



# Swinging Stars

## Square and Round Dance Club

*Newsletter for July 7, 2013*

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### **PRESIDENTIAL RAMBLINGS**

**Independence Day**, commonly known as the **Fourth of July**, is a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain. During the American Revolution, the legal separation of the Thirteen Colonies from Great Britain occurred on July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States independent from Great Britain. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision, which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the wording of the Declaration, finally approving it on July 4.

A day earlier, John Adams had written to his wife Abigail: “The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more.

Adams's prediction was off by two days. From the outset, Americans celebrated independence on July 4, the date shown on the much-publicized Declaration of Independence, rather than on July 2, the date the resolution of independence was approved in a closed session of Congress.

Why the history lesson? As you know Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. We pray that you all had a safe & fun celebration with Family & Friends. However, don't forget to recognize our great God for the great country he has given us. Remember all the men & women that sacrificed all they had to gain the freedom that you and I enjoy today. May God Bless You and Yours Forever and Ever, Amen.

We had a great few days on Lake LBJ followed by an opportunity to get together with family. This week we are keeping the three grandsons (ages 4,6,8) while their parents are on a cruise. You know what they say about pay back. . . . .

We will look forward to seeing you this Friday night as we continue to celebrate the “Stars and Stripes” with an ice cream social during the dance. Show your red, white, and blue colors!

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# DANCE LESSONS

Three weeks – the students have been taught Acey Ducey, Teacup Chain, Ping Pong Circulate, Load the Boat, Extend, Peel Off, Linear Cycle, Coordinate, (Anything) & Spread, Spin Chain the Gear, Track II, (Anything) and Roll and Follow your Neighbor. If Wayne chooses to continue in order, this week they will learn, Fan the Top, Explode the Wave, Explode and Anything (Waves only) and maybe Relay the Ducey.

Angels we love that you are there so, **please do not be offended**, but please note, thirty-two students make exactly four squares. You may not get to dance every tip, if at all. So, we need at least a square and a half of angle to be sure everyone is dancing. There are usually one of two couples of students missing for one reason or another. If you want to be sure that you are dancing, get three or four other Angel couples to come so that we can for sure have an extra square.

Mainstream lessons are scheduled to start on August 27<sup>th</sup> also at Carpenter Recreation Center in Plano. Wayne Baldwin will be teaching and he is definitely the instructor that you want your friends to learn from. Registration starts August 11<sup>th</sup>.

If you need details, you can print the lessons flyer from the web-site. If you want a three-fold flyer on the heavier paper, we will bring a supply for you to pick up at our next club dance. In the mean time, if you need flyers, please contact Dave Burson and he will print some for you. Or, you can follow this link (or type it into your internet browser) [http://www.swingingstars.org/Mainstream\\_square\\_dance\\_lessons\\_2013.pdf](http://www.swingingstars.org/Mainstream_square_dance_lessons_2013.pdf) and print your own.

## **WHY SQUARE DANCE???**

The following is borrowed from the web site of the Little T Squares in Knoxville, TN.

Square dancing is party time every time you do it. Square dancing brings people together for fun and fellowship-even when learning how. The fun starts right on the very first night. You meet new people and make new friends. And the fun keeps right on going as long as you do--most square dance groups meet once a week. It's a wonderful way to share common interests with other people, and to escape the worry and pressures of today's busy world.

## **10 Reasons to Dance**

1. **Cardiovascular Fitness** – Dancing is a safe way to exercise. The level of exertion is up to each participant. You can rev it up for a high intensity workout or take it easy for a relaxing, yet beneficial workout. Dancing regularly can lead to a slower heart rate, lower blood pressure, and an improved cholesterol profile.
2. **Healthy Environment** – Square Dances are smoke and alcohol free.
3. **Body & Brain Boost** – Square dancers react to calls as they are given. This forces the body and brain to be tightly coordinated. A number of the calls are memorized which keeps the brain sharp.
4. **Calorie Burn** – Dancing burns between 200 and 400 calories every 30 minutes of dancing. That's equivalent to walking or riding a bike.
5. **Distance** – The President's Council on Physical Fitness and Sports recommends 10,000 steps per day to maintain physical fitness. It is estimated that a typical square dancer can expect to clock 9,000 to 10,000 steps per dance.

6. **Sturdy Bones** – The side to side movements of dancing strengthen weight-bearing bones, tibia, fibula, and femur, and help prevent the slow loss of bone mass.
7. **Rehabilitation** – Dancing is a way to get back in the swing of things if you are recovering from an injury. Dancing keeps your joints moving, and is nice alternative to jogging or other high-intensity activities.
8. **Social Aspects** – Square Dancing is a great way to meet people in a non-threatening, relaxed social atmosphere. You never know who you are going to meet. Lifelong friendships are formed, and many have met the love of their life.
9. **Stress Relief** – Since Square Dancing is led by a leader giving commands, you become so focused on the "task at hand" that your other mental worries are forgotten, at least for a couple of hours.
10. **Metal Health** – Studies have shown that activities that involve both physical mental activity at the same time help to slow the onset of Alzheimer's disease.
11. *(Bonus Reason):* **Balance** – Studies have shown that adults who have a history of activities such as dance, tend to have less incidents of falling as they get older.

Are you poetic? I would entertain any Square Dance/Round Dance Poetry you have written or have from other sources for the news letter. Send it to me by email.

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### \* \* \* Note from Your 2<sup>nd</sup> VPs \* \* \*

We hope you had a wonderful Independence Day and holiday weekend. Several Swinging Stars danced this weekend with the Roadrunners (July 4<sup>th</sup>), the Kissin Kuzzins, and the Solitaires, all of which you can read about below. In addition, on Saturday, Bob and Terri managed to sneak away to celebrate their anniversary in Granbury for a 4<sup>th</sup> of July celebration in the town square, shopping, sightseeing, dining, and to see "1776", an inspiring musical play about the trials and tribulations of getting consensus of the original 13 colonies to declare our independence from England. It was a neat place to visit close to the Metroplex.

This week brings us our club dance Friday night, the Stars and Stripes ice cream social, and a visit to the Cotton Pickin' Squares Saturday night for their double deal dance. Since this dance is a ways, you may want to carpool. And, if you can get away this Thursday night – Maria Farabaugh's mother will be visiting from Columbia, Thursday, July 11<sup>th</sup> at Lone Star Solos. Maria would like to see some Swinging Stars attend to meet her mom and dance with the Lone Star Solos.

**Are you going to CHAPARRAL EVENING IN PARIS August 30-31<sup>st</sup>?** If so, email Bob & Terri ([bobp8211@gmail.com](mailto:bobp8211@gmail.com)) to let us know. There will be three dance halls to accommodate both mainstream and plus dancers with a fantastic group of callers and a cuer. New dancers: don't hesitate to make this your first weekend dance. **Important:** our club gets a \$100 rebate if three squares register early and \$50 if two squares register early. **To get the rebate for our club, all of the reservations must be sent in together. The Pitts will be collecting the registration forms and checks to send in as a group – please get them to us by July 31<sup>st</sup>.** Last year we had lots of Swinging Stars in attendance and had a GREAT time at the dance and had an organized dinner and Friday night after party. See the flyer at: [http://swingingstars.org/19thEvening\\_In\\_Paris.pdf](http://swingingstars.org/19thEvening_In_Paris.pdf). We have now heard from 10 Swinging Stars couples who are planning to attend.

The current Swinging Star banner inventory is as follows:

### Banners Captured by the Swinging Stars

Club	Date Captured
Cotton Pickin' Squares	23-Mar-13
Dixie Chainers	25-May-13
Dublin Cloverleafs	02-Jul-05
Kissin' Kuzzins	17-May-13
Log Cabin Swingers	4-May-13
Lone Star Solos	12-Jul-12
Lone Star Solos	30-Aug-12
Lone Star Solos	28-Mar-13
North Star 8	09-Feb-13
Rebel Rousers	15-Jun-13
Roadrunners	04-Jul-13
Solitaires	03-Mar-12
Solitaires	03-Nov-12
Texas Reelers	05-Apr-13
Texas Reelers	21-Jun-13
Texoma Squares	01-Jun-13
Tri City Promenaders	26-Jan-13
T-Square Gadabouts	15-Feb-13
Yellow Rockers	18-Apr-13

### Swinging Stars Banners Out

Club	Date Captured

## \* \* \* EVENTS FROM THE PAST WEEK \* \* \*

### Roadrunners, Thursday, July 4<sup>th</sup>

As we exited our vehicle at the entrance of Swingtime Center Thursday night we were pleasantly surprised to see other Swinging Stars pulling in to the parking lot for the Roadrunners 4<sup>th</sup> of July dance. In all, there was a robust number of 10 Swinging Stars at the holiday dance cued by Michelle Viera and called by the effervescent Rick Smith. Michelle was accompanied by her husband, Dave, (one of a plethora of Daves – there were at least 10 at the dance) who was active in many squares during the evening. Rick hosted a great workshop which focused on the plus calls coordinate, crossfire, and the mainstream call spin chain thru. Attendance was good for this holiday dance with 8 squares lining up for the grand march. And a yummy spread was prepared by the Roadrunners which included hot dogs, chips, and dessert. Many of the Roadrunners stopped by to say hello and thanked us for going to their dance. The Swinging Stars at the dance who brought home a Roadrunners' banner included: the Bondis, Bursons, Kilejians, Pitts, and the Sees.

### Of Interest – Kissin' Kuzzins, Friday, July 5<sup>th</sup>

A whopping 26 Swinging Stars visited the Kissin' Kuzzins in Garland Friday night for their red, white, and blue dance. Rounds were cued by guest cuer Jack Kenny and our own decorated Texas Hall of Fame caller, Wayne Baldwin led the squares. The evening was kicked off with a square dance workshop led by Wayne followed by a series of mainstream tips and one plus tip with rounds in between. Jack entertained the dancers with a series

of rhythms which included waltzes, two steps, rumbas, and chas, all with cues expertly timed. Wayne called many crowd pleasers and closed the evening with a tune about drinking champagne pretending he was falling under the influence. The Kissin' Kuzzins' refreshments were an array of cobblers and pies topped with whipped cream for the dancers. The Swinging Stars who attended the dance include: the Bivins, Bursons, Coulters, Delukes, Giffords, Hamms, Harrises, Loxsoms, Perrots, Pharrs, Pitts, Sees, and Smith / Hardin.

### **Solitaires, Saturday, July 6<sup>th</sup>**

Half a square of Swinging Stars visited the Solitaires at Chapel Hill United Methodist Church in Farmers Branch Saturday evening. There were several new dancers there and the Sees even danced in a plus tip and did very well after having only 4 lessons. Jack Kenny cued the rounds and the caller was Charles Quizenberry. The couples at the Solitaires' dance were the Bursons and the Sees. John Smith and Mary Hardin were also at the dance – they are members of Solitaires.

## **\* \* \* COMING EVENTS \* \* \***

### **Swinging Stars Club Dance, Friday, July 12<sup>th</sup>**

Location: Shepard Elementary School (1000 Wilson Dr., Plano, TX)  
Website: [www.swingingstars.org](http://www.swingingstars.org)  
Time: Workshop – 7:30PM / dance – 8:00PM  
Caller: Wayne Baldwin  
Cuer: Walter Brewer  
Theme: Swinging with the Stars and Stripes  
Notes: This is an ice cream social

### **Dance of Interest – Cotton Pickin' Squares, Saturday, July 13<sup>th</sup>**

Location: L-3 Recreation Center (10001 Jack Finney Blvd., Greenville, TX)  
Website: <http://www.angelfire.com/in2/CottonPickinSquares/>  
Time: Early rounds – 7:30PM / Grand march – 8:00PM  
Caller: Mike Bramlett  
Cuer: Christine Hixson  
Theme: Double Deal – Double Dip

### **Ladies Luncheon, Thursday, July 18<sup>th</sup>**

Location: Bonnie Ruth's (Watters Creek, 916 Garden Park Dr., Allen, TX)  
Website: <http://www.bonnie Ruths.com/>  
Time: 11:30AM  
Hostess: Mary Hardin – RSVP if attending, by Tuesday, July 16th to [myhn2@yahoo.com](mailto:myhn2@yahoo.com) or (214) 632-4230  
Notes: Have lunch and enjoy shopping at: Oil & Vinegar, Apricot Lane, Charming Charlies, etc.

### **Dance of Interest – Texas Reelers, Friday, July 19<sup>th</sup>**

Location: Richardson Senior Center (820 W. Arapaho, Richardson, TX)  
Website: <http://www.texasreelers.org/>  
Time: Early rounds – 7:30PM / Grand march – 8:00PM  
Caller: Deborah Carroll-Jones  
Cuer: Jack von der Heide  
Theme: Apollo Dance

### **Dance of Interest – Trail Blazers, Saturday, July 20<sup>th</sup>**

Location: Swingtime Center (5100 SE Loop 820, Ft. Worth, TX)  
Website: n/a  
Time: Early rounds – 7:00PM / Workshop – 7:30PM / Grand march – 8:00PM  
Caller: Joey Duhamel  
Cuer: Jack Kenny  
Theme: Red, White, and Blue

### **Swinging Stars Club Dance, Friday, July 26<sup>th</sup>**

Location: Shepard Elementary School (1000 Wilson Dr., Plano, TX)  
Website: [www.swingingstars.org](http://www.swingingstars.org)  
Time: Early rounds – 7:30PM / dance – 8:00PM  
Caller: Wayne Baldwin  
Cuer: Walter Brewer

### **Dance of Interest – Dixie Chainers, Saturday, July 27<sup>th</sup>**

Location: Farmers Branch Senior Center (14055 Dennis Lane, Farmers Branch, TX)  
Website: <http://www.dixiechainers.com/>  
Time: Early rounds – 7:30PM / Grand march – 8:00PM  
Caller: Vernon Jones  
Cuer: Jack von der Heide

## **\* \* \* SPECIAL WEEKEND DANCE OPPORTUNITIES \* \* \***

### **25<sup>th</sup> Annual Stagecoach Roundup, July 26-28<sup>th</sup>**

Location: Salado, TX  
Website: <http://www.acsquaredance.com/StagecoachRoundup2013.pdf>  
Callers: Brad Caldwell and Scott Bennett  
Notes: All plus square dancing including dance by definition

### **19<sup>th</sup> Annual Evening in Paris, August 30-31<sup>st</sup>**

Location: Love Civic Center, Paris, TX  
Website: [http://swingingstars.org/19thEvening\\_In\\_Paris.pdf](http://swingingstars.org/19thEvening_In_Paris.pdf)  
Callers: Gary Shoemake, Mike Bramlett, Ken Bower, Marshall Flippo  
Cuer: Patti Wheelington  
Notes: 3 dance halls: plus, advanced, and mainstream (singing calls)

Your 2<sup>nd</sup> VPs,  
Bob & Terri Pitts

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## **ANNOUNCEMENTS**

July 8<sup>th</sup> Friendship Plus at the Richardson Senior Center Monday night at 7PM – 9PM. The theme will be – show your yellow-- as we start thinking about Round Up in the fall. The cost is \$7.00 per person. Snacks and refreshments will be provided.

Aug. 10<sup>th</sup> Log Cabin Swingers – Greeny Night - Starts at 7pm till all are tired or have no more callers. Dress will be casual. Cost per dancer will be \$4.

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# REFRESHMENTS DUTY AND INFORMATION

July 12	Burson, See, Sobotka, Colter
July 26	Anthause, Weckerly*, Henneberger, Ryder
August 9	Reid, Rickert*, Kendrick, Trujillo
August 23	Bullock, Hardin/Smith, Jimison, Foust
September 13	Sherman, Schumacher*, Pharr, Ramirez
September 27	Dennison, Rickett*, Underwood, Maier

\*New Club Members – can be leaders after one year as club member

The lead couple should contact all members on the team to be sure they know the following:

- What they are going to bring for refreshments.
- Arrive at dance by 7:00 pm. As per our contract with PISD, we cannot enter the gym before 7:00.
- Enter thru the Gym door.
- Refreshments shut down at 9:30 pm (no earlier).
- If you take home a refreshment bag check that it has all the items listed on the Fluorescent Hang Tag on the bag.
- Be sure all items are clean.
- Repack bags in a Tidy Manner.

Refreshment Duty Reminders:

If you have a conflict with the Refreshment Schedule

- Please contact someone on the refreshment list to trade with you.
- Notify the refreshment schedulers: Jeff & Anne Stuart at 972-699-1317 or email: [jwstuart@flash.net](mailto:jwstuart@flash.net) with the names of your schedule changes.
- Attend the dance prior to your turn for refreshments to pick up the three bags. If unable to do so be sure that someone picks them up for you.
- Check refreshment Bags for the info regarding “Refreshment Duty Tips” and “List of Items Supplied by the Club”.
- Contact **Mark & Karen Hawkins at 972-436-4868 or [1stVP@swingingstars.org](mailto:1stVP@swingingstars.org)** for supplies prior to purchasing by Monday prior to club dance. They may already have what you need.

Thank you all for serving on our Refreshment Team.

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## Upcoming Advertised Swinging Stars Theme Dances thru Aug 2013



July 12, 2013

Celebrating Freedom

Swinging with the Stars and Stripes



August 23, 2013

Take Me Out to the Ballgame

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**Friday, August 9<sup>th</sup> – Open House Dance, Bring your prospective students**

Sunday, August 25<sup>th</sup> – NORTEX Pre-Roundup Kickoff & Food Drive, 4:30 – 6:30, Plymouth Park United Methodist Church in Irving

**Tuesday, August 27<sup>th</sup> – Mainstream Lessons at Carpenter Rec. Center in Plano, 7:00**

Friday, November 1<sup>st</sup> – Cavalcade at Roundup will run from 6:00 – 10:00 on November 1<sup>st</sup>

**Friday, December 6<sup>th</sup> - Stars Annual Holiday Party**

Sunday, December 8<sup>th</sup> NORTEX Toys for Tots dance will be at the Richardson Civic Center

**Friday, January 31, 2014 – Swinging Stars 39<sup>th</sup> Anniversary Dance at All Saints Catholic Church**

**Themes:**

July 12, 2013 - Swinging with the Stars and Stripes

August 23, 2013 - Take Me Out to the Ballgame

September 27, 2013 - Burnin' Big Tex Chili Cookoff

October 25, 2013 - Boot Scootin' Show Your Colors Ball – Double Deal Dance

November 22, 2013 – Shake Your Tail Feathers Dance (Thanksgiving falls on November 28, 2013)

December 13, 2013 - Toys & Books for Tots Fairytale Ball

February 14, 2014 - Valentine's Day Dance

**Future Dates Reserved with NORTEX:**

Friday, October 31, 2014 – Double Deal Halloween Dance (Fifth Friday)\*

Saturday, January 31, 2015 – 40<sup>th</sup> Anniversary Dance (Fifth Saturday)

Saturday, October 31, 2015 – Double Deal Halloween Dance (Fifth Saturday)\*

Saturday, January 30, 2016 – 41<sup>st</sup> Anniversary Dance (Fifth Saturday)

Saturday, October 29, 2016 – Double Deal Halloween Dance (Fifth Saturday)\*

\*provided these dates do not conflict with the NORTEX Round Up Dance weekend

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**For information about weekend dances go to our Web Page [www.swingingstars.org](http://www.swingingstars.org) and click on Weekends. Go to our Facebook Page <https://www.facebook.com/pages/Swinging-Stars-Square-Round-Dance-Club> - “like us,” view picture, post pictures, comments about anything what you enjoy about square dancing or a specific dance.**

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Dave and Lorraine have agreed to head the Nominating Committee for this fall as a new slate of officers needs to be re-elected at our November Club meeting. If you are interested, please let the Bursons, Jan or me know.

**RICHARD & JAN COVINGTON**

**Swinging Stars, President**

**Email: [president@swingingsstars.org](mailto:president@swingingsstars.org)**

**Phones: (972) 325-1144**