



Swinging Stars

Square and Round Dance Club

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.

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 4th and 18th; Feb 1st and 15th; and Mar 1st, 15th, and 29th. If you need additional information, contact Mike at 214-402-8540 or sgdnccclr@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

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