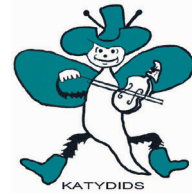


CHIRPER

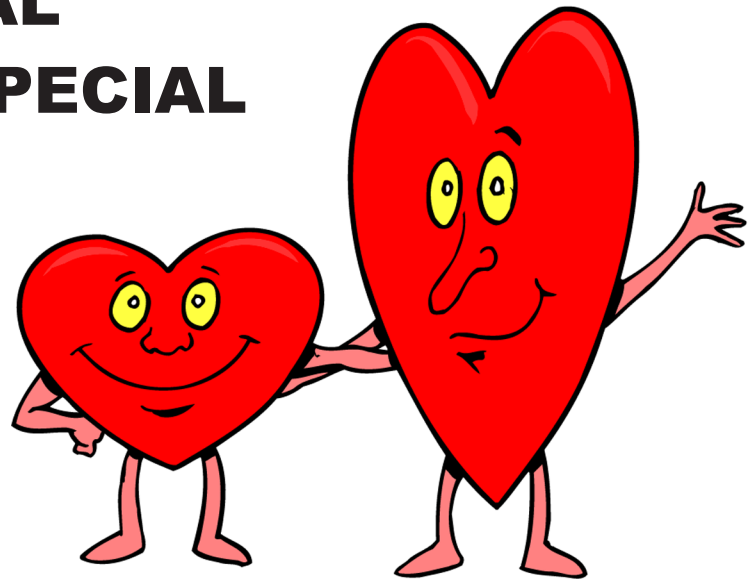


FEBRUARY 2007

Katyids Square Dance Club Newsletter

Volume 44, No 2

44th ANNUAL SWEETHEART SPECIAL



CLUB CALENDAR

www.katyids.info

Fri., Feb. 02: **Congregational Church of Campbell**
400 W. Campbell Ave., Campbell
7:00 – 9:30 PM Plus Workshop

Fri., Feb. 09: **Congregational Church of Campbell**
400 W. Campbell Ave., Campbell
7:00 – 9:30 PM Plus Workshop
BRING RAFFLE ITEMS!!

Sat., Feb. 10: **** SWEETHEART SPECIAL ****
John Muir Middle School
Caller: Randy Dibble
Cuer: Sue Harris
6:00 PM **Everyone** set up & decorate
BRING: Food item(s)
 Camellias
 Wear red
 Lots of smiles
7:30 PM Guests arrive
10:30 PM **Everyone** clean up

Fri., Feb. 16: **Congregational Church of Campbell**
400 W. Campbell Ave., Campbell
7:00 – 9:30 PM Plus Workshop
****PARTY NIGHT** Wear green**

Fri., Mar. 02: **Congregational Church of Campbell**
400 W. Campbell Ave., Campbell
7:00 – 9:30 PM Plus Workshop
Chirper distributed

Fri., Mar. 09: **Congregational Church of Campbell**
400 W. Campbell Ave., Campbell
7:00 – 9:30 PM Plus Workshop
9:30 PM Executive Board Meeting

Fri., Mar. 16: **Congregational Church of Campbell**
400 W. Campbell Ave., Campbell
7:00 – 9:30 PM Plus Workshop
****PARTY NIGHT** Wear green.**

**SQUARE HEAD ASSIGNMENTS
&
Duties**

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

Feb. 02	Hea/Pyle
Feb. 09	Hebson
Feb. 16	Helfrich, A. & M.
Feb. 23	Helfrich, J & R
Mar. 02	Shaney
Mar. 09	Mensing
Mar. 16	Moore, R. & G.
Mar. 23	Pitts/Powell
Mar. 30	Schaffer
Apr. 07	Shaver
Apr 13	Hosoda
Apr 20	Stagnitto
Apr 27	Wies

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.

UPCOMING SQUARE DANCE EVENTS

Feb. 17: Anniversary Dance: Boots & Belles

Grange Hall, Napa
7:30 – 8:00 PM PreRounds
8:00 – 10:30 PM Squares
Scot & Erin Byars calling
Wear purple!

Mar. 16,17,18: Bakersfield Fiesta

Kern County Fairgrounds
Callers: Bob Baier, Michael Kellogg, Larry Letson, Mike Sikorsky, Bronc Wise
Cuers: The Kurczewski's, Silvia's, and Ball's

**Mar. 31: SCVSDA & SCVCA – Presidents Ball,
Whing Ding**

John Muir Middle School
7:30–8:00 PM PreRounds - Sue & Phil Harris
8:00 – 10:45 PM Callers: Bob Elling, Rich Gierman, **Jim Osborne**
Bring finger food to share

Apr. 13,14,15: Promenade Down Memory Lane,

Calif. State Square Dance Convention
Raincross Square Convention Center, Riverside

May 25,26,27: Golden State Roundup

San Ramon Marriott
Callers: Vic Ceder, Sandie Bryant, Michael Kellogg, Darryl Lipscomb
Cuer: Debby & Tim Vogt



NEWER DANCER HOEDOWN

Be an angel – support our newest dancers!!

7:30 – 10:00 PM; John Muir Middle School

September/October 2006 Class Level

Sat., Feb. 3: Rockin' Jokers
Callers: Harold Fleeman & Roger Smith

CHAPLAIN'S REPORT

Birthday cards were sent to **Skip Stevens, Kathy Shaney, Pat Angotti** and new member **Lisa Hughes**. There were no Wedding Anniversaries celebrated in the month of January. The Katydids would like to express their sympathy to **Sandy Franger** upon the death of her mother. A card was sent to her.

~ ~ *June Helfrich*

THE PRESIDENT'S CORNER - -

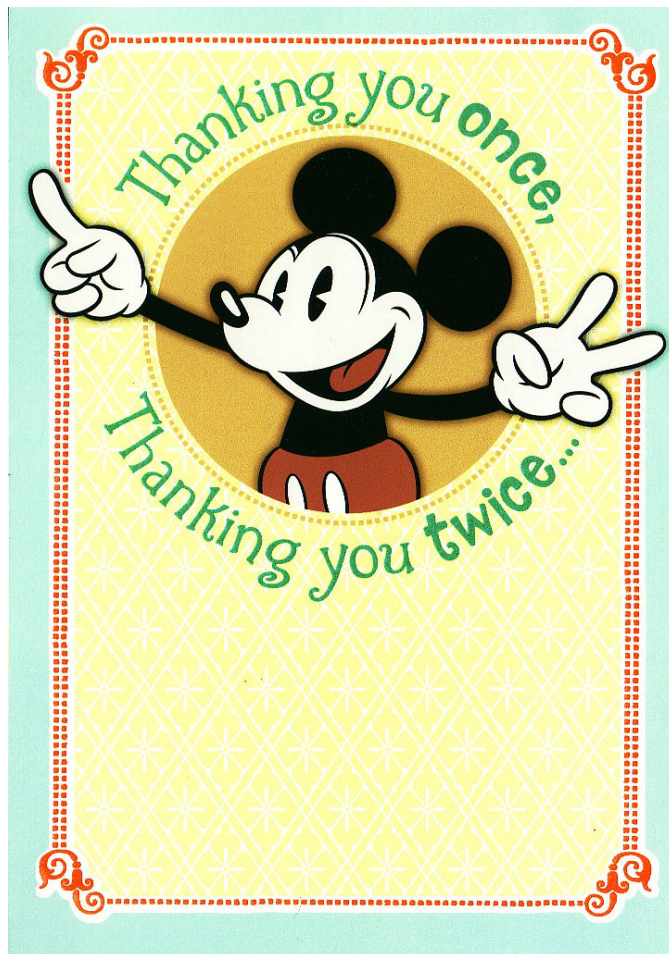
Hi Katydids,

We had a great potluck dinner last Friday. It was chaired by **Sue Willey** and **Sandy Franger** and they did a great job putting it together for us. Thank you, Sue and Sandy, for the great job.

Our Sweetheart Special Dance is just about here and we need everyone's help to make the dance successful. We still can use some volunteers to fill in some times in the kitchen and help with other committees. The dance is only 8 days away and we still have a lot to do. See **Bob Bennett** if you can help us out. February 10th will be here before we know it.

~ ~ *Lloyd Darknell*

From Louise Hosoda ~ ~



RECIPES FROM THE POTLUCK ON 1/26/07

~~from the kitchen of Sue Willey

That Good Chocolate Stuff or the Next Best Thing to Robert Redford

1 C. flour	For layer 1: Mix flour, margarine and nuts.
1/2 C. margarine	Press in bottom of 9x13 inch pan. Bake at 350 degrees
1 C. chopped nuts	for 15-20 minutes.
1 C. sugar	For layer 2: Cream sugar and cream cheese.
1 (8 oz.) pkg. cream cheese	Add 1/2 of the Cool Whip and beat until fluffy.
13 1/2 oz. ct. Cool Whip	Spread over the cooled crust.
Large pkg. instant chocolate pudding	For layer 3: Combine remaining ingredients in a bowl and beat until smooth, about 2 minutes,
Large pkg. instant vanilla pudding	Spread over top of cream cheese layer.
3 C. milk	Spread remaining Cool Whip on top of Chocolate layer. Grate a Hershey's bar and sprinkle it over the top. Refrigerate 8 hours or overnight.

~~from the kitchen of Char Pitts

Chicken Cutlets with Rosemary and Parmigiano

from **365: AND NO REPEATS** by Rachel Rae
4 servings

3 T. EVOO (Extra Virgin Olive Oil)
zest and juice of 1/2 lemon
1 cup Italian Style bread crumbs (eyeball it)
1/2 cup Parmigiano (A couple of generous handfuls)
1 tsp red pepper flakes
2 sprigs fresh rosemary leaves (leaves stripped off stems)
(I used about 1 large tsp of dried—you could use more)
1 garlic clove peeled
3 oz. pine nuts (a generous handful)
2 eggs
1.5-2 lb. chicken breast tenders or chunks of normal breasts, or cutlets
3-4 T flour
vegetable oil for shallow frying

shallow dish with a splash of water. Season the cutlets with salt and pepper on both sides and turn lightly in the flour.

Heat 1/2 inch of vegetable oil in a large skillet over medium to medium-high heat. Coat the seasoned and floured cutlets in eggs and then in breading and add to the hot oil. Cook the cutlets in a single layer, in 2 batches if necessary, for about 3-4 minutes on each side, until the juices run clear and the breading is evenly browned. Squeeze the juice of the lemon over the cutlets and serve.

Combine the bread crumbs, parmigiano, red pepper flakes, rosemary, garlic, pine nuts and lemon zest in a food processor and pulse to evenly distribute the flavors through out the crumb and cheese mixture. Transfer the mixture to a plate. Beat the eggs in a separate

MINUTES Katydid Executive Board Meeting January 5, 2007

President, Lloyd Darknell called the meeting to order at 9:33 p.m.

Roll Call: President, Lloyd Darknell; V.P., Bob Bennett; Secretary, Maxine Darknell; Treasurer, Don Powell; Membership, Pat Angotti; Publicity, Don Gaubatz.

Absent: Chaplain, June Helfrich.

Visitors present: Stephanie Stevens, Annie Bennett, Marilyn and Harry Shaver.

The minutes from the previous meeting of December 1st were approved as published.

Officer Reports:

1. **President:** No report.
2. **Vice-President:** No report.
3. **Treasurer:** Don Powell gave out copies of his report.
4. **Membership:** Pat confirmed that we have 48 active members and 4 inactive. Patty Stevens had to resign after a short time as a Katydid because of work schedule changes.
5. **Chaplain:** No report.
6. **Publicity:** Don G. reported that he had tried to place an article about square dancing in the West Valley Newspaper but they indicated they only use their own reporters' articles. He sent four articles to "Squares 'Round the Bay".

Committee Reports:

1. **Chirper:** The articles for the February Chirper are due to Stephanie on Friday, January 26th. She asked about making extra copies for our guests and everyone thought it was a good idea.
2. **Social:** Sue Willey and Sandy Franger had a sign up sheet on the Katydid sign in table for people who planned to come to the potluck so they would know how many were coming. The dinner is 6:00 p.m. to 7:00 p.m. and dancing from 7:00 p.m. to 9:30 p.m.

Old Business:

1. **Christmas Party:** All agreed that it was a fun party and that we should send the Spinning Wheels a thank you card and enclose a flyer advertising our work shops. Maxine volunteered to do this.

2. **Cash donations** for Church Food Pantry: There was a total of \$465.00 given.

3. **Sweetheart Special Dance**, February 10, 2007: Bob Bennett has been working to get volunteers to head the necessary committees and others to assist them. There was discussion regarding the use of the kitchen. Because Marilyn Shaver was so organized last year as head of the food committee, we managed well without it but decided Lloyd should try asking again this year to see if we can use it. Marilyn is food chairperson again and plans the same "menu" as last year except one less vegetable tray. It was decided to have the coffee and water in the main hall to avoid congestion in the "dining room". A chairperson is needed for that position. Caroline Fifield is doing the decorations. Lloyd will arrange to meet with her to get valentine decorations out of the shed. Caroline can let us know if she wants us to bring stuffed animals, etc., to place around. We need people to bring Camellias to lay on the tables.

There was discussion regarding the "Heart" and backdrop used for pictures.

Skip Stevens will be taking the pictures.

All Katydid's need to donate or solicit nice raffle prizes. Flyers for soliciting merchants and receipts are available on the sign up table. They need to be brought in on club nights A.S.A.P.

4. **Workshops:** It was agreed that our first workshop was a success with 11 guests attending. All Katydid's need to make them feel welcome and make sure they all get in a square. We hope some may decide to join our club after the workshops are over.

5. **Storage clean up:** The date of January 27th was set as a possible date to get with the Stagnitto's to clean out, repair and organize the sheds and also pull out decorations for the Sweetheart Dance.

(Minutes...continued on page 6)

(Minutes...continued from page 5)

New Business:

1. **June Picnic:** There was discussion as to how soon reservations need to be made and when we should have it, planning around graduations, etc. It was decided to request June 10th as our first choice and June 3rd as the second.

2. **Nominating Committee:** A chairperson and committee are needed to come up with new officers for next year (May, 2007 through April, 2008). New officers need to be listed in the April Chirper and also voted on in April.

Agenda Items for next meeting:

1. Board Nominating Committee Report
2. Installation of New Officers, date (possibly April 22nd or 29th) and place (usually at Michaels at Shoreline). Don P. will check with Char Pitts to see if she is willing to make arrangements again.
3. June picnic, need chairperson
4. Caller fee

Next Board Meeting: March 9th, after club dancing.

Meeting ended at 10:30 p.m.

Respectfully submitted,

Maxine Darknell, Secretary



HAPPY BIRTHDAY !!

- | | |
|-----------------------|---------|
| Mark Helfrich | Feb. 02 |
| Don Powell | Feb. 03 |
| Bob Hebson | Feb. 06 |
| Lloyd Darknell | Feb. 20 |

FOOD NEEDED FOR SWEETHEART SPECIAL:

Food is still needed for the Sweetheart Special. I hope that you who haven't signed up yet will do so and those of you who can help a little more will. The sign-up sheet will be at the next two Friday Club nights. Some of the food still needed are sandwiches, candy, crackers and cheese, and fruit. Please sign up or let me know how you can help before I go out and buy. We also need Camellias for decorating.

Thanks,
Marilyn Shaver



Focus Move of the Week

Our Club Caller, Jim Osborne, has started a "Focus Move of the Week" and is sending an email out each week listing the movement he will be emphasizing that week. To be added to his "send" list, send him an email at: learn2SqDance@rcn.com



HAPPY ANNIVERSARY !!

No anniversaries this month.

Did you see this article in the January issue of SQUARES 'ROUND THE BAY, CALIFORNIA written by Katydid's Club member, Don Gaubatz? Don took the photograph of Chris & Dean Davison, 2006 Katydid's Class members.

GRAB YOUR PARTNER AND SQUARE DANCE TO A HEALTHIER HEART

Daily, we are told “Eat less, exercise more”. But donning Spandex, gyrating in a gym, walking in place on a treadmill or riding a stationary bike can be downright boring and a killer for incentive to keep up the routine. We are told that this is a life long commitment of physical activity to help reduce weight and make our heart last longer. Not to worry or fret: dancing can be exciting, healthy, meet the need for “exercise more” and not be boring!

According to a recent study*: “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.”

Another study** finds dancing that requires you to remember steps or sequences improves the brain by helping to develop memory skills. The study also noted that people who dance twice a week are less likely to have problems with dementia.

Square dancing provides healthy exercise, mental stimulation, social interaction, satisfaction of accomplishment, the development of lifelong friendships, and is something to look forward to with enthusiasm – definitely not boring! Square dancing is pattern walking set to contemporary music with moderate exercise for your heart.

Square dance classes for all ages; singles, and couples are held in numerous locations around the Bay. Most classes begin in January or September. The first few classes are generally free and then there is usually a small cost (very economical when compared to the fees charged by fitness centers or even a night out at the movies). Classes normally meet at recreation centers, various schools or church facilities. For information concerning square dancing, call 1-650-968-0626 or on-line at <http://www.scvsda.org>. Square dancing is for your heart, for life.

* From the Houston Chronicle: <http://www.chron.com/disp/story.mpl/nation/4329558.html>

** From AARP: http://www.aarp.org/health/fitness/get_motivated/lets_dance_to_health.html

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FIRST CLASS MAIL

Chirper
Official Newsletter of
Katydid's Square Dance Club
4862 Morden Drive
San Jose, CA 95130-2131

Chirper

February 2007

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Membership Pat Angotti 650-968-2088
Publicity Don Gaubatz 408-252-6875
Chaplain June Helfrich 408-259-3315

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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 Katydid's Square Dance Club.

Deadline for submissions for the February issue is **February 23rd**. You can submit articles in writing to the *Chirper* Editor:

Chirper Editor and Printer: Stephanie Stevens

<s.stevens@fastermac.net>

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