

Dear Out Dancing Ballroom members,

Thank you all for the wonderful job done at the San Diego Rodeo. I have only heard great reviews from the audience.

Rehearsals for this week- Monday and Friday have been canceled.

We are having an ODB meeting at Chuck Janic on Sunday 9/29. BBQ (bring some food dish) at 6 PM, meeting at 7 PM. We will discuss marching in Valley Pride Parade and performing in Palm Springs.

Also, bring any CD you have of top disco hits. We want to begin selecting music and developing choreography for our next number—a Hustle. Anyone who wants to assist Jeremy with the choreography, please contact him. The guideline for the number is we want music everyone recognizes, preferably some connection to the gay community (like “I will survive”—the gay anthem), and it will be choreographed for 2 couples to which additional sets of 2 couples can be added without changes to the choreography.

On a personal note— My heart went arrhythmic last night during the last 15 seconds of the last number (the East Coast Swing). Thankfully, Jeremy held me up. As I’ve explained to you all before, when my heart does this, I get light-headed and I cannot engage in physical exertion. Ben-Andy drove home and I was able to rest. As of this writing, my heart still has not converted, thus it is difficult for me to walk up stairs, etc. It has always converted within 24 hours.

I am concerned about my condition and its impact on the group. Although I have been assured by the foremost cardiologist that the condition is non-life threatening, I clearly remember his word when he said “We will monitor your heart as it deteriorates.” This was 10 years ago. There is no medication or therapy for it and I am expected to live a long time, but it is distressing. It will get worse.

Since our cruise in May (?), my heart has gone arrhythmic 4 times. Usually it’s once a year. Each time, I was dancing a fast dance. It happened on the cruise when we performed the West Coast number, twice at Oil Cans during one of the marathon fast numbers, and last night. I can’t predict when it will

happen; as you have all seen me dance for hours with no problems, but the pattern seems to be during the fast numbers (or greatest physical exertion).

What would happen if this occurred at the beginning of one of our show? I am very aware that even the leaders in the opening West Coast Swing number are still spotting me to know they are on step.

The only solution I see is to remove myself from the fast numbers during performance. I can't tell you how much that hurts. My eyes are tearing up saying that. Mortality is a bitch.

I think the best thing to do is develop more leaders for the West Coast Swing (and be stronger) and make other adjustments in the East Swing number. I still plan to conduct rehearsals, participate in every dance while teaching, but just not perform the fast numbers. If my heart goes off at rehearsal or Oil Cans, no big deal, but it would be very disruptive during a performance. I believe I can still perform the fast numbers for the dance on Oct. 5 and Palm Springs in November, but soon after, the other leaders need to be in place for performances.

I hope you all understand and see you at Chuck's next Sunday.

Directions to Chuck J.

Take which ever freeway you need to get onto the Pasadena Freeway North-toward Pasadena. Take the Ave. 43 exit and then go left over the top of the freeway. When you reach Figueroa turn right, go to Ave. 45 and turn left. There is an Albertson's market at the corner. When you get to Marmion Way, turn left. Go to Mt. Washington Drive and turn right. The address is 318 Mt. Washington Drive. The house is on the left-hand side. It is avocado green and obviously a "newer" house. The garage is at street level with an oversized white garage door. The concrete stairway to the left of the garage is the one you take. When you see the wooden stairs to the right, continue up those. This is a duplex and I live on the top floor. If you've gone up 47 steps and you are standing at a glass front door, you have arrived. I have friendly hairy dogs. They will greet you. Looking forward to sharing my home with you all. If lost, call 323-221-0766.