

Footloose



Newsletter of the Chicago Jitterbug Club

WARNING:

Dance is a Drug? Medicine is Coming!

Mark Traynor (Adapted to fit)

If you all were essentially housebound like me, you probably are watching more television than before. Of course, that means more commercials too. So, I've been noticing the ever-present ads for all kinds of drugs, some of which might/might not be relevant to someone my age. One mind-bender that displays a pretty blue background and is full of many distractions happening while they tell you about what their product does. With fish swimming around body outlines listing benefits AND side effects, seagulls floating by, a man and his dog romping around, playing frisbee, running, fishing, biking, beaches or fields with disclaimers tucked in, going home and hugging the spouse, etc. etc., and at the end? They're dancing. All to keep you from concentrating upon what they're saying about the drug.

If you can catch some of the words, however, you might want to go "huh?" Here are a few of the things they actually say... "can increase the chance of heart attack or stroke, which can lead to death!!!...that's right!...and *then* goes on to say that it can *also* cause high blood pressure, serious skin reactions or stomach issues, and may cause death.".... This is supposed to be a good, new medicine to fix you!...that's all...and it *might kill you?* What?!!

Soon I'm sure we'll hear things like "may cause your hair to fall out", or "if you begin spitting out teeth, we recommend you discontinue use".... "fingers and toes may turn blue, if this occurs, blood flow may have been cut off...see your doctor - fast"... "do not use if completely human".... "may cause you to stop breathing, which *could* lead to death".... What are they putting in these pills?

Here's a different drug. It's called '**Doing All Necessary Cardio Exercise On Dancefloors**' or - **DANCE OD**. It is recommended for anyone needing a regular cardiovascular workout, anti-depressant, and it helps keep all joints from stiffening up. But be advised there are many known side effects also as listed below:

- Can become very addictive
- Can lead to increased circle of friends
- Will make you feel healthier
- Will improve social life
- May attract more positive attention to yourself from others
- Naturally improves posture
- Encourages a tendency to dress better
- Increased self-confidence
- Will force you off the couch more often and away from your computer
- Better self-esteem
- Creates a sense of accomplishment at any level
- Enjoyment of a healthy, *extremely* fun hobby
- Appreciation of two universal languages – music and dancing
- Continuous learning to help keep the mind sharp
- A total mind and body workout that continuously becomes more fun and can lead to overdose!

Recommended use: Overdose is encouraged. Use as often as possible.

FINAL WARNING: Dance is a Drug. Can be highly addictive!

Disclaimer: Results and additional positive side effects may vary depending on quantity.

CJC Board of Directors for 2021

President

Gene Bylina

Vice President/Volunteers

Carol Green

Secretary/Social

Arlene VanHouten-Maynard

Treasurer

Tony Zawacki

Board Members

Mary Lou Poremba

Slim Waschke

Past President

Barb Buschman

Committees

50/50 Sales

Arlene Maynard

Club DJs

Norm Oden

Party Doll

Newsletter/Sunshine

Mary Lou Poremba

Snacks/Candy

Gene Bylina

Arlene Waschke

Taxes/Web Master

Dave Chess

April Board Meeting News & Recap

- We're back June 26 with Club Oldies & Party Doll
- Renew at June or July dance, get a FREE PASS
- Late renewal fee after July 24 (no exceptions)
- Expenditure approved for free Cha Cha lesson
- CJC Charter renewed
- 2020 tax return filed
- Liability Insurance, approx. \$800, to resume
- 2020 Income: \$4,590.00
- 2020 Expenses: \$4,692.63
- Cash donation from a member. Thank you!
- Red/White/Blue Dance Party on July 10
- Club catered food events temporarily on hold
- No "outside food" may be brought in
- Bagged snacks to be provided at dance parties
- "Ask Me" labels available for social dancers
- Names and address taken for contact tracing



Jim DeBickero	June 1
Gerard Woloszyk	June 1
Linda Koppel	June 4
Dan Faloona	June 5
Debbie Smith	June 8
Dolly Swiszc	June 9
Jack Boyle	June 16
Gene Bylina	June 20
Carl Pignato	July 3
Teri Galka	July 4
Arlene Waschke	July 4
Bob Wilkison	July 4
Judie Collins	July 5
Phil Jorgensen	July 5
Anne Anderson	July 10
Slim Waschke	July 21
Manny Gonzalez	July 23
Bob Kurth	July 23
Carol Crosson	July 30
Kitty Shannon	July 31
Martha Kinnaman	Aug 1
Arlene Maynard	Aug 3
Catherine Verworren	Aug 5
Mike Lapina	Aug 7
Shirley Medley	Aug 10
Evelyn Vanek	Aug 13
Bobby Thomas	Aug 14
Jim Zaluba	Aug 16
Bill Dimoff	Aug 17
Carol Kroemer	Aug 21
Vic Ciccio	Aug 22
Jean Engelbrecht	Aug 22
Ed Ciemny	Aug 24
Shirley Krenkel	Aug 29
Marianne Ronquillo	Aug 30
Judy Fairfield	Aug 31

To our members whose birthdays were January – May, we wish to extend Birthday Greetings to all.



Club Dance Party Info

Your Board of Directors is happy to report we have booked the Elks Lodge thru December! Our first event is Welcome Back Night on June 26 with DJ Party Doll playing the oldies. In keeping with the theme, we will allow late and lapsed members to renew their memberships without a late fee until July 24th and get a free pass! One per member, one time.

Illinois is now in Covid's Bridge Phase with higher capacity limits in place. (Any changes into Phase 5 won't be reported until after June 11th). Most of our dancers are vaccinated and we will be up-to-date on mask rules. The Elks Lodge has a new a/c filtration system to keep air circulating and we will have tables arranged for social distancing while allowing friends to sit together. Hand sanitizer will also be available.

We hope to see lots of familiar faces on June 26th!

Footnotes

We are happy to report that **Barb Buschman** has finished her cancer treatments and is ready to go! She also was recently re-elected to the Lemont Township Board for another four-year-term. . . Congratulations to proud great-grandparents **Billie & Jack Sacks**. Red haired baby Olivia Louise Earl was born on April 11, weighing in at 6lbs, 7oz. . . We're happy to welcome **Judy Leslie** home after a safe and looonnnggg drive back from Florida after a four-month stay. . . Another political activist is **Mary Lou Poremba** re-elected to a six-year term as Alsip Library Trustee. She was also honored as Founder of the Alsip Public Library and 50 years of service. . . Our deepest condolences to **Judy Hook** on the death of her grandson **Drew Slee** in a freak accident. Judy had been very close to Drew and the passing of this fine young man was heartbreaking to his family and many friends. We wish her comfort with God's love and the happiest of memories.

Cha Cha Dance Lesson – Free

with Catherine LiSoliel

July 24 – 7:00 pm

As a courtesy to our instructor, no observers. If you aren't taking the lesson, please don't arrive before 7:30.

CWCJC Scheduled Dance Parties

American Legion Hall

9757 Pacific Ave.

Franklin Park

7:30 – 11pm

June 5

June 19

Men's Dance Shoes

Free to a Good Home

In the last few years, we've acquired several pairs of gently used, quality dance shoes from gentlemen members. They retired but want their shoes to keep on dancing. If you're a size 9 or 12/13, these donated dance shoes might work out well for you and give them another life. For more information or pictures, contact Mary Lou at wejitterbug@comcast.net. She'll also be at the June 26th dance party.

Want a Voice in CJC?

We are looking to fill an open position on our Board of Directors. The only requirements are being a member of CJC for one year with good attendance and a willingness to be ready to help on occasion at our dance parties. Duties include being available at a dance to help at the door in a pinch, providing an extra pair of hands during social events, and/or helping with the 50/50.

Board meetings are held on a weekday at the Elks Lodge every other month and last about two hours. It is at these meetings, that most important decisions are discussed and finalized. Board Members get free admission to the regular dance parties, and generally have a lot of fun helping out. So if you're friendly, like meeting new people, seeing people have a good time, and can help your Club, we'd like to hear from you! See a Board member at a dance for details.

Chicago Jitterbug Club

2021 Dance Calendar

(Subject to change and/or Covid mitigation)

Featuring

DJ Party Doll
DJ Norm

Guest DJs

DJ Gay
DJ Fast Freddie

June 26th – Welcome Back/Celebrating the Oldies

July 10th - Celebrate America (Casual Red/White/Blue)

July 24th - Justadance Party (Free Cha Cha lesson at 7:00 pm)

August 14th - Beachcomber/Luau Dance

August 28th - Justadance Party

September 11th - Annual Business meeting @ 7:30 (Doors open @ 7:15)

September 25th - Justadance Party

October 9th – Justadance Party

October 30th – Halloween Dance Party (Costumes & Parade)

November 13th – Veterans Dance Party

November 27th – Board Elections, Victory Dance Party

December 11th – Holiday Dance Party

Dance Party Home

Chicago South Elks Lodge
4428 W. Midlothian Turnpike
Crestwood, IL 60445

**Doors open for dance parties @ 7:30. Please comply for the convenience of our guest hosts workers.
Covid 19 Guidelines are in place.**

**Find us on Facebook for the most up-to-date scheduled information or provide an email address. Visit
www.chicagojitterbugclub.org for more info or call Barb@ 630-257-6479.**

Thank you in advance for attending our dances!



Chicago Jitterbug Club

5131 W 115th Street

Alsip, IL 60803

www.chicagojitterbugclub.org

Proud Member:

American Bop Association

First Premier Cruise Club–2006

Premier ABA Cruise Club–2010

Premier ABA Cruise Club–2013

Premier ABA Cruise Club–2014

Premier ABA Cruise Club–2015

We're back!

2021 Calendar inside

Welcome Home/Oldies Dance Party June 26

**Belated
Best Wishes to all the
Moms**

