



G.S.G.R.A.



GREATER LOS ANGELES



BAY AREA



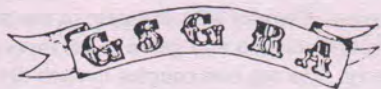
GREATER SAN DIEGO



CAPITAL CROSSROADS



THE  
OFFICIAL  
MEMBERSHIP  
NEWSLETTER  
OF



FEBRUARY 1999



# LOVE

by Craig Rouse, GSGRA President

Well folks, February brings Valentines Day which helps us remember those we love. I personally love Brad, my Country, GOD, my parents and GSGRA to name a few.

WHAT? The first few are easy to explain; however I don't know if you know how much I love the GSGRA and its members.



I have been President for (a long time) and before that I was and am very active in the BAC & IGRA. I can tell you I don't look forward to the GSGRA & IGRA politics, I can tell you; I look forward to the meetings, events and rodeos



to see all you. You are my extended family. I love to interact and socialize with you. Country/Western people are the best!

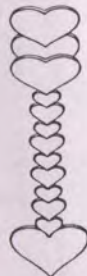
\*\*\*\*\*

GSGRA will host the 9<sup>th</sup> Annual Country Western Dance Competition in conjunction with Los Angeles Rodeo. This event will be held at the Burbank Airport Hilton on April 10, 1999.

The contest is going to be a lot of fun. Here's a little info about the contest. There are four different divisions - First Time, Beginner, Intermediate and Advanced, there's a level for everyone. Couples who compete in the dance competition represent the Golden State Gay Rodeo Association and go on to perform at rodeos and Country Western events around the country. The top two couples in each division will compete in the International Gay Rodeo Association Finals July 29 - August 1, in Long Beach - Convenient for our California couples. (GSGRA will even pay the entrance fee for the 1<sup>st</sup> place overall couple in each division). Everyone has a great time and gets a chance to be cheered on by their peers at the LA rodeo.

It's going to be a super contest this year. Feel free to call Ken Valdez at (619) 299-7813, if you have any questions about the contest or the rodeo association.

I have learned a lot from all of you in all aspects of GSGRA, Rodeo Contestants, Royalty, Dance, Volunteers and Elected Officers and I would like to thank you all. So, this Valentine's Day don't forget the ones you love.



**WWW.GSGRA.ORG**

Check it out.....

## Casting Call .....

**Are you an entertainer?** Do you want to entertain at the Las Vegas Rodeo? If so, the call is out and you should contact Doug Graf (GSGRA) or Mitch Gill (NGRA). In fact, now might be a good time to contact L.A. as well Scott Hilderbrandt (GSGRA). Remember that most Rodeos are not able to offer performance time to entertainers that do not pre-schedule.

## The Golden State Gay Rodeo Association

4226 East 15th Street  
Long Beach, Ca 90804  
(619)293-0666  
gsgra@aol.com

<http://users.aol.com/gsgra/rodeo.html>  
or <http://member.aol.com/gsgra/rodeo.html>



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# The Chute

The Official Newsletter of  
The Golden State Gay Rodeo Association

# February

# 1999

Published Monthly by  
The Golden State Gay Rodeo Association  
.....  
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## WHAT's THE CHATTER?

January has seen us off to a busy start. Work on the rodeo is at full tilt. Jeff Bosacki, Volunteer chairman was at our January Rodeo meeting to discuss his plans for the rodeo. Paul Crouch, better known as DoMe Moore and current Vice-President of CGNIE, was an honored guest. Paul, along with Donnie Callison, has agreed to assist Jeff in coordinating volunteers for the Rodeo. Jeff and Marshall also attended the Valley Bears board meeting to go over plans for the rodeo and the chapters desire to see them included. Jeff may live in New York and winter in LA, but he is known round the world! Even in Sacramento, as attested by being known by several board members. The presentation was enthusiastically received and with 180 members they would be a welcome addition to our efforts. We will be working with several other groups in the community as this will call for a lot of volunteers. We will be meeting with MCC, CGNIE, and Valley Leather Association in coming weeks. If there is there is a group or someone you think may be interested in helping with volunteers, please call the hotline and let the chapter know. It is important we realize this is a community event!

A great deal of work has been done in the first few weeks of January on all fronts. Mike Silva met with several businesses in the community and the reception was more than encouraging. Look for a list of our sponsors in the next newsletter. We are pleased that Bud-Light has agreed to be the IGRA sponsor and look forward to working with them for our rodeo. But there are many opportunities for support. At this writing Coors has presented us an offer to sponsor our annual Barn Dance. Dates selected are May 15 (1<sup>st</sup> choice) or May 22. Location has yet to be determined, but we are hoping that Mike Muir, our gracious host the last two years, can work it into his busy schedule once again.

Not to let our great trend cease, we had great representation in Phoenix for the RoadRunner Regional Rodeo. We had at least ten members in attendance. We also saw Dennis James and Brian Koeber show us their stuff! Congratulations to both for good performances, and I understand Brian even got a ribbon and \$\$.

## PRESIDENTS CORNER

I look back over the last year and realize how fast it went. We began in earnest in July to put together our rodeo, Sierra Stampede. Many individuals and put in time to get us where we are. But that was just the structure, the plan, and the means. Now that we are less than SEVEN months away, I can't help feel those first time jitters. We will be going for our final approval from the GSGRA State Board on February 6<sup>th</sup>, in San Diego. It was incredibly exciting for me to share the details with Jeff Bosacki and show him our event sites. A fresh look gave me renewed confidence and excitement. So maybe it is just butterflies in my stomach. I can't to see that feeling enjoyed by all our members! In the meantime, every one of our Sierra Stampede committee chairpersons is still looking for volunteers! Be a part of a great success story as we go in to full swing for our own rodeo. Committees needing volunteers:

☎ Logistics (arena grounds)	<i>your name here</i>
☎ Hotel	<i>your name here</i>
☎ Corporate Sponsorship	<i>your name here</i>
☎ Communications	<i>your name here</i>
☎ Security	<i>your name here</i>
☎ Entertainment	<i>your name here</i>
☎ Vendors	<i>your name here</i>
☎ Volunteers	<i>your name here</i>
☎ Finance	<i>your name here</i>

Please call the hotline or, better yet, access our incredible website, to contact the chairperson for the committee of your choice.

## SPECIAL NOTES

Anyone interested in contributing to the monthly newsletter and taking on input to the Chute, please contact Marshall at 916-451-9439.

A special THANK YOU to Craig Rouse, GSGRA State President, for taking time from his busy schedule to visit on Saturday, January 30<sup>th</sup>, to see the sites for the Sierra Stampede, and meet with chapter members!



# CALENDAR

## February

- 2 -- Rodeo meeting (finalize presentation to State Board)
- 5 -- Royal Play-Night, hosted by Mr. GSGRA, Sammy VanGalder, and Mr. IGRA, at Kickers in San Diego.
- 6 -- State Board of Directors meeting, San Diego -Marriott Mission Valley
- 13 -- CGNIE Valentine's Dance at Verona Village.
- 14 -- Valentine's Day - remember your loved ones!
- 20 -- Chapter trip to San Francisco to join BAC in support of our beloved Sheba McIntired's run for Empress of SF. Information on the website or call the hotline.
- 21 -- Rodeo and Chapter Meeting - 1:30pm at Heritage Inn (host hotel - formerly Beverly Garland) 1780 Tribute Road, west of Cal-Expo, 916-929-7900. Brunch available until 1pm.
- 27 -- Capital Crossroads goes country dancing (even if you don't dance, let's get together - join us at Faces 8pm.

## March

- 5-7 -- Big Horn Regional Rodeo, Las Vegas
- 16 -- Rodeo meeting 7pm at Marshall's, 6054 35<sup>th</sup> Ave. 451-9439.

## April

- 9-11 -- Greater Los Angeles Rodeo, Hanson Dam, Los Angeles
- 10 -- State Dance Competition, call Bill Gorman at 408-926-8485 for information.
- 18 -- Rodeo and Chapter Meeting, location TBA

# MEMBERSHIP

Let's all welcome our new members **Mike Miller and Steven Cosner (Cos)**. Hope to see you at one of our next meeting and events! Please remember to send in your renewal promptly so as to keep up on chapter activities and to remain on the Chute's mailing list.

**Capital Crossroads**  
**PO BOX 189305**  
**Sacramento CA 95818**  
**916-451-9439**

[www.gsgra.org/cc](http://www.gsgra.org/cc)

# THE GOLDEN STATE GAY RODEO ASSOCIATION

A Member Association of the International Gay Rodeo Association

## APPLICATION FOR MEMBERSHIP

Membership records are strictly confidential  
 G.S.G.R.A. is an organization of men and women. Ownership of a horse is not required to be a member Membership fees are for one year from the date of receipt. Family memberships are available to any two persons residing at the same address.

**Individual.....\$40.00    Family.....\$75.00**

**PLEASE PRINT CLEARLY**

PRIMARY MEMBER		CHAPTER AFFILIATION
NAME		Please check the chapter with which you would like to be affiliated. Members that do not indicate a preference will be considered to have selected Member at Large.
ADDRESS		
CITY		
STATE/ZIP		
PHONE #		
All new members receive an engraved G.S.G.R.A. name badge. Please print here the way you would like us to engrave yours.		<input type="checkbox"/> GREATER L.A.
DATE		<input type="checkbox"/> BAY AREA
SIGNATURE		<input type="checkbox"/> GREATER SAN DIEGO
FAMILY MEMBER		<input type="checkbox"/> CAPITOL CROSSROADS
NAME		<input type="checkbox"/> MEMBER AT LARGE
All new members receive an engraved G.S.G.R.A. name badge. Please print here the way you would like us to engrave yours.		
DATE		
SIGNATURE		

MAIL THIS COMPLETED FORM G.S.G.R.A. Membership Committee  
 WITH YOUR PAYMENT TO::  
 4226 East 15th Street  
 Long Beach, Ca 90804



# BAY AREA CHAPTER



## With Deep Sadness

Long time friend of the rodeo, chapter and rodeo committee member Sandy Ellis lost her fight against Cancer. Sandy died at her home in San Francisco surrounded by her friends and hospice workers. Sandy was active on the rodeo committee for years as a Volunteer Coordinator, Carnival West Coordinator, and was selected to be one of our Riderless Horse Ceremony Escorts. Sandy's smile, enthusiasm, willing to volunteer and outlook on life will be missed. Rest in peace Sandy, we will miss you.

## The 8th Annual GSGRA-BAC Rodeo and Western Roundup June 18-20 at the Santa Clara Fairgrounds and the San Jose, Airport Hyatt

- Pool Parties on June 18 and 19.
- Rodeo on June 19 and 20.
- Carnival and Vendor Expo on June 19 and 20.
- Family Fun Day on June 19.
- Country Western Hoedown on June 18.
- Buck-n-Ball on June 19.
- Awards Ceremony and Dance on June 20.

Check it out! We've got: Added Prize Money Parties Dances Horse Events Rough Stock Events Camp Events Pool Parties BBQ/Beer Chuck Wagons Carnival West Family Fun & Children Events Line Dancing Live Entertainment Open Dancing Retail Vendors Games Petting Zoo Grand Entry & Parade Royalty Contest AND The Largest Country Western Dance Floor in Northern California

## Back Shed



Well, what can we say. The Phoenix Rodeo was a blast. Those cowboys and cowgirls in Phoenix know how to throw a good party. If you missed, well, you better plan now to make next year's rodeo! One of the unofficial highlights had to be the early morning Boxer Brigade Roller

Derby on rollaway cots through the hotel hallways, down the elevator, across the lobby, with a photo finish at the pool. Another one of those, you had to be there experiences. Now, there was also a certain member of one of the other GSGRA Chapters (LA) who participated, and on a subsequent morning was seen streaking across the grounds on his way back to his room in shorts, boots, and hat (and it was a *very* nice sight!) More stories, and pictures, forthcoming!!!

## Congratulations To

To ourselves! The Bay Area Chapter had the most GSGRA members in Grand Entry at the Phoenix Rodeo.



## Volunteers! Volunteers! Volunteers!

- ⇒ The BINGO committee needs **callers and floor people**. If you like to be heard or can help out on the floor selling Cherry Bells, working the door or providing security, call the rodeo hotline.
- ⇒ Dealers, doormen, and helpers of all kinds needed for the events on February 14<sup>th</sup> and 20<sup>th</sup>.

## Fun Things About to Happen

BINGO games are held every Wednesday at the Hyatt San Jose. Spread the word!

<b>BINGO</b>
14 25 34 52 68
1 24 38 51 69
4 26 48 74
3 23 41 46 63
6 20 39 56 70

DANCE TIME! Don't miss the Sweetheart's of the Rodeo Ball, hosted by David Carver, on Sunday, February 14<sup>th</sup> at the Sundance Saloon.

Cards! Dice! Party time! Don't miss the Cabaret & Casino Night on Saturday, February 20<sup>th</sup>. It all happens at the San Jose Airport Hyatt, starting at 7:00 PM

San Francisco Court Coronation on Saturday, February 27<sup>th</sup>. Support our chapter members!

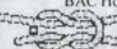
## Chapter Meetings

SUNDAY February 14th - Chapter Meeting & Rodeo Roundtable

Meeting at Doug Graff's house. Directions and details forthcoming. Stay in touch, call the HOTLINE! This is an important one folks, agenda items include nominations for Grand Marshall(s), Rodeo Officials, and Grand Entry Singers.

## BAC Contacts

President:	Bill Gorman (Billieg69@aol.com)	Executive VP:	Brian Syth (Briman1160@aol.com)
VP Rodeo Operations:	Terrylee Allert (Texas71@aol.com)	Secretary:	CJ Jaszur (CJ@GN1.net)
Treasurer:	Adrian Arteche (Adrian_Arteche@yahoo.com)	Membership Coord.:	Gregg Harvey (gharvey646@aol.com)
Rodeo Event Director:	Craig Rouse (ropinride@aol.com)	Newsletter:	Jabby Lowe (Jabbyd@aol.com)
BAC Website:	<a href="http://users.aol.com/gsgra/bac98.html">http://users.aol.com/gsgra/bac98.html</a>	BAC Hotline:	(415) 561-9228







# 1998-1999 Rodeo Schedule

<b>Texas Gay Rodeo:</b>	San Antonio, TX Nov 6-8, 1998
<b>Road Runner Rodeo:</b>	Phoenix, AZ Jan 15-17, 1999
<b>Bighorn Rodeo:</b>	Las Vegas, NV March 5-7, 1999
<b>Saquaro Rodeo:</b>	Tucson, AZ March 19-21 1999
<b>Greater LA Rodeo:</b>	Los Angeles, CA April 9-11, 1999
<b>Great Plains Rodeo:</b>	Little Rock, AK Apr 30-May 2, 1999
<b>Bay Area Rodeo:</b>	San Jose, CA June 4-6, 1999*
<b>Heartland Rodeo:</b>	Omaha, NE June 25-27, 1999
<b>Canadian Rockies Int'l Rodeo:</b>	Calgary July 2-4, 1999
<b>Rocky Mountain Rodeo:</b>	Denver, CO July 9-11, 1999
<b>Annual Convention:</b>	Long Beach, CA Jul 28-Aug 1, 1999
<b>Greater Motown Int'l Rodeo:</b>	Detroit, MI Aug 13-15, 1999
<b>Rodeo Wichita 99:</b>	Wichita, KS Aug 20-22, 1999
<b>N'ern Sierra Rodeo:</b>	Sacramento, CA Aug 20-22, 1999
<b>Windy City Gay Rodeo:</b>	Chicago, IL Aug 27-29, 1999
<b>Zia Regional Rodeo:</b>	Albuquerque, NM Sept 3-5, 1999
<b>Show-Me State Rodeo:</b>	Kansas City, KS Sept 3-5, 1999
<b>Dixieland Rodeo:</b>	Atlanta, GA Sept 10-12, 1999
<b>San Diego Rodeo:</b>	San Diego, CA Sept 17-19, 1999
<b>Atlantic Stampede '99:</b>	Washington, DC Oct 1-3, 1999
<b>Finals Rodeo:</b>	Little Rock, AR Oct 28-31, 1999

*All Information is believed to be accurate at the time of going to press. Please reconfirm all dates, times and locations before making any commitments.*



## THIS IS A ....ED OFF RODEO SECRETARY.

Registrations must be postmarked two weeks before a rodeo to avoid ....ing off the Rodeo Secretary. This ia a good thing because nobody has fun when the Rodeo Secretary is ....ed off.



9TH ANNUAL G.S.G.R.A.  
COUNTRY-WESTERN  
DANCE CHAMPIONSHIP

APRIL 10, 1999 7:00 PM  
AT THE BURBANK  
HILTON HOTEL

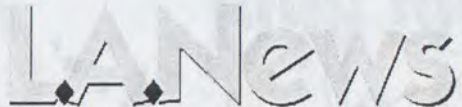
FOR CONTESTANT ENTRY FORM  
AND INFORMATION PLEASE  
CONTACT KENNETH VALDEZ AT  
(619)299-7813

START HERE

**WWW.GSGSR.ORG**

GO ANYWHERE





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<http://www.larodeo.com> [larodeo@larodeo.com](mailto:larodeo@larodeo.com)

**GREATER LOS ANGELES CHAPTER**

**Phoenix Rodeo Was Great Fun!**

Our thanks to the many participants, volunteers and of course, our congratulations to the many buckle and ribbon winners at the Arizona Gay Rodeo Association regional rodeo, held the weekend of January 15-17 in Phoenix.

As usual, there were many L.A. chapter members in evidence, and the chapter was well represented from the grand entry right through the awards ceremony.

Once again our own Leroy LaRue showed us how to do flags and barrels in

style, where he set records in the 'mule category' (and we won't say whether the records were fast or slow)!

The weather was excellent - sunny and warm for the entire weekend, the rides were good, and the rodeo went off without a significant hitch.

Those who attended had a wonderful time, both at the rodeo and partying afterwards at Charlie's and the other local bars in downtown Phoenix.

**Condolences To The Hilderbrandts  
 - And A Thank You**

The L.A. Chapter would like to express condolences to the family of one of our treasured supporters, Jim "Jimbo" Hilderbrandt, who passed away on January 6 after a lingering illness.

Mama Rodeo, Scott Hilderbrandt and Jeff Graham would all like to express their thanks to everyone for the hundreds of

cards, letters and email messages of condolences they have received in the days since Jimbo's death.

Scott has also expressed special thanks to Sue and Lisa who spent many hours at Jim's hospital bedside and with the family during Jim's final days.

Submissions to the newsletter are welcome (subject to editing for space or content) by the 15th of each month. Email to [newsletter@bidstrup.com](mailto:newsletter@bidstrup.com) or mail to Box 265, Perris, CA, 92572. All published materials, including the chapter logo, "LA Rodeo" logo and posters, newsletter, "LARODEO.COM" and website contents are Copyright © 1998 GSGRA-L.A., a California non-profit corporation. Any use without prior permission is a violation of copyright law.

L.A. News ~ February 1999

**Election of State Board Reps Scheduled  
 for Feb. 13 Chapter Meeting**

Al Wright, one of our representatives on the state board, has found it necessary to resign for personal reasons from his current activities in the chapter. His leadership, experience and wisdom will be sorely missed (we will still enjoy his performances in the rodeos, however).

One of Big Al's activities was to represent our chapter on the board of the Golden State Gay Rodeo Association, the state's governing association. He has been replaced by an alternate, so we are now represented at the state level by Thom Brennan, Kevin Weeks, Mike DeYonker, with Steve Creber serving as an alternate.

The terms of these delegates are short lived, however, as the regular annual

elections for state board representatives will be held at the regularly scheduled chapter meeting, to be held on February 13 at The Center in Long Beach. The Center is located at 2017 E. 4th St., and the meeting will begin promptly at 10 AM.

Also to be decided at the February 13 meeting will be our spokesperson for the GSGRA convention to be held in May.

Our voice on the state board is very important both to the GSGRA and to your local chapter. Be sure your ideas are heard! Be at the chapter meeting on February 13, and make sure that your vote is counted!

Ca

**Illing All Entertainers! Get Registered for Rodeo 15!**

The Entertainment Committee for our upcoming rodeo has mailed out packets to everyone who has participated in the past or has expressed an interest in entertaining at the chapter's rodeo in April.

If you would like to be part of the great entertainment package that our committee always puts together, and haven't

received a packet yet, please email Scott Hildebrandt at [Larodeo99@aol.com](mailto:Larodeo99@aol.com) or call him at 562-495-4554 to request a packet.

Scott has also indicated that the packet sent to the Midnight Cowboys has been returned to him. He'd like to know if any of our readers has current contact information on this group.

**Nominations Sought For Chapter Leadership Positions**

Every year your chapter elects its leaders for the following year, and the elections happen in June.

To facilitate the nomination process, Steve Leigeber has agreed to serve

as a nominations committee. If you would like to serve as a chapter officer or would like to nominate someone, please let Steve know. He can be reached at 714-534-9221 or email him at [larodeo@larodeo.com](mailto:larodeo@larodeo.com).

**Feb. 27 Rodeo Roundtable Meeting Location Finalized**

The Rodeo Roundtable meeting that has long been scheduled for February 27 now has a venue. It will be held at David Medzerian's home in Long Beach.

David's place is in Long Beach. Call or email him for directions. He'd

appreciate an RSVP (562-436-1810 or email him at [davidm@link.freedom.com](mailto:davidm@link.freedom.com)) so he can be sure there will be enough refreshments for everybody!

L.A. News ~ February 1999



# CALENDAR

## FEBRUARY

- Fri., Feb 5 Royalty Fundraiser Kickers, San Diego
- Sat., Feb 6 GSGRA State Board Meeting, Mission Valley Marriott, San Diego
- Sat., Feb. 13 10 AM CHAPTER MEETING, RODEO COMMITTEE MEETING The Center 2017 E. 4th St., Long Beach
- Sat., Feb. 27 AM RODEO ROUNDTABLE 10 Long Beach (RSVP David Medzerian)

## MARCH

- March 5-7 Bighorn Rodeo Las Vegas, NV
- Sat., Mar. 13 10 AM EXECUTIVE BOARD MEETING, RODEO COMMITTEE MEETING Burbank Airport Hilton
- Sat., Mar. 27 RODEO ROUNDTABLE (TENTATIVE!)

## APRIL

- April 9-11 L.A. RODEO 15 THE BEST RODEO AND THE WILDEST PARTIES ON THE CIRCUIT!
- April 24 10 AM CHAPTER MEETING The Villiage, Los Angeles



## DIRECTORY

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Kevin Weeks  
Mike DeYonker  
**Alternate**  
Steve Creber

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**By-Laws**  
Mike DeYonker  
**Events**  
Sue Downing, Connie Risch  
**Membership**  
Ruth Hilderbrandt  
**Taxes** Thom Brennan  
**Records** D.J. Simmons  
**Webgirl** Mark Jensen  
**Newsletter** Scott Bidstrup  
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**Rodeo Director** Tracy Keiper  
 *eatonkeiper@earthlink.net*  
**Volunteer Chair** Lenore Mankoff  
**Entertainment Chair** Scott Hildebrandt

## CONVENTION DELEGATES TO BE SELECTED AT B.O.D. MEETING

The February BOD in San Diego will see the selection of our Delegate Team for the Annual IGRA Convention to be held in Long Beach later this year. This year we will be following a new process to select our delegate and all those interested are urged to attend and participate. We will be selecting our delegates based on their knowledge and experience in specific key areas and each delegate will then be our primary spokesperson in that area. The areas of expertise are (1) By-laws and Standing Rules, (2) Rodeo Production, (3) Contestant/Standing Rules and (4) Dance / Royalty. In this new process, the Trustee and State President are automatically elected to lead the delegation. The Board will then select a delegate for each area of expertise and two alternates who's qualifications will best round out the skill, knowledge and experience of the team as a whole.



The Nomination Committee has so far received the following nominations for the four areas of expertise. As of 1/15/99 not all nominees have accepted nomination:

**Bylaws/Standing Rules Nominees;** Michael DeYonker, Chuck Valdes  
**Rodeo Production Nominees;** Steve Creber, Michael DeYonkers, Robert Kojima, Mark Marshall, Nancy Novak, Brad Roberts, Clay Wright  
**Contestant/Rodeo Rules Nominees;** Roger Bergmann, Tom Brennan, Kirk

Carter, Steve Creber, Erin Eaton, Doug Graff, Sammy Van Galder, Kevin Weeks  
**Dance/Royalty Nominees;** Doug Graff, Bill Gorman, Ken Valdez  
1st Alternate Nominees;  
Michele Chagnon, Mark Jensen, Lenore Mankoff  
2nd Alternate Nominees;  
The BOD will accepted nominations from the floor at the February State Board Meeting.



Individuals can be nominated in any number of areas of expertise, however once elected, can not run for another position. Nominations do not require a second and nominees need not be present but if not present must provide written acceptance of nomination.

Nominees not elected to specific positions will have their names automatically nominated for Alternate positions. Names listed in alphabetical order.

The following have declined nomination;  
Amy Griffin, Joe Olney, Al Wright

## FIVE ways to fit more FRUIT into your diet

Brad Roberts, EMT, RxT

For people on the go, few foods are as portable as fruit. Most fruits need little or no preparation. Plus, the best fruits are packed with nutrients and fiber, not with fat and calories. You should eat at least two servings of fruit each day. Here are some ways to fit more fruit into your diet:



Drink 100 percent fruit juice. Such as orange, grapefruit, pineapple, or tomato juice, with your meals.



Put berries on our cereal or dessert.  
 Stash dried fruits, such as apricots and dates, in your car or desk for quick snacks.  
 Stock up on fruit that is canned in its own juice so that you always have fruit available.  
 Blend a shake of 1 cup fresh berries, ½ banana, ¼ cup orange juice, ¼ cup vanilla nonfat yogurt, and 1-cup ice cubes.

## Up Coming GSGRA Events

February 6  
 State Board Meeting  
 Mission Valley Marriott, San Diego

April 9-11  
 L. A. Rodeo 15



April 10  
 GSGRA 9th Annual C/W Dance Contest,  
 Burbank Hilton Hotel

May 8 & 9  
 GSGRA Annual Meeting & Convention,  
 Long Beach



June 18-20  
 BAC's Rodeo & Roundup  
 San Jose

July 1999  
 State Board Meeting,  
 Location TBA

July 28 – Aug 1  
 GSGRA Host's the  
 IGRA  
 Annual Convention,  
 Long Beach



## Club Cochina Takes Phoenix By Storm!!

Yes folks, Club Cochina was back on the road causing trouble at the Phoenix Rodeo. Club Cochina started off by throwing a party for everyone at the host hotel Friday night at one of the hotel suites.

After a great Friday night, Saturday meant it was time to shop!! I don't think Sheplers will ever be the same!! Cochina members spread good will and cheer (as well as a few other things....) throughout the entire weekend. One highlight of the weekend must have been the invention of a new cocktail. It's called a "hairy 7". Thank you Dave B. from Omaha for your crucial input.

## Club Cochina *continued*.....

The next Club Cochina outing will be the Las Vegas Rodeo. Agendas and itineraries are already being made. Those of you going to Vegas, please keep an eye out for Club Cochina functions!!

And last but not least, there were two SFO cowboys sponsored by Club Cochina who did very well in the Arena. Several ribbons were brought home by Rudy Olvera and Doug Graff!

## FROM THE *Eee. Vee. Pee.*

FIRST of all I would Personally, Like to take this opportunity to invite anyone thinking of entering the GSGRA Dance Competition On April 10th at the LA Rodeo held at the Burbank Hilton, to please obtain an application and get it submitted as soon as possible.

It should be a lot of fun. I know I am looking forward to this years competition. If you have never attended a Dance Competition Come and enjoy and CHEER on your favorite team.

The other thing on my mind lately is the number of members in each of our chapters. I have noticed that we have stayed pretty steady at keeping the numbers about the same.

I can't help but feel we most not be doing something to stimulate and attract NEW Members.

1. Are we not showing others how much fun we are having at the many events and fundraisers we attend, being a part of this organization?

2. Are we not asking people if there would like to join our organization?

I know I am guilty of number 2, I have always felt that if you talked about all the fun we have and the many different Rodeos we attend that this would encourage Peoples interest in our organization, However it doesn't mean people know we are MEMBERS of the organization.

I know lately I have been trying even harder to increase membership in our organization. Lets see if in 1999 we can't increase our membership By at least 10% in each chapter.

Just some thoughts.

Bill Gorman  
 EVP

*Editors Note:* Bill has a new email address which he asked us to share with you. Meet Bill on line (no not in the chat rooms!) at BillGBAC@aol.com

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September 16 - 19  
1999

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Email: [gsgra\\_San@aol.com](mailto:gsgra_San@aol.com)

Web Page: [www.gaywired.com/gayrodeo.htm](http://www.gaywired.com/gayrodeo.htm)

**SPECIAL  
ELECTION**

**D**ue to personal reasons, **Marshall**, our newly elected Secretary, has tendered his resignation. Therefore we will be having a special election to replace him at the March 1999 General Membership meeting. If you wish to run for this office, contact any Executive Board member to submit your name. Nominations will also be taken from the floor on the night of the election.

**FEBRUARY  
FUND-  
RAISER**

**T**he Events and Activities Committee announces a President's Weekend Fundraiser at **The Hole**. The event will start at Noon on Sunday, February 21, 1999 and will include many fun activities planned by **Michele** and **Ric**. They are planning drink specials such as Bloody Mary's in the Morning, Marguerites and Cape Cods in the Afternoon and a special Nightcap. And don't forget about the great hamburgers the **The Hole** serves up on Sundays.

**DATES FOR FEBRUARY 1999**

Feb 2	7 PM	Board Meeting
Feb 3	7 PM	General Membership Meeting
Feb 5	8 PM	RODEO PLAYDAY at KICKERS
Feb 6	TBA	State Board Meeting in San Diego
Feb 17	7 PM	Rodeo Roundtable Meeting
Feb 21	Noon	President's Weekend Fundraiser at The Hole

**DATES FOR MARCH 1999**

Mar 2	7 PM	Board Meeting
Mar 3	7 PM	General Membership Meeting
Mar 5-7		Bighorn Rodeo, Las Vegas, NV.
Mar 17	7 PM	Rodeo Roundtable Meeting

Greater San Diego Chapter - February 1999

The 1999 GSGRA Royalty Team and  
The San Diego Chapter of GSGRA  
present

**"A Royal Play-Night"**

**A beer/beverage - bust and fundraiser**

**to benefit**

**the  
GSGRA David  
Watkins Memorial**

**Fund**

**and**

**the**

**Greater San  
Diego Chapter.**

**Friday, February 5, 1999  
8:00 P.M. to 11:00 P.M.  
at KICKER's San Diego**

**\$5.00 Beer & Soda Bust  
Prizes,  
Entertainment  
50/50**

**11<sup>th</sup> Annual**

**San Diego Rodeo**

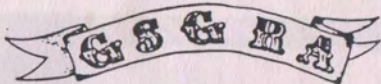
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