



Coon Rapids, MN

The Chatter

October 2023

Live Lively -



Square Dance!

0131

From Our Presidents

Hello Hotfoot Members,

We have been busy with the fall harvest and family events. Overall, it was a good gardening season, but we did have trouble with potato bugs and pocket gophers. We always say we grow 10% for the critters, but this year we think they took 30%. One of our favorite fall recipes is fresh cultured salsa, we make as much as our fridge can hold. We've included the recipe follows:

Cultured Salsa

¼ teaspoon Cutting Edge Cultures –

OR ¼ cup of kefir whey

2 medium tomatoes – chopped into fine pieces

1 green pepper – finely chopped into small pieces

¼ cup red onion – chopped into fine pieces

¼ cup cilantro – finely chopped

1 whole serrano pepper – seeded and finely chopped

¼ cup lime – squeezed

1 teaspoon Celtic Sea Salt

1 clove garlic – finely chopped

Our new lesson season is off to a great start with around 30 students attending the first two Monday nights. Thank you to all angels to who diligently work and make connections with new students making them feel welcome and valued. Thank you to Dan Sahlstrom for sharing your amazing talents and teaching lessons this season. You are appreciated.

Mark your calendars -Dan is starting plus lessons on Mondays starting October 2 from 6:00- 7:00 pm. Cost is \$2.00 per person.

Hotfoot membership for the 2023-24 season is 116 members strong! Thank you, Cathy Gates, for collecting and tracking all the dues and membership information.

We need two volunteers to put out Traffic Signs (Advertising) before each Hotfoot dance and lesson. Let us know if you can help with this job.

We are looking forward to seeing everyone at the Hotfoot October Dance with Bob Asp calling.

Let joy be unconfined – let's dance,

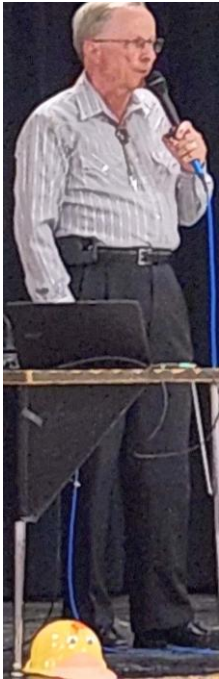
Tammy & Keith Lakeman

Hotfoot Stompers Presidents



Hotfoot Crazy Hat Dance

What a fun dance with 12 squares from 12 clubs being called to by Tom Allen and cued to by Ken LaBau with a bit of help from Sarah Klaphake. Thanks to all visitors, Hotfooters and our returning newest graduates. The decorating committee did a fine job with the crazy hat theme.



There's Bill Bump – glad to be dancing again and Louie taking flight in the friendly skies – I mean square

There's Lisa the visiting Cat in the Hat dancing with Mike



Tammy admires Keith announcing at their first dance as Presidents



Tammy shows how proud she is of Keith's ability



Look at all of those crazy hats

Hotfoot First Night of Lessons



What fun -21 students, 71 angels making Hotfoot's first lesson with 9 squares



Young Julian



From Hotfoot Queen Renee

Hello friends,
Fall is here! The colors will change as I suspect some square dancing attire will change to fall colors also.



As we prepare for a new season, we also are starting to think about closing up cabins, pools and getting back into the fun indoor sport of square dancing. Lessons started Monday, September 18th with 21 students! It's so much fun to have a full floor dancing with all that energy!

I took part in a demo at Harbors Senior Living in Fridley on 9/21 with John Bittner calling. We had 1 square, plus a few extra people, and the residents really enjoyed the

entertainment. If you can do just one extra fun thing



Hotfoot at Harbors Senior Living 9-21-23

each month for someone else, try doing a demo, help with a blast or enjoy a pop up dance & make a new friend or drive a friend to a dance.

Remember to invite a new dancer into your square. I hope to see you in a square.

Renee Hogan
Hotfoot Stompers Queen

Hotfoot Banner Raids



Ar-Dales 9-10-23



Jolly Promenaders 9-16-23



Hotfoot Photographers Sandy & Robert ready, willing and able – smile

Condolences to

Nancy Knoth on the recent passing of her brother, James.

Get Well Prayers and Wishes to

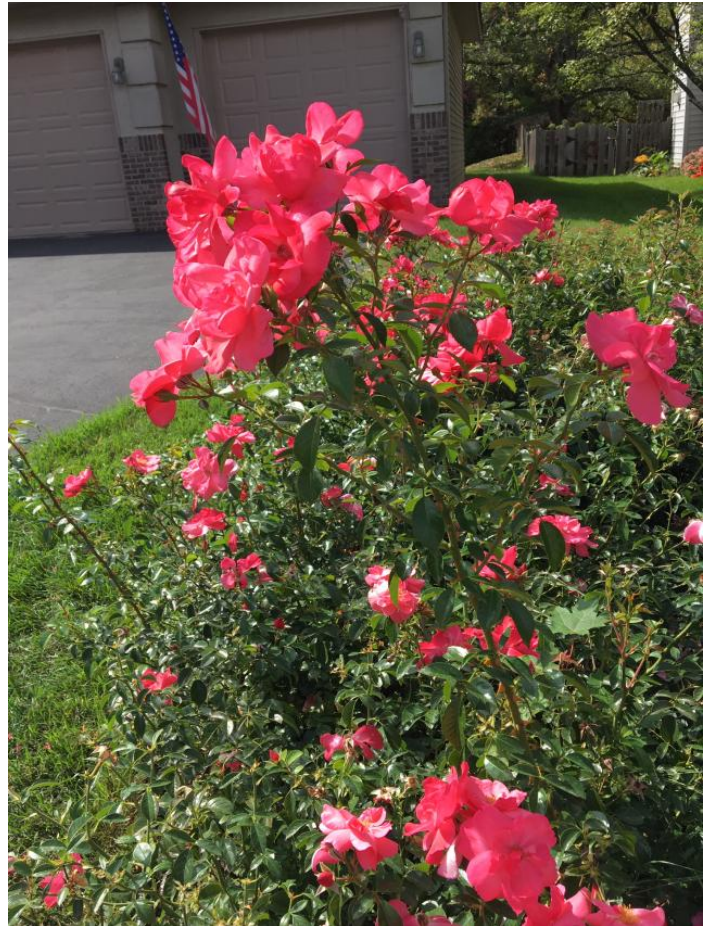
Bob Johnson who had a stroke after our last Hotfoot dance Sept 9th according to Bob's wife, Arlene. Bob is currently at The Villas of Osseo nursing facility where he is getting therapy M-F for his left side. His right side works as he was able to sign his name. Today, Sept 24th, he was wheel chaired to the dining room for the first time. Keep up the progress, Bob. BTW, Bob's phone number in the Hotfoot roster is now invalid as it belongs to the new owner of his dumpster business. Bob retired on Sept 16, 2022.

Jerry Knoth had surgery Sept 14th to remove a cyst from his spinal column.

Bill Bump continues to improve his square dancing ability after his brain surgery.

Dianne Tauer is improving after her last fall so much that Wayne worries that she will walk herself into trouble and possibly fall again. Improvements are always appreciated.

First Day of Fall



Goodbye summer 9-23-23



Erik, Julian and Vice President Anna



Lessons are more than squaring up 9-25-23

Hotfoot Volunteers 2023-24

President: Keith & Tammy Lakeman
Vice President: Anna Soland & Julie Bittner
Treasurer: Guy Trudeau
Vice Treasurer: Renee Hogan
Secretary: Terri Axelson
Past President: Julie Bittner & Anna Trudeau
Sunshine Contact: Julie Bittner & Anna Trudeau
Queen: Renee Hogan
Banner Chief: _____
Chatter Editor: Gary Kemmetmueller
Historian: _____
Photographer: Sandy & Robert Morgan
The ROUNDUP Reporter: Julie Bittner
Spotlight Editor: _____
Website Webmaster: Rachel Katkar & Cathy Gates
Caller Booker: Les Marier

-----Committees-----

Decorating Committee: Peggy & Bruce Decker, Rose Valentine, Coni Winterfeld, Bob Johnson (storage)
Door Prizes: Fran Sorensen
Greeters: Queen Renee Hogan, Margaret Theisen, _____
Lesson Set Up Committee: Sandy & Jim Quasbort
Lesson Cleanup Committee: Mark & Sheila Brouhard, Tom & Jan Hanson
Marketing Committee: Audrey Cecko, _____, _____
Mystery Caravan Committee: Jerry & Nancy Knoth, Bruce & Peggy Decker
North Shore Weekend: Peggy and Lee Kohl
Pop Committee: _____
Sign Placer: _____, _____
Social Committee: Peggy & Lee Kohl, Sandy & Frank Amore, Colette Kilber, Cary Hebert & Fran Sorensen
Social Media: _____
State Conv Dinner Planner: _____
Summer Campout Planners: _____
Telephone Committee: Marilyn Vialle, Cathy Gates (leader + Hotfoot News + roster + communicator)

----- Coordinators -----

Community Ed Contact: Cathy Gates
Dance Service Coordinator: _____
Student Coordinator: Danielle Rust

We are on the WEB

www.HotfootStompers.org

Hotfoot Stompers



Minnesota Square Dance Club
Coon Rapids, MN
Keith Lakeman 612-710-1885 &
Tammy Lakeman 612-710-1885

2023 – 2024 Dance Schedule

Saturday, 7:30-8:00pm & 10pm Plus;
8:00-10:00pm, MS or ND and RDs & Lines by Ken LaBau between tips, potluck at 8:30pm. All dances are at Northdale Middle School, 11301 Dogwood St NW, Coon Rapids-

*Service Committee **Treasurer Assistant

Oct 14 Bob Asp – MS - Pumpkin Patch - potluck

* Jim & Sandy Quasbort, _____, _____ ** Rose Valentine, _____

Nov 11 Dan Sahlstrom – MS – Remembering Our Veterans at

Faith Lutheran Church – potluck * Jim & Sandy Quasbort, _____, _____

**Les Marier, _____

Dec 9 Mike Hogan – MS – Christmas - potluck

* Jim & Sandy Quasbort, _____, _____ **Jerry Knoth, _____

Jan 13 Bryan Bush - ND - Chinese New Year - potluck

* Jim & Sandy Quasbort, Frank & Sandy Amore ** _____, _____

Feb 10 Abe Maier – ND – Valentine – potluck -

* Jim & Sandy Quasbort, Rose Valentine, Les Marier, _____ ** _____, _____

March 9 Bill VanBergan – MS – Tropical Paradise- potluck

* Jim & Sandy Quasbort, Jerry and Nancy Knoth, _____ ** _____, _____

April 13 Dan Sahlstrom – MS – Royalty - pie/ice cream

* Jim & Sandy Quasbort, _____, _____ ** _____, _____

May 11 Dee Dee Dougherty-Lottie, MS Let's Go Fishing - potluck

*Myrna Kostuch, _____, _____, _____ ** _____, _____

Upcoming Event Reminders for October

Oct 2, 9, 16, 23 & 30 – Mondays – PLUS lessons 6-

7:00 PM, MS 7:00 – 9:00 PM

Northdale Middle School – Dan Sahlstrom teaching

Oct 3, 17 Tuesdays Hotfoot Daytimers MS SD –

Oct 31 PLUS, 9:30-11:30 AM - Wayne Tauer calling at Coon Rapids Civic Center, 11155 Robinson Dr NW

Oct 15 Sunday Train Ride Color Tour 3:30-5:00 PM

114 Depot Road, Osceola, WI – sign up at lessons

Oct 25 - Wednesday- Hotfoot Breakfasts: Women's and Men's, both 8:30 AM at Bakers Square at Riverdale in Coon Rapids across from CUB