

SWING



TIMES

A Publication of the San Diego Swing Dance Club

OCTOBER 2025

"Everything in the universe has rhythm. Everything dances." – Maya Angelou

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Westie Groove @ Infinity	2	3	4 Swing Night Out (Oceanside)
Vanessa Williams 	5	6	7	8 Westie Groove @ Infinity	9	10 DanceDiego @ DanceHQ
11						
12 Mark Pablo	13	14	15 Westie Groove @ Infinity	16	17 Friday Night Corral @ DanceHQ	18 WCS Dance @ Starlight
19 Mark Pablo	20	21	22 Westie Groove @ Infinity	23	24	25 WCS Dance @ Starlight
 26 Trish Connery Walkup	27	28	29 Westie Groove @ Infinity	30	31 	

JOIN US EVERY SUNDAY AFTERNOON

Lesson(s) start promptly at 1:30 PM. Social dancing to follow at 2:30 PM.

BIG BALLROOM

Oct 5 – Vanessa Williams: Cha Cha
Oct 12 – Mark Pablo: Intermediate WCS
Oct 19 – Mark Pablo: Intermediate WCS
Oct 26 – Trish Connery Walkup: Intermediate/Advanced WCS

SMALL BALLROOM

Oct 5 – Intro to WCS
Oct 12 – Intro to WCS
Oct 19 – Intro to WCS
Oct 26 – No Intro to WCS Class

NOTES FROM US TO YOU



President | Meredith Anderson

Welcome to fall! At this time of year we move in to fall and cooler days, which also means a cooler studio! This will bring a renewed energy. Let's use it to dance before the holiday craziness. We have lots of fun activities planned for you. Don't forget about the Halloween party at the end of the month. Dust off your costumes and join us.



Activities Director | Fatima Zaki

What a hula hooping fun 50/60s party we had on September 21st thanks to Maria and Larry. Also noteworthy was the once again transformed studio thanks to Lisa, where members wearing authentic era clothes danced to DJ Jody's stellar era inspired music list. Check out Maria's fabulous pictures on Facebook. Happy to see Jody back on the dance floor after knee surgery. Next is the Spooktacular

Halloween Dance on October 26th which includes a **costume contest**. You've got a month to assemble your best Halloween costume yet.

PHOTOS FROM THE 50'S – 60'S THEME PARTY PARTY: SEPTEMBER 21, 2025



WELCOME NEW SDSDC MEMBERS

Elaine Fung
Veronica Haynes

Claire Peterson
Florence Mullins

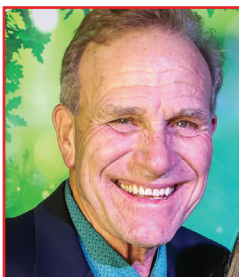
TOTAL MEMBER COUNT

255



Newsletter Editor | **Taylor Frederking**

The photos from the 50's–60's dance were absolutely amazing... you all truly outdid yourselves! **Let's keep dancing, learning, and celebrating this wonderful community we share.** It's something to be cherished, and I miss you all dearly!



Dance Director | **Geoff Burns**

October 5th: Vanessa Williams teaching Cha Cha.

Vanessa has been ballroom dancing for over 30 years, starting in New Zealand, where she competed in the Amateur International Standard division while earning her MS in Psychology. After moving to the U.S.

in 1998, she began teaching in 2003, specializing in American Smooth, Rhythm, and Club styles. In 2005, Vanessa moved to San Diego, where she teaches students of all ages and abilities. She trains social dancers as well as competitors, and has helped over 150 couples create memorable wedding dances, particularly working with beginners and reluctant grooms. Vanessa is the primary instructor and Dance Program Director for Let's Dance Kids!, a non-profit that provides ballroom dance training to children in the South Bay School District. She is certified in both American Smooth and International Ballroom and is a member of the Dance Vision Professional Teacher Organization.

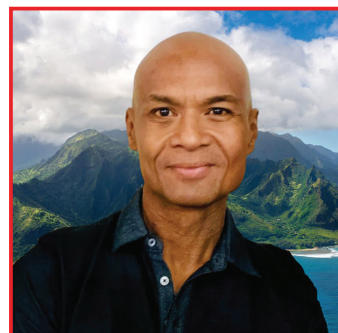
October 12th & 19th: Mark Pablo will be teaching the intermediate West Coast Swing Class.

October 26: Trish Connery Walkup teaching Intermediate/Advanced WCS.

Trish Connery Walkup is an award-winning dancer, teacher, and choreographer based in San Diego, specializing in contemporary partner dances. A five-time UCWDC World Champion and California Swing Dance Hall of Fame Rising Star, she is also a multi-year finalist at the US Open Swing Dance Championships.

Trish began her teaching career 20 years ago with Skippy Blair in Los Angeles before relocating to San Diego in 2012. She co-founded Southland Hustle and Double Diva Workshops and created DanceChatter Performance Teams.

She teaches a variety of dances, including West Coast Swing, Hustle, and Country 2-Step, and, along with her husband David Walkup, is San Diego's top Country 2-Step instructor. Trish also provides workshops, choreography, and coaching for social and competitive dancers, including wedding couples.



GETTING TO KNOW EACH OTHER BETTER

Interviews with Meredith Anderson

OCTOBER FEATURE: **Etta McQueary**



Twenty-six years ago, I found myself in the ICU—broken from head to toe with more than 20 fractures. I didn't know if I'd walk again, let alone dance. **Healing became my life's project.**

Long before that accident, wellness was already part of my story. When my children were young, I grew an organic garden, worked as a fitness trainer, and coached others in nutrition and lifestyle. I even ran a little Shaklee store out of my family room. Those were wonderful years.

I was born and raised in Ohio and married right out of high school. In the 70s, my husband and I moved to California where we raised our two boys—and a handful of animals—on a small homestead.

After we divorced, I pursued my education at SDSU, eventually earning master's degrees in Public Health and Social Work. Around that time, I remarried, **and like my childhood, dancing was woven into my life.** My father had played piano in a band while I was growing up, and I always loved moving to music. I met my second husband on a Country dance floor, and to this day, Country remains close to my heart.

After graduating, that marriage ended, and I began working for the County on a program to reduce drunk driving. Just as we were preparing to take the program onto television, my life changed in an instant: I was in a near-fatal motorcycle accident.



Recovery demanded every ounce of physical, emotional, mental, and spiritual strength I had. It took years, but eventually... I danced again. About a year after the crash, I returned to work—ironically, as a social worker on the trauma team at Scripps. I never imagined I'd still be in that role today, helping others on their own journeys of healing. It feels like a calling. Alongside it, I continue to work as a health and lifestyle coach, returning to the passions I embraced years ago but now with deeper wisdom and perspective. Eating well, staying active, and cultivating gratitude remain the keys to living without pain or regret.



Beyond work, I love to work out, hike, travel, and garden. I'm also a proud grandmother to a granddaughter who just started at Point Loma Nazarene University.

Dancing, though, has always been my greatest motivator. It was one of the driving forces behind my determination to recover. I don't remember exactly when I first joined the San Diego Swing Dance Club, but I know it was many years ago at the El Cajon Elks. I remember dancing with Roger and Peter, and later performing at the Performing Arts Center with Maria Tee and Larry when they taught in Escondido—memories I'll always cherish.

I may have a few limitations on the dance floor, but the fact that I can still dance after everything is nothing short of miraculous. For that, I am endlessly grateful.



MEET THE TEAM

SAN DIEGO SWING DANCE CLUB, INC.
BOARD OF DIRECTORS

2025-2026 Executive Board

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Vice President Vinh Mines
Membership Jody Kravitz
Treasurer..... Marlynn Peak
Secretary..... Kathy Hord
Newsletter Editor..... Taylor Frederking
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Dance Director..... Geoff Burns
Hospitality Director..... Larry Clendenin
Publicity Director..... Maria Tee

Appointed by the Board

Webmaster..... Jody Kravitz
Member At Large Larry Armstrong
Member At Large Lisa Simmons

Next Board Meeting: Oct. 12 at 12:00 PM

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 dance in a while, stop by soon so you can continue to enjoy dancing, fun, and friendliness that makes the SDSDC so special.

For more information please visit
www.sandiegoswingdance.com

FEEDBACK FORM:



PO Box 1954
Bonita, CA
91908-1954

THIS NEWSLETTER WAS
MADE WITH LOVE BY TAYLOR
IN WASHINGTON, D.C.

OCTOBER BIRTHDAYS

02	Ron Huber	24	Jack Peter
07	Lois Dillman - Scura	26	Debbie Dyer
09	Elizabeth Van Oosbree	27	Coralynn Pierce
09	Elsie Fischer-Tong	27	Edna ("B") Nuño
12	Jennifer Richardson	28	Ann Taylor
13	Marie Walsh	28	Lynne Foltz
15	Culnara Omar	29	Shiyuan Cheng
20	Brenda Welch	30	Joe Cekander
20	Karen Melbye	31	Alice Chen

HAPPY BIRTHDAY!

The club will provide cake and supplies to celebrate birthdays on the 1st Sunday of the month.



MARGARET SAYS:

I have loved this club since 1970 and if you love it too, **get up and leave it all on that dance floor.** This club doesn't run itself so get involved, volunteer or get on the board. Take care of this club because if you don't, you just might hear from me.

*In Loving Memory of Margaret – forever in
our hearts and on the dance floor.
9/29/1936 - 9/30/2025*