone and every size. If you don't have yours, be sure to place your order at the front desk. The cost is \$45; for an additional \$5 you can have your first name embroidered on the front. We are currently taking names and phone numbers of those who wish to buy a jacket. Our minimum order is 12. We do have a few left from the first batch. Ask at the front desk. The black shiny jackets with the pink logo are also available for \$50 each and we do have several on hand.

Paul is asking that we all wear OKC Swing Club tee shirts or black tee shirts to the OKSSDC Friday night dance. Pick up one at the front desk for only \$10 and support your club!

REPORTERS NEEDED

DID YOU GO TO A DANCE EVENT? Your help is needed. PLEASE
Email your comments or thoughts about the dance event for
publication in the newsletter. Contact
DottieJett@gmail.com

ADDITIONAL PRACTICE PARTIES

Come join your fellow dancers at the West Coast Practice Parties at Friends on Wednesdays and Chisholm's on Thursdays. The CD fun starts at 7 pm for both these places.

WHERE ARE WE GOING?

Oct 8-11, Boogie By the Bay at San Francisco, CA; 222.boogiebythebgay.org
Nov. 6 & 7, OKSSDC Oklahoma Kansas State Swing Dance Championships, OKC
Mark your calendars and find a partner with whom you can compete at the State Dance Festival to be held here in OKC November 6 – 7. There is now a book at the front desk

*that describes the different dances and qualifications for entering. **Buy your tickets now at the front desk. \$45 for both days.***

Nov 5-8 Tampa Bay Classic at Tampa, FL; www.TampaBayClassic.com

Nov.22 OKC Swing Club Fall Festival (Showcase)

Nov 26-29 US Open at Los Angeles, CA; www.USOpenSwingDC.com

Look for fliers in the foyer and plan a mini-vacation.

If you are planning to compete at the OKSSDC (the State Dance to be held here in OKC on November 6th & 7th) you are welcome to come to the Club on Tuesdays about 8 pm, after Blue class, for some additional help. There is no charge if you are a current club member. Deadlines for signing up for competitions are this week!

If you attended the Judging Seminar and wish to judge the OKSSDC dancing, be sure to contact Paul.

FALL SHOWCASE

In case you haven't heard, we are having a **Fall Showcase on November 21**. Please be thinking about what you can donate for the Silent Auction. This is a school fundraiser and donations are tax deductible.

September REVIEW – Were YOU There?

THANKS TO OUR DOOR VOLUNTEERS

It is so nice to have so many volunteers to help work the door. If you haven't done it yet, you can sign up on the easel by the front desk. Your help is greatly appreciated and will ease the burden on the few who are always working.. Many thanks to the following dancers who signed up and worked the door in July: **LaTresa Wright, Al and Mickey O'Dell, Linda Jones, Za Fritts, Beverly Quick, Linda Fryer, Gloria Conner, Alison Derrick, Pete Quinones, Kathie Loffi, Jean Bash, Wayne Sebastian, Gene Merz, Sandi Taylor, Evan, Roxanne Hauser, Carl Wilson and Dottie Jett.**

CLUB DECORATIONS

Many thanks to **Karen Baumann, Paul Ramirez, Danny Tollison, Scot and Carol Jahn, Richard Daniel, Al & Mickey O'Dell, Linda Jones, Jim Bell, and Rick Kiser.** It only takes a couple of hours to put away the old stuff and redecorate. **Come on out and help us on Oct. 3 at 10 A.M.** It would be greatly appreciated!

SEPTEMBER BIRTHDAY PARTY

WOW!!!! What a wonderful turnout! A BIG thanks to all who brought food and especially the chili contestants! You ALL did a great job. We had great food (a lot of it), great people and great dancing thanks to all of you.



September Birthdays: **Ward Fowler, Lindsay Shaw, Ralph Wheeler, David Hall, Susan Baker, Sandi Taylor, Deborah knight, Cindy Smith, and Jay Sanders.**



Congratulations to **David Teague** who won first place with his spicy hot chili and to **Allison Derrick** who came in 2nd with her white chili! Great job. I am glad I wasn't a tester. All the chili was good. And thanks to those who brought things to go along with all the wonderful chili. What a great night! See all the pictures at <http://www.okcswingdanceclub.com/>

COMPETITORS

CONGRATULATIONS!!! OKC Swing Club was well represented at Dallas with nearly 50 OKC Swing Club members attending. **Lonnie Johnson** finished 2nd in Intermediate Jack and Jill and **Linda Cuccio** finished 5th in Novice Strictly. **Amanda Thompson** made it to semi-finals in Novice Jack and Jill.

Mickey O'Dell, Lindsay Shaw, and Gail Moore all made it to finals at Swing Niagara. Al O'Dell was an alternate. CONGRATULATIONS!

DALLAS DANCE, Dallas, TX

Submitted by Amanda Oehlert

Dallas Dance weekend was a lot of fun, as usual, so I've heard. Everyone who attended had a fantastic time and even danced a little, too. Actually, the entire

weekend was mostly dancing with some sleeping on the side, apart from the small contingent from the OKC Swing Club that did some football watching as well. The entire weekend was definitely non-stop, starting Friday with social dancing and performances followed by more dancing into the very wee hours of Saturday morning. The next two days began early with workshops led by some of the professionals, then competitions and social dancing for the rest of the day and well into the next.

The members of our very own Swing Club did a very good job representing us, with even a few trophies brought back home. The top placing dancers from our neck of the woods were **Lonnie Johnson** with a second place in the Intermediate Jack and Jill, and **Linda Cuccio** with a fifth place in the Novice Strictly Swing. Honorable mention goes to **Amanda Thompson** for making the semis in the Novice Jack and Jill.

For someone who had never been to Dallas Dance before, it was definitely an eye opening experience. I've never been in one place with so many awesome dancers where you could dance for so long, and it was easily one of the best weekends of my life. If you ever have the chance to go to Dallas Dance, take it. I'm pretty sure you won't regret it.

BOP ON THE LAKE, Hot Springs, Arkansas
Submitted by Danny Tollison and Jay Neufeld

We had a great time in Hot Springs, AR, this past weekend during the annual Bop on the Lake Dancing Event hosted by the Little Rock Bop Club.

There were 14 of us representing the OKC Swing Club and I must say that these people think highly of our dancing skills and us. Although they dance East Coast with a little Ball Room, they enjoy the West Coast style that we provide.

We began with registration on Thursday, Friday, and Saturday, with open dancing @ 7:00pm. They provided workshops @ 10:00 am on Friday and Saturday in West Coast, East Coast, and Slow Ball Room Patterns.

We were not allowed to go hungry, with dinners provided on Friday and Saturday afternoon w/Catfish (my favorite) on Friday and Bar B Q on Saturday.

The entertainment included demos by the geriatric dirty dancing couple, seen on You Tube, from Little Rock, and dancers from St Louis, as well as from the State of Michigan. They included farewell hospitality on Sunday morning w/breakfast. We had a great time!

The annual three-day event is the biggest party of the year for the Little Rock Bop Club. The party starts with dancing and entertainment Thursday night and runs through more fun than you can stand until after midnight Saturday.

Split the pot was both Friday and Saturday nights of about \$800.00 each; but we did not win. However, Jay Neufeld won a free trip to the Tunica dance event next year.

We all stayed in the Arlington Resort & Spa. Several of the women had massages and mineral baths. We also spent time in the pool and hot tub, which was fun and relaxing after several hours of dancing and visiting. In addition we took time to hike and explore Hot Springs and the art galleries, and shopped at the area's antique and specialty gift shops. Yes, we did have a great time!

NIAGARA SWING, Buffalo, NY

Submitted by Mickey O'Dell

Niagara was great! We arrived on Thursday and went to see Niagara Falls. Gorgeous! We ate at Hard Rock Café in Niagara Falls and got registered. There were plenty of workshops by various pros. Gail Moore, Lindsay Shaw, Mickey & Al O'Dell did the Jack and Jill competition. Gail, Lindsay and Mickey made it to the finals and Allen made 2nd Alternate. Al and Mickey did the strictly competition, but did not make it to the finals.

We drove up into Canada and saw the falls from that side, which is truly a prettier view (in my opinion) and Lindsay, Mickey and Al did the Maiden Mist Voyage, which was awesome; wet, but awesome. We drove on up and went by several vineyards and into a quaint, beautiful, little town where we ate lunch and shopped. The flowers were all huge and gorgeous.

We danced most all day and definitely all evening. My highlight of the trip was not only getting in finals, but also being asked to dance by Michael Kielbasa!!!! How awesome. He was wonderful. Early mornings, late evenings, but all worth it. Thanks, New York!

Submitted by Lindsay Shaw

Paul, Gail, Lindsay, Mickey and Al just returned from competition in Buffalo, NY. An early arrival allowed for a visit to the famous Niagara Falls where all got wet on a Maid in the Mist Tour. Dinner at Hard Rock, a visit to the casinos, and dancing followed. Most of the pros were in attendance: Jessica and Parker, Michael and Jennifer, Jason and Sophy, Mario, and Angel. Lucky Mickey was asked to dance by Michael Kielbasa!! It pays to stay up late and watch the pros dance.

Workshops were great with 4 taking place every hour on the hour!!!! They ranged from beginner to advanced level and included both Hustle and West Coast Swing instruction.

Hustle competitions took place Friday, West Coast Swing Saturday and Sunday. Gail, Mickey and Lindsay all made Jack and Jill finals and AI was an alternate.

BANANAS

Submitted by Paul Ramirez

Eat a Banana before class and be smarter.

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression "going bananas" is from the effects of bananas on the brain. Read on.

Brain Power: 200 students at a Twickenham (Middle-sex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brainpower. **Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.**

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack. **(Stressed about remembering the moves? Eat a banana!)**

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. **(Fans aren't enough? Eat a banana!)**

Bananas contain three natural sugars - sucrose, fructose, and glucose - combined with fiber. **A banana gives an instant, sustained, and substantial boost of energy.**

Research has proven that just **two bananas provide enough energy for a strenuous 90-minute workout.** No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood, and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So, maybe its time to change that well-known phrase we say to, "A banana a day keeps the doctor away!"

MEMBER/NON-MEMBER NOTES

Your membership supports the Club and keeps it running. And YOU save money! We have 10 new members: **Steve Agee, Brian Bates, Vicki Bates, Phil Boushon, Kim Denny, Rita Hughes, Barbara Keel, Lori Mathews, Jim McCaffrey, and Marilyn Wakeman.** Some of our members have been away a while and are now back and some are paying their renewal dues: **Carol Assef, Terri Carroll, Joanie Cobb, Linda Cuccio, Za Fritts, Robert Hammond, Margaret Huwar, Susan Kerlin, Deborah Knight, Chris Martin, John McCarthy, Kelly Meacham-Lorenzo, Paul Swenson, Echo Theirjung, and Nina Winterstein.** Welcome to everyone. We're happy to have you.

When you start lessons, you get to come for lessons and dance at the two practice parties for the Club member price of \$40 for the first two months. Then we ask you to either join the club for \$50/year and continue with your \$40/month lesson fee, or continue lessons at the non-member price of \$55/month and Practice & Birthday Parties at \$10 each. Dancers who want to save money will join the Club. It's the best deal.

If you are already a Club member and bring two people who sign up for lessons, you get one free month of lessons the next month. So be sure to let the person at the desk know when you bring in a new student. And tell the person you invite to let us know, as well. In order to receive your free month you must be current on your yearly dues the month when your student enrolls.

Members, if you are not able to come for the full month of lessons & parties @ \$40/month, you can pay just \$10 for one single group class and \$5 for Practice Parties. No need to miss the whole month! The best deal is still the \$40/month plan because it allows you to participate in ALL classes where you are qualified to dance, plus all Practice Parties. You must pay the \$40 fee for the month the first time you come dance that month. You cannot come and pay the Single Lesson fee and then add it up until you get to \$40. The Single Lesson fee is categorized differently. The Single Lesson price applies ONLY to the one

lesson. (So if you pay to come to Green, you cannot come to the other classes or practice party that night. The Practice Party would be an additional \$5 for members.) Best deal = monthly fee.

Club members who have attained the dance level where they are happy may pay maintenance dues of \$20/month and that entitles you to all Monday and Friday Practice Parties. Non-members and visitors are always welcome to dance with us and participate in classes for \$10/class or party. If you have any questions or concerns, please don't hesitate to ask at the desk. Don't miss out!

LOST & FOUND

Are you missing something? Check the lost & found for shoes, car keys (how can you leave without car keys???), makeup bags, coats. It's amazing what we leave behind. Please don't take something that does not belong to you.

DVDs are available each month for your dance level @ \$10/each. Many hours go into creating the videos each month. If you are **Green**, or **Blue**, please put your name on the list to let us know that you want a DVD. There are now some DVDs that show a summary of all the lessons taught for several months. Order yours at the front desk. Thanks, Al, for all your hard work.

For **Yellow** class we have a new set of DVDs that will be available. These DVDs will cover the steps that will be taught beginning with Yellow A for October. You can see the steps and get a leg up on the monthly instruction. DVDs for B, C, D, etc., will be coming out that will cover the instruction for November through January.

SCHOOL POLICY

You may bring snacks and drinks to the Practice and Birthday Parties. No popcorn, please. Please take care of the area where you sit. Please dispose of your trash in the trash containers, not in the decorations, and don't put liquids in the trash; push in your chairs; don't tear up the tablecloths, keep your shoes off the tables. Remember to leave the hall the way it was when you got here. Thanks for your cooperation. Let's keep our Club clean.

Thought for the Month: "*Courage is resistance to fear, mastery of fear – not absence of fear.*" -Mark Twain

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