



Swinging Stars

Square and Round Dance Club

Newsletter for July 21, 2013

PRESIDENTIAL RAMBLINGS

Summer is hot and the break from the heat over the past week and the rain were welcomed by many. Baseball is in full swing as we approach the dog days of August. We are all thinking about lessons starting in the fall...”who you gonna call?” Sorry, I was side tracked for a moment...(did you hear “Ghost Buster’s” music?) Who are you talking to about our Open House and our pending Mainstream Lessons? Hope that you haven’t waited till this point to share your love of square dancing with your friends & family. Life good in the square dance world and, of course, we want to share it; we should share it. Share it with those you love and those you like to be around.

If you haven’t heard, August 9th we are having an Open House. This will be a fun evening to share with your family and friends. Even if they don’t want to square dance, bring them anyway. We want to share the fun with them as well. We will get them up for some basic introductory square dance instruction and I bet they have more fun than they had planned – Wayne is really good at this sort of thing. Also, Walter has planned some line dances. The refreshment committee will be ready so put on your best behavior, smiles and grins. I am excited already.

Baseball, did I mention baseball? Our August theme dance is “Take Me Out to the Ballgame.” Be sure to come dressed in your favorite team attire.

It is all in how you look at a deck of cards... **Click on the following Link:** <http://stg.do/91qb>
... turn your speakers on, sit back and enjoy the presentation.

DANCE LESSONS

Week Six – Plus students have been taught twenty-two of the thirty Plus Calls. This past week they learned Explode the Wave, Explode & anything, Diamond Circulate and Flip the Diamond.

We appreciate the help that we have received from the Angles. We generally have one extra square. As always, Wayne is doing a great job.

Mainstream lessons are scheduled to start on August 27th 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 11th. We have had packets on the table by the entry door and will have them for the next dance.

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 and print your own.

WHY SQUARE DANCE??? Consider the following:

The Following is borrowed from Hanger Squares out of Friendswood, TX.

The Benefits of Square Dancing

Square dancing helps keep you fit - We all know that exercise is good for you. But isn't there a form of exercise that is also fun and doesn't seem like hard work? Yes there is - it's called square dancing. Square dancing is the perfect exercise. It combines the positive aspects of intense physical exercise without the negatives. Square dancing is a low impact activity that helps keep the body in shape. As with regular exercise, square dancing can lead to a slower heart rate, lower blood pressure, and improved cholesterol profile. Many square dance movements can strengthen your weight-bearing bones and help prevent or slow down loss of bone mass (osteoporosis), burns off calories, and can even add years to your life.

Square dancing is a mental challenge - Reacting quickly to the square dance caller keeps you mentally on your toes. And while concentrating on the moves, you escape from your worries and pressures.

It's a different type of dancing - Though many men avoid dancing in any form, in actuality, square dancing presents very few negative elements. Though square dancing is dancing in the sense of partners, trappings, and music, it's actually like precision drill-stepping performed with partners. Instead of a drill sergeant, there is a "Caller" who sings directions set to the music of popular songs. Following the Caller's directions, the dancer's moves are all coordinated. This contrasts with ballroom dancing or swing dancing, where men are under pressure to provide a capable lead.....and many would simply like to avoid that scene. In square dancing, the dancer's responsibility is to simply follow the "calls" and be where they are supposed to be at the moment they are supposed to be there. Novices can walk there; energetic dancers can boogie there - according to your mood at the moment.

Square dancing is easy to learn - One of the first things we learn as children is how to walk. In next to no time you don't have to think about how to do it - you just do it. You don't worry about where your feet go - it's automatic. With most dance forms you then have to learn to place your feet in specific arrangements - you have to learn to walk in a different way which is unnatural. Not so with square dancing. Square dancing is based upon walking in defined directions for defined distances - which is exactly what walking is. And since walking is one of the most natural things we do - square dancing becomes so easy to learn.

Square dancing is entertainment - The caller is there to entertain you - to make dancers forget about your day to day worries. And it works! No matter how tired you are from a long day's work,

once you start dancing, you become energized again and forget your troubles. You'll find yourself dancing to many different types of music, including country & western, rock, jazz, sing-a-longs, and gospel.

It's teamwork - Your team of eight dancers depend on one another to keep the dance moving.

Square dancing is sociable and just plain fun! - Square dancing involves a social component that solitary fitness endeavors do not. You are given the opportunity to develop strong social ties which contribute to self-esteem and a positive outlook. Many people have made life-long friends at square dances. And you'll find that some married couples first met at a square dance. Cultural background does not make a difference. In fact, square dancing breaks down many barriers between cultures. And talking about fun . . . just ask any square dancer how much fun they have!

You can dance at any level you desire -- challenging or easy - Square dancing has a selection of programs available to match your time and commitment desires. If you wish to attend easy dances - there is a program for you. If you wish to delve further into challenging dance routines - there is also a program for you. And several programs exist between those two extremes.

Square dancing is universal - No matter where you go in the world, square dancing is the same. The movements have been standardized and are called in the same way. The dance programs used are all standardized, and no matter where in the world you learn - you can still dance the same in other parts of the world. Your Square Dance family truly includes the whole world!

Square Dancing is as traditionally American as Apple Pie - It's clean, fun and generally safe, and people of all ages are involved. An evening of this entertainment is inexpensive. You'll find yourself interacting with everyone from teenagers to the elderly... and you'll find you all have something in common!

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.

ANNOUNCEMENTS

The following is an announcement from the president of Log Cabin Swingers.

REMEMBER WHEN YOU FIRST LEARNED TO DANCE???? EVERYBODY HAS TO START SOMEWHERE!!!!

The Log Cabin Swingers in Tool, TX are planning to support the new trainees and anyone wishing to experience calling or cueing with a special night of fun. The new trainees do not get to call for a full floor of dancers often so we would ask that you make plans to attend if possible. Anyone wishing to call or cue is asked to bring two couples with them. If you are interested in calling or cueing contact Ronnie Himes at 903-887-2691 for more information.

DATE: AUGUST 10TH

LOCATION: PROMENADE HALL, TOOL, TX (HWY 274-TWO MILES SOUTH OF RED LIGHT IN SEVEN POINTS-on right)

TIME: 7 P.M. UNTIL??? (TOO TIRED TO DANCE ANYMORE)

COST: \$4 PER PERSON

ATTIRE: CASUAL

REFRESHMENTS: COFFEE & COOKIES

Hope to see you there and help us get the word out please.

Cruise Raffle Tickets – NORTEX started us off with 250 raffle tickets. Dave Burson picked them up on Sunday and set up a sheet to keep track of the tickets in lots of ten. He delivered them to me at Plus Lessons Tuesday and that evening we had sold/dispersed to be sold about 120 of the tickets and by the end of the dance Friday all 250 were gone. If you did not get your share, never fear we have asked for another 250 tickets.

For those of you are thinking – Cruise, what cruise??? Raffle, what???

NORTEX has decided to help clubs raise capital with a fund raiser by sponsoring the raffling of a Cruise for Two. Each club will get back 50% of the sales that they make. The cruise is for March 30th – April 6th 2014 leaving from Galveston, TX and going to Cozumel, Grand Caymans and Jamaica. The cruise, for us square dancers, is a Square Dance cruise with Jerry Story and Joe Saltel. For your non-square family and friends, it is just a Cruise.

The cruise is a great one! Royal Caribbean's Navigator of the Seas. We have been on this cruise and it is really a fun one even without the square dancing but with dancing available each day—What a bargain! Several Swinging Stars have already booked the trip. We have had the flyers on the table at our dances but you can also see the flyer on Jerry Story's website.

Aug. 2nd Texas Reelers and Kissin' Kuzzin's are going to have a Friendship Dance. The Callers will be our very own Wayne Baldwin and Debroah Carol Jones and the Quers will be JL Pelton and Jack von der Heide.

Aug. 10th 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.

August 25th – NORTEX Pre-Roundup Kickoff & Food Drive, 4:30 – 6:30, Plymouth Park United Methodist Church in Irving - Peggy Amy advised that this is a double signature dance.

*** * * From Your 2nd VPs * * ***

What a great job the Swinging Stars did on all the visits this weekend, for earning banners from the Reelers and the Trailblazers, and for supporting the Roadrunners' anniversary dance. Read all the details about the visitations in the next section.

This week is, again, chock full of dancing opportunities. Our club dance is Friday night, July 26th, so be sure to make that one if you can. There is a dance of interest at the Dixie Chainers on Saturday, July 27th. The round dancers have an opportunity to dance with the Harvest Holidays at their annual Summer Fun Rounds on Sunday afternoon, July 28th, at 2:00PM, at Swingtime Center (cued by area instructors). Note that this is their double deal dance. And there is also a plus dancers' weekend dance, the Stagecoach Roundup in Salado, featuring renown callers Brad Caldwell and Scott Bennett.

Are you going to CHAPARRAL EVENING IN PARIS August 30-31st? If so, email Bob & Terri (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. 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. Since we likely won't see you before we have to send them in please mail them to us by July 31st – and if you do mail them let us know.** 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. We now have 16 Swinging Stars couples who have completed their registration forms.

The current Swinging Star banner inventory is as shown below. If you visit a club whose banner we have, please don't bring home another one.

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	28-Mar-13
North Star 8	09-Feb-13
Rebel Rousers	15-Jun-13
Roadrunners	04-Jul-13
Solitaires	03-Nov-12
Texas Reelers	19-Jul-13
Texoma Squares	01-Jun-13
Trailblazers	20-Jul-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 *****

Ladies Luncheon, Thursday, July 18th

The Swinging Stars Ladies' July luncheon, at Bonnie Ruth's in Allen, had 11 ladies in attendance. Thank you, Mary Hardin, for being the hostess for this luncheon. After a yummy lunch, several ladies walked over to Charming Charlies, ate yogurt or ice cream, or visited Oil and Vinegar. The August luncheon will be hosted by Peggy Pharr and it will be held at A Taste of Home in Wylie on Tuesday, August 20th at noon. Hope to see you there!

Dance of Interest – Texas Reelers, Friday, July 19th

We had 20 Swinging Stars at the Texas Reelers' Apollo – The Eagle Has Landed Dance Friday night. Jack von der Heide cued the rounds and Deborah Carroll Jones called the squares. This was their best dance yet since the debut of Deborah Carroll Jones as their club caller. Deborah told us a story of how she had met the Apollo 12 astronauts. She had been chosen to be one of the Princesses for the Rose Parade when she was 18 years old and afterwards got to meet the three Apollo astronauts just after they had returned from their mission. They gave her a medallion from the Apollo 11 mission. She told us how precious it is to her and shared it with all of us to see. The Swinging Stars who attended and who brought home the Texas Reelers' banner were: P Amy, the

Brandens, Bursons, Covingtons, Feldmans, Harrises, Rickerts, Rows, Sees, Smith/Hardin, and C. Wolfe.
Thanks to Lorraine Burson for the dance details.

Dance of Interest – Trail Blazers, Saturday, July 20th

There were 11 Swinging Stars at the Trailblazers' Red, White, and Blue dance Saturday night with all of the dancers sporting their guess what? Red, white, and blue. The caller, Joey Duhamel, was his usual terrific self. He did a workshop on wheel around to unconfuse many dancers who are challenged by this call. The square dancing was a lot of fun with many fast moving tips. The rounds were cued by Jack Kenny. Before the grand march a full meal was served to everyone. The visiting Swinging Stars who got the Trailblazers' banner included: P Amy, the Bursons, Evantos, Perrotts, Pharrs, and Smith / Hardin. Thanks to Lorraine Burson for the dance details.

Rebel Rousers, Saturday, July 20th

Half a square of Swinging Stars spontaneously attended the Rebel Rousers dance on Saturday, July 20th in Richardson with the theme "Summer Camp". Squares were called by Mike Bramlett and rounds were cued by Christine Hixson. Though there were no camp songs and no marshmallows were roasted, all in attendance had a great time. The last song of the night was the very popular "Fisherman's Luck". The Rebel Rousers prepared sack lunches for the dancers which contained some candy and three types of sandwiches: peanut butter and grape jelly, bologna and cheese, and ham and cheese. Chips and cookies were also provided. The Swinging Stars in attendance were the Maiers and the Sees. Thanks to Ronald See and Dorinda Maier for the dance details.

Official – Roadrunners, Sunday, July 21st

There were 8 Swinging Stars couples at Swingtime Center in Ft. Worth visiting the Roadrunners for their anniversary dance Sunday afternoon. An hour of early rounds and the rounds between tips were expertly cued by Karen Gloodt. It is rewarding to see how much fun Karen has cueing for the dancers. The smooth squares were called by the energetic Darryl Lipscomb. And Mike Bramlett, who came to dance with his wife, Dee, called one of the tips with Darryl. The Roadrunners put out great decorations and had a wonderful fried chicken dinner with sides and desserts prepared for the dancers. The visiting Swinging Stars included: the Amys, Bursons, Evantos, Loxsoms, Pitts, Sees, Smith / Hardin, and the Starretts.

*** * * COMING EVENTS * * ***

Swinging Stars Club Dance, Friday, July 26th

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

Dance of Interest – Dixie Chainers, Saturday, July 27th

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

Harvest Holidays, Sunday, July 28th

Location: Swingtime Center (5100 SE Loop 820, Ft. Worth, TX)
Website: <http://www.harvestholiday.com/>
Time: Round dancing – 2:00PM
Cuer: Area instructors
Theme: Summer Fun Rounds
Notes: Phases 2, 3, and 4, double deal dance

Dance of Interest – Kissin’ Kuzzins and Texas Reelers, Friday, August 2nd

Location: Garland Senior Center (5100 SE Loop 820, Ft. Worth, TX)
Website: <http://www.kissinkuzzins.org/> and <http://www.texasreelers.org/>
Time: Early rounds – 7:00PM / grand march – 8:00PM
Callers: Wayne Baldwin and Deborah Carroll-Jones
Cuer: JP Pelton and Jack von der Heide
Theme: Dog Days of Summer
Notes: Friendship dance

Dance of Interest – Solitaires, Saturday, August 3rd

Location: Chapel Hill United Methodist Church (12411 Templeton Trail, Farmers Branch, TX)
Website: <http://www.solitaires1.com/>
Time: Early rounds – 7:00PM / grand march – 7:45PM
Caller: Tim Tyl
Cuer: JL Pelton
Theme: Pajama party

Ladies Luncheon, Tuesday, August 20th

Location: A Taste of Home (302 N. Ballard Ave, Wylie, TX)
Website: <http://www.tasteofhomewylie.com/>
Time: 12:00PM
Hostess: Peggy Pharr

*** * * SPECIAL WEEKEND DANCE OPPORTUNITIES * * ***

25th Annual Stagecoach Roundup, July 26-28th

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

19th Annual Evening in Paris, August 30-31st

Location: Love Civic Center, Paris, TX
Website: http://swinginstars.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)

MEMBERSHIP DUES

If you have not already done so, the dues for the first quarter of 2013 are due. Swinging Stars dues are due the first dance of each quarter - January, April, July and October. If you are not sure whether your dues have been paid, please contact the John and Ann.

You may bring your payment to our next dance or send you payment to the following:

John and Anne Barber
4905 Hackberry Lane
Parker, Texas 75002-5627
Treasurer@swingingstars.org

Dues are: \$35.00 per quarter per couple
 \$70.00 per half year per couple (preferred)
 \$140.00 per year per couple

Please make your check payable to Swinging Stars

REFRESHMENTS DUTY AND INFORMATION

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 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** 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.

Upcoming Advertised Swinging Stars Theme Dances thru Aug 2013



August 23, 2013

Take Me Out to the Ballgame



September 27, 2013

Burnin' Big Tex Chili Cookoff



Friday, August 9th – Open House Dance, Bring your prospective students

Sunday, August 25th – NORTEX Pre-Roundup Kickoff & Food Drive, 4:30 – 6:30, Plymouth Park United Methodist Church in Irving – this is a double signature dance

Tuesday, August 27th – Mainstream Lessons at Carpenter Rec. Center in Plano, 7:00

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

Friday, December 6th – Stars Annual Holiday Party

Sunday, December 8th – NORTEX Toys for Tots dance will be at the Richardson Civic Center

Friday, January 31, 2014 – Swinging Stars 39th Anniversary Dance at All Saints Catholic Church

Themes:

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 – 40th Anniversary Dance (Fifth Saturday)

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

Saturday, January 30, 2016 –41st 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

For information about weekend dances go to our Web Page 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.

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@swingingstars.org

Phones: (972) 325-1144