## Newsletter for December 20, 2020

# Message from Presidents Doug and Jan Bergesen

I know many of you are concerned about Covid 19. Our former president, Richard Covington, sent me a couple of articles this week that you may find helpful. The first is about how to make your own nasal spray that protects you from Covid 19 for about 2 hours (long enough to run errands). The second is an open letter from a retired Respiratory Therapist giving advice on how to avoid the ER if you have a fever.

#### Covid19 Nose Spray

- home made Nasal spray -

44 ml bottle of normal saline nose spray, a bottle of povidone iodine 10% solution, and a ten syringe bag of insulin syringes.

First step: remove the squirter top from the nose spray by pushing it up and to one side with your thumb. Step two: pour some iodine into its bottle lid and draw up 5 ml into a syringe. Squirt it into the nose spray.

Step 3: push the squirter back into the nose spray bottle

- you have just made a 1.25% iodine solution. Use it before possible exposure to Covid. Should give several hours protection depending on how much your nose runs!

#### Advice from a Respiratory Therapist about COVID

Just in case you get the virus and develop symptoms, here's some good advice from a respiratory therapist to help stay out of the hospital and recover quickly.

#### **CORONA Common Sense**

Since they are calling on Respiratory therapist to help fight the Corona virus, and I am a retired one, too old to work in a hospital setting. I'm gonna share some common sense wisdom with those that have the virus and trying to stay home. If my advice is followed as given you will improve your chances of not ending up in the hospital on a ventilator. This applies to the otherwise generally healthy population, so use discretion.

1. Only high temperatures kill a virus, so let your fever run high. Tylenol, Advil. Motrin, Ibuprofen etc. will bring your fever down allowing the virus to live longer. They are saying that ibuprophen, advil etc will actually exacerbate the virus. Use common sense and don't let fever go over 103 or 104 if you got the guts. If it gets higher than that take your tylenol, not ibuprophen or advil to keep it regulated. It helps to keep house warm and cover up with blankets so body does not have to work so hard to generate the heat. It usually takes about 3 days of this to break the fever.

- 2. The body is going to dehydrate with the elevated temperature so you must rehydrate yourself regulaly, whether you like it or not. Gatorade with real sugar, or pedialyte with real sugar for kids, works well. Why the sugar? Sugar will give your body back the energy it is using up to create the fever. The electrolytes and fluid you are losing will alsov be replenished by the Gatorade. If you don't do this and end up in the hospital they will start an IV and give you D5W (sugar water) and Normal Saline to replenish electrolytes. Gatorade is much cheaper, pain free, and comes in an assortment of flavors
- 3. You must keep your lungs moist. Best done by taking long steamy showers on a regular basis, if your wheezing or congested use a real minty toothpaste and brush your teeth while taking the steamy shower and deep breath through your mouth. This will provide some bronchial dialation and help loosen the phlegm. Force your self to cough into a wet wash cloth pressed firmly over your mouth and nose, which will cause greater pressure in your lungs forcing them to expand more and break loose more of the congestion.
- 4. Eat healthy and regularly. Gotta keep your strength up.
- 5. Once the fever breaks, start moving around to get the body back in shape and blood circulating.
- 6. Deep breath on a regular basis, even when it hurts. If you don't it becomes easy to develope pneumonia. Pursed lip breathing really helps. That's breathing in deep and slow then exhaling through tight lips as if your blowing out a candle, blow until you have completely emptied your lungs and you will be able to breath in an even deeper breath. This helps keep lungs expanded as well as increase your oxygen level.
- 7. Remember that every medication you take is merely relieving the symptoms, not making you well.
- 8. If your still dying go to ER.

I've been doing these things for myself and my family for over 40 years and kept them out of the hospital, all are healthy and still living today.

Doug and Jan Bergesen

## 2<sup>nd</sup> VP Report

### From Ralph and Lucy Hamm

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

#### **Banners Captured by the Swinging Stars**

Club	Date Captured
T Square Gadabouts	4/19/2019
Log Cabin Swingers	5/04/2019
Cotton Pickin' Squares	5/25/2019
Dixie Chainers	12/14/2019
Texas Reelers	1/17/2020
Rebel Rousers	1/18/2020
Kissin Kuzzins	2/29/2020

#### **Swinging Stars Banners Out**

Club	Date Captured	
Lone Star Solos	1/24/2020	

We suggest that before you decide to attend a dance advertised in the Promenade you reach out to the club advertising the dance and make sure that they will be having the dance.

Most NORTEX clubs have closed because of loss of venue and/or the virus. We have contacted several NORTEX club presidents to update the status of their clubs. The following list is current. We will correct it when any club's status changes.

Swingtime Center closed to all dances. The board (CASUL) will meet in February 2021 to decide on future dancing. The clubs normally dancing there are:

Circle 8 Diamond Jubileers Double Plus
Fort Worth Squares Harvest Holiday Pioneer Squares
Rainbow Rounds Roadrunners T Square Gadabouts

**Trailblazers** 

#### Other clubs who have cancelled until January 2021:

Circle I Cliff Dwellers Dixie Chainers
Log Cabin Swingers Pegasus Squares Rebel Rousers

Tri-City Promenaders

#### The following clubs have closed until further notice:

Dance Arounds Kissin' Kuzzins Model A's

Plus 4s Ramblin' Rounds (Wed) Stone Steppers

Texas Reelers Triangle Squares

**ADD+ Dancing** Mike Bramlett's ADD+ dancing will continue at Elks Lodge 1984, 3825 Duck Creek Drive, in Garland on the first, third and fifth Mondays of the month. Dates through March will be Jan 4<sup>th</sup> and 18<sup>th</sup>; Feb 1<sup>st</sup> and 15<sup>th</sup>; and Mar 1<sup>st</sup>, 15<sup>th</sup>, and 29<sup>th</sup>. If you need additional information, contact Mike at 214-402-8540 or sqdncclr@aol.com.

Dance times: Advanced 6 to 7PM; Extended Application/All Position Plus 7 – 9PM

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

Stay Home - Stay Safe

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

All Swinging Stars dances are cancelled through February 2021.

\* \* \* OTHER EVENTS \* \* \*

## Round Dance Lessons Schedule JL and Linda Pelton

Dance Arounds received notice from the City of Plano that all classes are canceled until further notice. This includes the dance night and Saturday lessons

## **Virtual Square Dance** Tom Evanto

For more information on Virtual Square Dance see the Virtual Square Dance article in the 11-01-2020 Newsletter: http://www.swingingstars.org/Newsletter for 11-01-2020.pdf or contact Tom Evanto.

### **Sunshine information**

From Lucy Hamm our Sunshine Reporter

#### This is a CALLERLAB Electronic News Bulletin as of December 20, 2020.

With great sadness, we share that Jerry Story passed away last night, December 19, 2020 around 11:15 PM. We will share additional information once it is available. In the meantime, please continue to keep the Story family in your thoughts and prayers.

As a long-time member of CALLERLAB, past Board of Governors member, Social Square Dance Committee Chairman and Application Review Committee Vice-Chairman, Jerry will be missed by our organization. The Home Office extends our sympathies during this time.

Teresa Berger

Our NORTEX President has requested that club articles be posted in the Promenade. You can also share news for the Sunshine column. If you have new grandchildren, new fur babies, high school or college graduations, road trips made, house additions, hobbies new or old, or dance related activities safely attended, please share. Meanwhile some holiday/Christmas messages to all:

May the wonderful traditions of the season bring special new memories and much happiness to your holidays, May happiness brighten your holidays and remain with you throughout the coming year, and Wishing you a season filled with the special warmth of friendship, the precious joy of sharing, and the wonderful blessings of God. Merry Christmas and the Happiest of New Years. (Several charities have lovely holiday cards sent out this year and some friends did not go out to our usual store).

## Special dates to put on your calendar

None

#### **Web Master Dave Burson**

Be sure to check out our web page: www.swingingstars.org

There is a lot of information about what is going on with the Swinging Stars.

For information about weekend dances, go to our Web Page and click on Weekends.

## **Message from Newsletter Editor**

Thank you for making it this far down the newsletter.

As we streamlining the newsletter, if we remove something or change something that you liked the way it was, or have any suggestions, please send your comments and suggestions to:

newsletter\_editor@swingingstars.org
Anything sent to that email address will go to the President of the Swinging Stars and to the Newsletter Editor (Dave Burson).

Dave Burson Newsletter Editor Swinging Stars

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