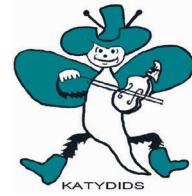


# CHIRPER



December 2006

Katydids Square Dance Club Newsletter

Volume 43, No 12



## CLUB CALENDAR

[www.katydids.info](http://www.katydids.info)

Fri., Dec. 1: **Congregational Church of Campbell**  
400 W. Campbell Ave., Campbell  
7:00 – 9:30 PM Club dancing  
*Chirper* distributed  
9:30 PM Executive Board Meeting

Fri., Dec. 8: **Congregational Church of Campbell**  
400 W. Campbell Ave., Campbell  
7:00 – 9:30 PM Club dancing  
Last day of Holiday donation drive  
Last day to sign up for Holiday Party with  
the Spinning Wheels. RSVP to Vi at  
650-948-8768 or [vbschick@earthlink.net](mailto:vbschick@earthlink.net)

Thu., Dec. 14: **HOLIDAY PARTY**, Spinning Wheels  
Los Altos Youth Center (Civic Center)  
One San Antonio Rd., Los Altos  
6:00 – 9:30 PM, Potluck dinner & dance party  
**Bring:** Food item to serve 14 & canned  
goods for food drive.

Fri., Dec. 15: **CLUB DARK**

Fri., Dec. 22: **Congregational Church of Campbell**  
400 W. Campbell Ave., Campbell  
7:00 – 9:30 PM Club dancing  
Wear **RED** and/or **GREEN**

Fri., Dec. 29: **Congregational Church of Campbell**  
400 W. Campbell Ave., Campbell  
7:00 – 9:30 PM Club dancing

Fri., Jan. 05: **Congregational Church of Campbell**  
400 W. Campbell Ave., Campbell  
7:00 – 9:30 PM Club dancing  
*Chirper* distributed

Fri., Jan. 12: **Congregational Church of Campbell**  
400 W. Campbell Ave., Campbell  
7:00 – 9:30 PM PLUS WORKSHOP begins

Sat., Feb. 10: **SWEETHEART SPECIAL**  
Save the date! All Club members participate!

**SQUARE HEAD ASSIGNMENTS  
&  
Duties**

*Acting Super Square Head - Lloyd Darknell  
(408) 286-7262*

Dec. 1	Wies
Dec. 8	Schaffer
Dec 15	CLUB DARK
Dec. 22	Stevens
Dec. 29	Willey
Jan. 05	Benevento
Jan. 12	Bennett
Jan. 19	Boyd/Fifield/Grizard
Jan. 26	Franger/Moore, D.

**On dance night *PRIOR* to your duty night:**

- Help pack up supplies and jugs and put into Club Cupboard. Notify Acting Super Square Head, Lloyd Darknell, at 408-286-7262 of any needed supplies or change of duty assignments dates.

**Before the dance:**

- Contact Square Head for following week to be sure they will be there.
- On scheduled nights, the designated Square Heads should arrive **before** 7:00 P.M.
- Set up tables and chairs as needed.
- Bring 6-8 lbs ice for cooler and make ice water.
- Start hot water for tea and coffee.

**During club dance:**

- Welcome everyone at the door.
- Offer raffle tickets, 5 tickets for \$1
- Have guests sign guest book and collect \$4.00 donation per guest.
- Give guest names to president or membership chair for introduction during announcements.
- Divide the raffle proceeds--50% to the Club, 50% to the "cups".
- Check that water and cups do not run out.
- **If Treasurer is not present, pass monies collected on to any Executive Board Member.**

**After the dance: *Clean up!*** Take the trash bags out to the dumpster (locked) located in the side parking lot. The key is hanging on the wall by the door to the kitchen.

**CHAPLAIN'S REPORT**

Birthday cards were sent to **Bill Schaffer**, **Joann Osborne**, **Dave Andersen** and **Bob Bennett** to celebrate their birthdays in November. Anniversary cards were sent to **Ted** and **Kathy Shaney** and **Skip** and **Stephanie Stevens** as both couples celebrated on the 12<sup>th</sup> of November. Get well cards were sent to **Ted Shaney** and **Louise Hosoda**. The Katydids hope you are feeling better. I would like to say Thank You for my birthday card, I really appreciated you thinking of me.

~~*June Helfrich*, Chaplain



**UPCOMING SQUARE DANCE**

**Dec. 7: Annual Toy Dance; Lucky Steppers**

German-American Hall, 230 Plymouth St,  
Santa Cruz  
7:30 – 9:30 PM, Callers: Harold Fleeman,  
Don Benson, and Roger Smith  
Cuers: Sue & Phil Harris  
Cost: 1 unwrapped toy or \$5.00 per person for  
the Salvation Army.

**Dec. 16: Holiday Square Dance Party**

Ralston Middle School, Belmont  
7:30 – 10:30 PM  
Cuer: Wendy-Jean Iannico  
Caller: Ed Kremers

**Dec. 31: New Years Eve; Pleasanton Singles N' Pairs**

St. Philip Lutheran Church, Dublin  
8:30 – 9:00 PM PreRounds: George Gardner &  
Priscilla Staver  
9:00 – 12:15 AM Caller: Mike Sikorsky  
Info: (925) 828-2535

**Jan. 6: Running Bear, Krazy Dazys**

John Muir Middle School  
7:30 – 8:00 PM PreRounds with the Hursts  
8:00 – 10:30 PM Caller: Eric Henerlau



**NEWER DANCER HOEDOWN**

***Be an angel – support our newest dancers!!***

**September 2006 Class Level**

**Sat., Dec. 2: Rockin' Jokers**  
John Muir Middle School  
7:00 – 10:00 PM; Caller: Roger Smith



**Winter 2006 BEGINNER Square Dance Classes**

**MONDAYS:**

Bows and Beaus: Instructor: Keith Ferguson  
Start: January; 7:30 – 9:30 PM at  
Loyola School,, 770 Berry Ave., Los Altos  
Contact: contact@bowsandbeaus.org  
Singles, Couples

**TUESDAYS:**

Single Squares of Sunnyvale: Instructor: Eric Henerlau  
Start: January; 7:00 – 8:30 PM  
Murphy Park Community Center, Sunnyvale  
Contact: Joe (408) 996-0174



**HAPPY ANNIVERSARY !!**

Parker & Sue Willey. .Dec. 10

**THE PRESIDENT’S CORNER - -**

Hi Katydids

I can’t believe that it is December already. Our next dance party will be the Christmas Party and Dance on Thursday, December 14, with the Spinning Wheels. [ed. note: see invitation on page 5. .last day to RSVP is Dec. 8th] I hope that all our members will come and join the Spinning Wheels for their last Dance, as they will be folding their club that night. Maybe we will be able to talk some of them into joining our club.

I talked to the Church and we can use the hall on December 22<sup>nd</sup> and 29<sup>th</sup>. The majority of the e-mail replies I received from members were to go ahead and dance on those two nights.

We still need some volunteers to chair some Sweet-heart Special committees. See Bob Bennett if you can help us out. We need everyone’s help to make the dance a success. February 10<sup>th</sup> will be here before we know it.

~ ~ *Lloyd Darknell*

**W O R K H O P**

CAUTION WORKSHOP AHEAD  
DANCERS AT WORK  
SQUARE DANCERS HAVING FUN  
SQUARE DANCERS WORKING

Friday evenings with Jim Osborne  
Beginning 7:00 pm  
January 12, 2007  
\$4/person/evening

**PLUS**

Congregational Church of Campbell  
400 West Campbell Ave.  
Campbell, CA

**KATYDIDS**  
http://katydids.info  
Info: Lloyd 408-482-9320

**From Don Gaubatz**

In case you didn't see this article from HoustonChronicle.com.. No surprises here, but nice validation. I'm sure square dancing will have the same effect.

<http://www.chron.com/disp/story.mpl/nation/4329558.html>

Study finds dance is an effective way to help cardiac patients

By MARILYNN MARCHIONE

CHICAGO - Italian researchers have come up with a novel way for cardiac rehabilitation patients to exercise their damaged hearts without having to squeeze into spandex or gyrate in a gym: waltzing.

The dance proved to be just as effective as bicycle and treadmill training for improving exercise capacity in a study of 110 heart failure patients, 89 of them men. Compared with others, dancers also reported slightly more improvement in sleep, mood, and the ability to do hobbies and housework and have sex.

"We have to find something that may capture the patients' interest," Dr. Romualdo Belardinelli, director of cardiac rehabilitation at Lancisi Heart Institute in Ancona, Italy, said at an American Heart Association meeting in Chicago on Sunday.

Waltzing was chosen for the study because it is "internationally known" and is quite aerobic, as the study ultimately verified, he said.

The new study involved heart failure patients with an average age of 59. The condition occurs when weakened hearts can no longer pump blood effectively, making simple activities such as climbing stairs and walking the dog tough to do, let alone enjoy.

Researchers assigned 44 patients to a supervised exercise training program of cycling and treadmill work three times a week for eight weeks.

Another group of 44 took dance classes in the hospital gym, alternating between slow and fast waltzes for 21 minutes, three times a week for eight weeks. A third group of 22 patients had no exercise.

Cardiopulmonary fitness increased at similar rates among those who danced or exercised and did not change in those who did neither. Oxygen uptake increased 16 percent among exercisers and 18 percent among dancers. The anaerobic threshold — the point where muscles fatigue — rose 20 percent among exercisers and 21 percent among dancers.

**GREETINGS FROM SANDY ~ ~**

*December greetings from Tennessee! We just completed our fourth Thanksgiving dinner, so I am ready to put away autumn and bring out the Christmas decorations. Here is a fun poem our square dance caller read to the Knoxville Squares last December:*

**The Night Before Christmas**

'Twas the class before Christmas and all over the floor  
The students were struggling to learn one figure more.  
The punch bowls were filled and the snack table spread.  
There were hopes that the calls would stay in our heads.

There was allemande left and allemande thar,  
And then slip the clutch. Oooops, I've gone too far.  
What did he call? Did he say, "Weave the ring?"  
Are you my corner or partner? Do you think we should swing?

The head gent stepped on the side lady's toes.  
Pass through, star through – That's not how it goes!  
The angels were lost, they hadn't a clue.  
They couldn't remember a right and left through.

Then out on the floor there arose such a clatter  
That we all spun about to see what was the matter.  
Dive through was the call. It's simple enough,  
Till both couples dive and get knocked on their duff.

The caller was sweating; you could see the mic shake.  
His voice – it was strained and his smile was a fake.  
It could get worse but somehow it did,  
As the dancers all stumbled, tripped, reeled and slid.

No one could follow the simplest call  
And hopeless confusion reigned in the hall.  
The caller was crying, he couldn't take any more.  
He abandoned his system and ran for the door.

But some heard him mutter as he fled from the site:  
"If you call that dancing, then have a good night?"

*~~ Sandy Ferrill*



**HAPPY BIRTHDAY !!**

**Amy Helfrich** Dec. 10  
**Mike Hughes** Dec. 18  
**Skip Stevens** Jan. 04

*Spinning Wheels Square Dance Club*  
*Invites*  
*the Katydid's to their*  
**Christmas Party**

**Thursday, December 14, 2006 at 6:00 PM**

Los Altos Youth Center (Civic Center)  
One San Antonio Road  
Los Altos

*Please join us for good food, dancing and fun*

RSVP by **December 8th** to: Vi Schick  
650/948-8768 – OR – [vbschick@earthlink.net](mailto:vbschick@earthlink.net)

POTLUCK FOOD ASSIGNMENTS:

A to G	Bring a SALAD to serve 14
H to L	Bring a DESSERT to serve 14
M to Z	Bring a HOT DISH to serve 14

- Please bring canned goods for Mountain View and Los Altos Community Services

# FIRST CLASS MAIL

**Chirper**  
*Official Newsletter of*  
Katydids Square Dance Club  
4862 Morden Drive  
San Jose, CA 95130-2131

**Chirper**

**December 2006**

## KATYDIDS BOARD

President ..... Lloyd Darknell ..... 408-286-7262  
Vice President ..... Bob Bennett ..... 408-778-2689  
Treasurer ..... Don Powell ..... 408-288-5563  
Secretary ..... Maxine Darknell ..... 408-241-7567  
Membership ..... Pat Angotti ..... 650-968-2088  
Publicity ..... Don Gaubatz ..... 408-252-6875  
Chaplain ..... June Helfrich ..... 408-259-3315

### Committee Chairpersons:

Class Angels ..... The Hosoda's ..... 408-252-4105  
Chirper Editor ..... Stephanie Stevens ..... 408-871-9525  
Historian ..... Louise Stagnitto ..... 408-244-0194  
Photographer  
Sheriff ..... Joyce Wies ..... 408-253-0964  
Social Co-Chair ..... Sandy Franger ..... 408-243-8516  
Social Co-Chair ..... Sue Willey ..... 408-374-3878  
Super Square Head  
Website Manager ..... Lloyd Darknell ..... 408-286-7262  
Sweetheart Special '07 . Bob Bennett ..... 408-778-2689  
Picnic Chair '07  
Caller & Taw ..... Jim & JoAnn Osborne 650-571-1970

## CHIRPER STAFF

The *Chirper* Newsletter is written by, and for, members of the Katydids Square Dance Club.

**Deadline** for submissions for the January issue is **December 29th**. You can submit articles in writing to the *Chirper* Editor:

*Chirper* Editor and Printer: Stephanie Stevens

<s.stevens@fastermac.net>

The Katydids Square Dance Club is Co-Sponsored by the Cupertino Parks & Recreation Department.