

SWING TIMES

A Publication of the San Diego Swing Dance Club



August 2024
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From Our President Vinh Mines

Dear Members and Dance Enthusiasts,



I hope this newsletter finds you all in great spirits and high energy as we swing into the last month of summer! August promises to be an exciting time for our club, with a variety of events and updates to share.

Volunteer Opportunities: We are always looking for enthusiastic volunteers to help with our events and activities. If you have some time to spare and a passion for swing dance, we'd love to have you on board. Volunteering is a great way to give back to the community and make new friends.

Dance Etiquette Reminder: As our events grow in popularity, it's important to maintain a friendly and respectful environment. Please be mindful of floor space, take care of

your partners, and encourage new dancers. Let's make sure everyone has a fantastic experience.

Stay Connected: Don't forget to follow us on social media for the latest updates, event photos, and stay in the loop with club happenings. You can find us on Facebook, Instagram, and on our website:

www.sandiegoswingdance.com

As always, I am grateful for every one of you who makes the San Diego Swing Dance Club such a vibrant and welcoming community. Let's keep dancing, learning, and growing together.

Thank you for being part of the San Diego Swing Dance Club. Your participation and enthusiasm are what make our community so special. Let's make August a month to remember with lots of dancing, laughter, and new friendships.

DANCE HEADQUARTERS SD
5035 Shawline St., San Diego 858.565.9575

SUN, AUG 11

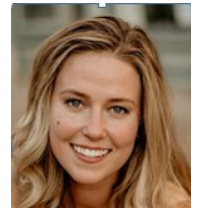
Garry & Judy
BIRTHDAY BASH!

ALIAS
VARIETY BAND

1:30-2:30 WCS dance lesson
2:30-5:30 open dancing to ALIAS

Admission:
\$10 SD Swing Dance Club members
\$15 non-members
* first time visitors get in free!

Keep Swinging,
Vinh Mines, President



Hey SDSDC!

Happy August! Just like our sunny San Diego days, West Coast Swing thrives on versatility and keeping things lively and exciting. To make this the best summer yet, we've got a sizzling lineup of events to keep your summer grooving:

- **August 11:** Garry and Judy's Birthday Bash with ALIAS! We will be celebrating August Birthdays this day as well. Big thanks to Garry and Judy Bowman for sponsoring this month's cake and the band!
- **August 18:** Vintage Cali T-Shirt Day
- **September 2:** Labor Day Dance

Hope to see you on the dance floor soon!
-Taylor

Upcoming Lessons at the San Diego Swing Dance Club

Join us every Sunday afternoon. Lesson(s) promptly at 1:30, Dance at 2:30

Aug 4	Large Ballroom	David Walkup & Trish Connery Walkup — Country Two-Step	Small Ballroom: Intro to WCS
Aug 11	Large Ballroom	Vinh Mines — WCS	Small Ballroom: Intro to WCS
Aug 18	Large Ballroom	Vinh Mines — WCS	Small Ballroom: Intro to WCS
Aug 25	Large Ballroom	Parker Dearborn and Melissa Rutz — adv WCS Workshop	Small Ballroom: No class

From Our Dance Director Geoff Burns

David Walkup & Trish Connery Walkup Teach Country Two-Step on August 4



David Walkup and Trish Connery Walkup

David Walkup and Trish Connery Walkup are trained dancers, teachers, choreographers, competitors, and judges specializing in partner dances. They are based in San Diego.

They began dancing in the mid-to-late 1990's — he in San Diego on the United Country Western Dance Council (UCWDC) circuit, she in Los Angeles on the West Coast Swing circuit. The joined forces in 2006 after meeting at a dance convention.



Both are award winning dancers — David holds four UCWDC worlds Championships and a US Open Swing Dance Championship. Trish holds five UCWDC Worlds Championships, is a California Swing Dance Hall of Fame Rising Star, and many top placements in various WCS competitions

Together they have over 30 years of experience in the dance community, teaching a variety of dance styles including Country 2-Step, West Coast Swing, Hustle, Nightclub 2-Step, Cha Cha, Waltz, and more.

Known for their fun and entertaining teaching style, they teach, coach, and choreograph for group classes, private lessons, wedding dance couples, performance dance teams as well as provide specialty classes and entertainment for private and corporate events.

Parker Dearborn & Melissa Rutz —Adv WCS Workshop on Aug 25



Parker Dearborn began swing dancing at age 14, while living in Tucson Arizona. Parker partnered with Tatianna Mollmann when they were 14 and competed in juniors at USA Grand Nationals. Parker garnered numerous titles in the Showcase Division. He was an active competitor achieving notoriety at an early age at many Swing Events throughout the United States, eventually becoming a Champion West Coast

Swing Dancer. Parker, with partner Jessica Cox achieved success winning and placing in the Showcase Division for several years. Today Parker is partnered with Melissa Rutz and together they are a spark of energy and dynamic action and reaction, while maintaining a strong historical west coast swing presence in their dance. Parker is known for his traditional west coast swing style using closed position circular and slotted moves and adding creative footwork. Parker has kept his swing dancing close to the roots of swing while also bringing his style to the popular

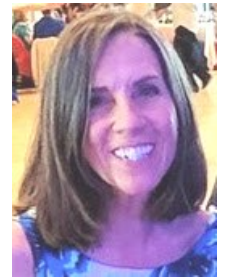
swing generation in a new and creative way. He has a passion for west coast swing and is motivated to support and promote its direction, history and roots. Parker runs the long standing NASDE event, SwingDiego. And his monthly West Coast Swing Dance, "Project Swing" in San Diego. He is a teacher, judge, emcee, and promotor.

Melissa Rutz began her training at age four at Star Dance Studio in San Francisco. Three years later, she found herself at the prestigious SAN FRANCISCO BALLET SCHOOL for seven years under the direction of Lola DeAvila. While at SFB School, Melissa studied classical ballet, and performed in various performances with San Francisco Ballet. From there, Melissa desired to expand her dance education and soon found herself at the Metronome Ballroom studying two of her favorite dance forms: swing, with champion LINDY HOP instructor Sharon Ashe, and THEATER ARTS ADAGIO with coach, and World Champion adagio cabaret dancer, Tom Slater. Under Tom's wing, she won the 1998 title of United States Pro-Am Theatre Arts Adagio Champion.

While studying Lindy Hop for three years, Melissa dabbled in the social West Coast Swing scene. It wasn't long before she found an intense passion for WCS due to the versatility of the dance and the music. Currently, Melissa teaches, competes, judges, choreographs, and performs all over the world. She is ranked among the top WEST COAST SWING dancers in the world and has won nu-

Continued on page 5.

Getting to Know Each Other Better Interviews with Meredith Anderson



This month I had the pleasure of interviewing Gail Malone. Her great attitude and obvious joy for dancing was apparent, but I had a feeling that there was a really interesting back story and I wanted to hear it. I think you will agree, I was right.

Where are you from originally and how long have you lived here?

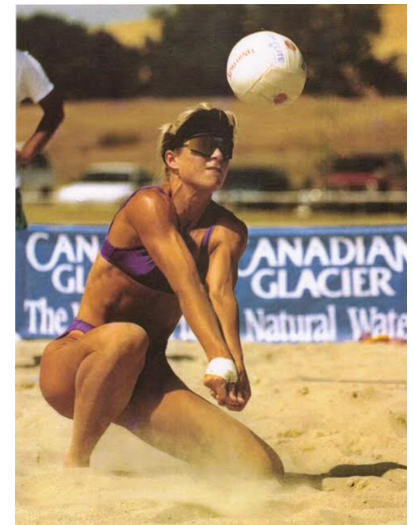
I am from La Crescenta, CA. I grew up in a family where the parents were still together until they passed away. I have one older sister. I grew up playing sports. I played various sports until I realized I loved playing volleyball. I went to CSULB on an indoor volleyball scholarship. Then I played professional indoor volleyball in Italy for two years. When I returned from Italy, I married and had one son (Larry). Then I played professional Beach Volleyball for 11 years on the WPVA (Women's Professional Beach Volleyball). I qualified for the 1996 Olympics in beach volleyball. It was the centennial Olympics in Atlanta and the debut of beach volleyball as a sport in the Olympics. I finished in 9th place. I then taught PE and coached volleyball indoors for 30 years. I now coach beach volleyball because it is now a CIF sport. I am still teaching and coaching at Santa Fe Christian School. This will be my 19th year teaching at SFC. I also donate my time to Fellowship of Christian Athletes for their sports camps. I also coach beach vb for the Challenged Athletes Foundation. These athletes have lost a limb either at birth or in an accident. Of all the coaching I do, I love this the most. These athletes enjoy every moment of life and don't take anything for granted.



How did you get started dancing?

In 2019 my husband passed away and then we went into COVID. Once COVID was over I decided I wanted to get back into a social life. I was trying to figure out how to start my life over

again as an "older" person. I decided I wanted to try dating again. I tried playing more volleyball but all the guys are 30 and that is way too young for me. I purchased a fixer-upper mobile home in Vista. I hired Ed's Sheds (Eddie) to build a shed for me. He started talking about all the dancing he does and suggested that I go to DH to try it out. He told me to wear a dress when I go. He was right. Now I am hooked. The intensity I had with learning beach volleyball has transferred to dancing. I love it. I probably dance 4 or 5 times a week. The people are nice and I am having so much fun.



Was West Coast Swing your first dance of choice?

I originally free-style danced for 30 years and I had learned single-step east coast swing. Now learning WCS was a challenge. It was harder than I thought. I was in the beginning class for at least 5 weeks.

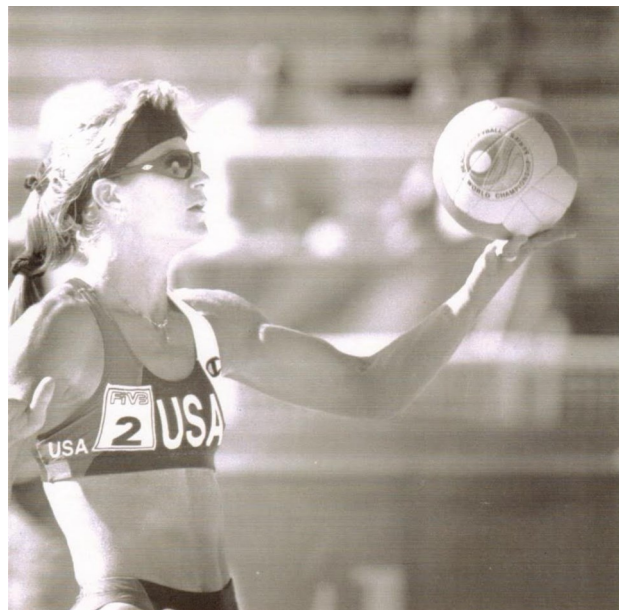
Was it hard to start a new hobby?

My advice for beginners is just to stick with it. Smile and have fun. Nobody cares if you mess up. Choose to have a good attitude. I would wait on the sideline and just hope someone would ask me to dance. I knew I was not as good as the good dancers that hang out by the front door. I went to many classes to get better. So little by little as I got better, I got enough confidence to start asking people to dance. Now I go to Lindy Hop and Charleston on Wednesdays. I've learned to Cha Cha. I can Country Two-Step and I love the Cowboy Cha Cha. Next, I want to learn the Hustle. I went to Myrtle Beach for the Carolina Shag Festival and that was so much fun.

Continued on page 4.

Gail Malone Interview continued from page 3.
Gail Malone Interview continued from page 3.

I just want to dance as much as possible, meet new people, and enjoy life. This is my new favorite quote. "Life is not measured by the number of breaths we take, but by the moments that take our breath away." Enjoy the moment! I am still fixing up my house (but dancing has taken priority). I like to do crafty things. I am a grandma now of a 1 1/2 year old girl named Mila. I also donate my time to Fellowship. I really appreciate how blessed I am and all the opportunities that I have been given. My purpose is now to pass it on in whatever way God leads me. For now, I choose to dance! I love The San Diego Swing Dance Club because there are so many people that also love to dance. I have made quite a few friends. I love to take a lesson each week and then dance for a couple of hours. I call that a good day!



Gail is a California Beach Volleyball of Fame inductee. (2017), and California Commission of Athletics Hall of Fame (2003), also Los Angeles Valley College Hall of Fame 2003 Individual & 2007 Team and is also a San Diego Coaching Legend 2016.



Larry and Maria taught for us on July 21



Melissa Rutz biography continued from page

... and has won numerous champion level competitions including Showcase Swing, Classic Swing, Strictly Swing, Team, and Jack & Jill Competitions.

Melissa is known for her versatility as a dancer. She has performed in a variety of solo works on stage as well as on the industrial scene. Melissa had the pleasure of working as Christina Aguilera's dance double in her

music video, Candyman. You can also watch Melissa dance on the big screen in the movie, Love N' Dancing. Besides Melissa's dance background, she has also trained in New York City and San Francisco as a singer (classical, musical theater, jazz, pop, country) and actress. Melissa graduated Magna Cum Laude from Marymount Manhattan College with her B.A. IN DANCE!



Photo collage from the July 21 SDSDC group lesson, courtesy of Maria Tee.

From your Webmaster

The SDSDC website should be your "go to" address for up-to-the-minute information about upcoming SDSDC events. The top-center section of the website always contains the latest information that has been posted. The most recent newsletter is available by clicking on the Newsletter banner. I am continuing improve the website.

IF YOU ARE NOT GETTING EMAIL FROM US — PLEASE VERIFY YOUR EMAIL ADDRESS WITH CHRIS AT THE FRONT DESK.

Please consider sharing the link to the website with friends that might be interested in attending our events:

www.sandiegoswingdance.com

As always, your input on improving the website is welcome,

Jody Kravitz, SDSDC Webmaster

**SAN DIEGO SWING DANCE CLUB, INC.
BOARD OF DIRECTORS
2024-2025
Executive Board**

President.....Vinh Mines
Vice President Meredith Anderson
Membership Cristian Flores
Treasurer..... Garry Bowman
Secretary..... Wendy Knight
Newsletter Editor..... Jody Kravitz
Activity Director..... Taylor Frederking
Dance Director..... Geoff Burns
Hospitality Director..... Larry Clendenin
Publicity Director..... Maria Tee
Past President.....Craig Helm

Appointed by the Board

Webmaster Jody Kravitz
Member At Large Larry Armstrong

Due to endless SPAM attacks, a single email address is now offered for contacting board members. This email box is checked regularly and forwarded to the correct member if it is not SPAM. You may address the entire board also using this address:

SDSDCBoard@sandiegoswingdance.com

BOARD OF DIRECTORS MEETINGS
Generally on the 2nd Sunday of the
Month at 12 pm at Dance HQ.

OUR NEXT MEETINGS ARE:

August 4th 12:00 pm
September 8th 12:00pm

Location: Dance Headquarters
5035 Shawline St
San Diego, CA 92111

All members welcome.

If you wish to address the Board you must be on the agenda one week prior to the meeting. Members may approach any of the Executive



**New Website
Feature**

**Virtual Suggestion
Box**



PO Box 1954
Bonita, CA
91908-1954

August Birthdays

05	Marilyn Luteman	19	Tom Mountain
06	Jon Wright	20	Marina Davidovskaya
08	Bob Carter		Sylvia Nielsen
08	Glenn Haight	20	Taylor Frederking
08	John Barck	20	Bobby Guarnotta
09	Blain Adams-Denner	21	Dawn Wood
09	Clay Dunsmore	22	Dale Crist
09	Rita Crosby	24	Edward Rodriguez
11	Carol Sedlacek	24	Rita Havercamp
15	Ione Bauman	25	Barbara Carter-Moore
16	Larry Armstrong	25	Teresa Campbell
17	Parivash LaRocca	26	Mel Lyons
18	Cat Gautieri	29	GiGi Hermsmeier
18	Charlie Bird		

HAPPY BIRTHDAY !

The club will provide a cake and supplies to celebrate birthdays, usually on the 1st Sunday of the month. In August, it will be August 11.

About SDSDC:

The San Diego Swing Dance Club is a private, non-profit organization. Its specific and primary purposes are to enjoy, promote, preserve, encourage, and teach West Coast Swing. Members receive discounts to weekly dances and special events and each issue of *Swing Times* newsletter. If you haven't been to the Club dances in a while, stop by soon so you can continue to enjoy the dancing, fun, and friendliness that makes SDSDC so special.

The San Diego Swing Dance Club Inc.

The SDSDC meets on Sunday afternoon and is open to the general public. **No Partner Needed!** Admission is \$10.00 for members and \$15.00 for non-members. Except on the 4th Sunday, lessons are free with paid admission to the dance. On the 4th Sunday, we have a special workshop before the dance for an additional charge. Mid-month Sundays have both Intro and Intermediate WCS lessons that are free with paid admission to the dance. Schedule is subject to change. Lesson is always prior to regular dance.)

(See Flyers posted and/or the website for further information)

Classes: Sunday - 1:30 - 2:30 P.M.

Dances: Sunday 2:30 - 5:00 P.M.

Dance Headquarters
5035 Shawline St.
San Diego, CA 92111

**SEE WEBSITE FOR
MAP & DIRECTIONS**
www.sandiegoswingdance.com

HOTLINE — Voice or Text — (619) 333-6603