



Swinging Stars

Square and Round Dance Club

Newsletter for March 3, 2013

Presidential Ramblings

Consider Round Dancing... As you have heard, we have round dance lessons starting on March 19th. If you are a square dancer and have considered Round Dancing, now is your chance to take lessons and see if you can handle the mental and physical challenge of Round Dancing. In a Square, if you miss a beat, you have seven other dancers that might be able to help and keep the square moving in order to finish with your original partner. Round Dancing, on-the-other-hand, is just you and your partner. If you miss a move, it can be very obvious not only to your partner but to those Square Dancers watching from the sideline. This is not a junior-high sock hop activity where you spent more time watching from the sideline, wishing you had enough courage to ask for a dance (or wishing someone had enough courage to ask you). It is not a spectator's activity. I challenge you to join Jan and me in taking Round Dance lessons. Do you have what it takes? Can you do it? Prove it.

I pulled the following from <http://www.fun4all.org/Health.html> and I thought that it was appropriate for your consideration.

WHY SWEAT WHEN YOU CAN SWING AND WHIRL

Their workouts used to take them miles apart. He'd jog left at the mailbox on a Saturday morning, she'd walk right. They had both been looking for a fun social activity they could do together to increase their circle of friends and to put a new spark into their marriage. Then they tried something one weekend on a friend's advice. They skipped their Saturday-morning workouts and went dancing that evening instead. And guess what? They've been burning calories cheek to cheek every Saturday night ever since. This tale is a composite of stories we hear all the time: Moving feet draw people closer. "It's the ultimate togetherness workout," says Phil Martin, a lecturer and dance instructor at California State University, Long Beach. "You move in a physical harmony that works toward an emotional harmony. You also tend to bring back a lot of fond memories. The dance floor can be a great place to give a tiring relationship a second wind." Not just the heartstrings get pulled by the likes of a good fox-trot, however: the heart itself gets a loving tug. "Studies show that steps such as the Cha-Cha, Polka, Samba, Viennese waltz and East and West Coast swing easily can raise the average person's heart rate enough to achieve an aerobic-conditioning effect, Martin says. "You tend not to realize it, though, because you're having too much fun." Surveys show that fewer than 15 percent of Americans have been successful at sticking to the kind of three-workout-a-week schedule currently recommended for good cardiovascular health, says Bryant A. Stamford, Ph.D., director of the health promotion and wellness center at the University of Louisville and co-author of *Fitness Without Exercise* (Warner Books, 1990).

As we approach the start of our Round Dance lessons I thought that it would be good to hear from those who love Round Dancing. I wanted to share at least one for each of the next three weeks. The following is from our very own 2nd Vice Presidents Bob & Terri Pitts.

Round dancing is for couples You don't need 8 people.
Round dancing is a closer step to learning how ballroom dancing works.
Round dancing keeps you on the floor more ... getting more exercise.
Round dancing is international also ... like square dancing.
Round dancing is yet another way to meet people.

On the lighter side ...

Round dancing doesn't require petticoats or bloomers.
Round dancing will keep you from eating too much food at the refreshments table ... hopefully you will be lighter on your feet.
Round dancing helps reduce the number of times you stick your foot in your mouth in one evening ... hopefully anyway.
Round dancing may help you decide if ballroom dancing is in your future or not.
Round dancing keeps you off the streets ... you will be in lessons or at a dance ...
There are no round dance police ... if it's not perfect, it will be ok ... the cuer will not stop and 'call' you out.
In round dancing, if you miss a step ... it will be ok. it will not break down the other dancers.
The steps repeat ... so if you don't get it right the first time, you probably have two more chances.
The odds are much less in round dancing that you will get your foot stepped on ... no guarantees though.
With round dancing, just your partner snickers at your mistakes rather than the whole square.

Do you have friends that you would love to join you in square dancing and they have told you, that it is "not-their-thing." Maybe they would be interested in Round Dancing. If they enjoy "Dancing with the Stars" then they should give this an opportunity. You could encourage them to try something new, with you.

"Formula 51"

Ladies and Gentlemen, start your engines..... We are quickly approaching the month of April, right after March. Are you ready? You all can dance mainstream but how well do you know the basic calls, the first 51 calls? Our callers in the NORTEX area promise a challenging month of Formula 51 calls.



Swinging Stars will offer "Formula 51" dances during the month of April on the 12th and 26th. These dances will be great for our current students. The dance on the 26th will be "Out of this World."

NEED YOUR INPUT

We need to get an idea of how many students to expect for the round dance lessons beginning on March 19. Please let Ralph and Lucy Hamm know that you plan to take lessons as soon as possible. Email: rehamm45@gmail.com; Phone: (214) 872-7219. Registration begins March 2 online at <https://parks.planotx.org/econnect>, in person at Carpenter Recreation Center, 6701 Coit Road; or by phone at (972) 208-8087. Course number is # 140236 CAR. For additional information, see the flyer on the Swinging Stars website: http://swingingstars.org/ChoreographedBallroom_LessonFlyer.pdf

Thank you for the input that we received during this informal survey. It brought some interesting information. We hope to have a more formal survey as we move forward.

If you have any suggestions for improving the club, please send me an email – President@SwingingStars.org – I will use discretion and my share it with the executive committee and or the club, however, I will ask your permission before doing so. Please indicate whether you wish to remain anonymous to anyone but Jan and me.

SWINGING STARS JACKETS

You have seen some of our members wearing these nifty Blue Jackets with Embroidery Lettering and some of you have asked where we got them and whether we can get some more. Well...we are in luck. Note the following details & pricing:

Satin jacket - kasha lined (as before) with (2) slash pockets
Color - solid royal blue shell, knit collar & cuffs
Embroidery - left chest with small logo and [first name personalization](#)

Pricing: (includes sales tax - f.o.b. swinging stars)

	<u>15 units</u>	<u>20 units</u>	<u>25 units</u>
Sm – XL	\$59.34 unit	\$58.89 unit	\$56.35 unit
2XL	\$62.32 unit	\$61.86 unit	\$61.35 unit

We need an order commitment of at least 15 jackets and they will bring samples in for people to try on for size. Otherwise, without an order of at least 15 jackets, we would incur a restocking fee and the cost of the incoming freight on the samples.

Please contact Mark & Karen Hawkins, First VP's [972-436-4868](tel:972-436-4868) or 1stVP@swingingstars.org to place your order – the size can be confirmed when they come out with samples – as soon as we have 15 units committed, we will arrange for the vendor to come to a club dance for sizing. We have six committed and need nine more.

*** * * Note from Your 2nd VPs * * ***

As is typical, and you can see below, the Swinging Stars love to visit other clubs. If you visit another club and there are two or more Swinging Stars couples present do not hesitate to drop a note to Bob and Terri Pitts, your 2nd VPs (2ndVP@swingingstars.org) to let them know details for publication in the newsletters.

There are a few ideas to help you meet other dancers in our area, improve your dancing, and get friendship signatures and century club caller signatures:

- Plan to attend regional events (frequently listed in the Promenade)
 - o East Texas Square and Round Dance regional festival (on our club calendar for Saturday, Mar 23rd) (<http://www.etsrda.com/ETSRDAannualfestivals.html>)
 - o 51st annual Texas state convention in San Marcos June 6-9th (http://www.squaredancetx.com/st_festival.html)
 - o 62nd annual national convention in Oklahoma City June 26-29th (this one is close!) (<http://www.62nsdc.com>)
- Improve your plus dancing skills by attending one of our area plus clubs
 - o Friendship Plus meets on the 2nd and 4th Mondays of each month at the Richardson Senior Center on Arapaho Road. Friendship Plus is a non-NORTEX club so you won't find details in the Promenade. Mike Bramlett is the club caller – see his schedule for more details. (<http://www.rebelrousersdallas.com/Mike/2013MikeCallingSchedule.pdf>)
 - o Plus 4's, called by Charles Quizenberry, meets at Chapel Hill United Methodist Church on the 1st and 3rd Wednesdays of each month. More details are in the Promenade.
- Got some time for weekday dancing – check out the Promenade for weekday dance opportunities on our side of the Metroplex with the Lone Star Solos or Yellow Rockers.

*** * * EVENTS FROM THE PAST WEEK * * ***

Lone Star Solos, Thursday, Feb 28th

Two Swinging Stars couples closed out February with an unplanned visit to the Lone Star Solos who dance at the Knights of Columbus Hall near Lake Highlands. The square dancers enjoyed lively calling by their club caller, Dave Vieira. Dave's last tip of the night involved a 6-couple square that he guided through some interesting calls. Rounds were cued by Christine Hixson. Thanks to the Swinging Stars who attended: the Bondis and the Pittses.

Dance of Interest – Texas Reelers, Friday, Mar 1st

26 Swinging Stars visited the Texas Reelers at the Richardson Senior Center for their Luck of the Irish dance where everyone was beaded upon entry. The guest caller was the energetic Jon Jones who was joined by Deborah for one of the tips. Jon was polishing up his Formula 51 songs which will be deployed throughout NORTEX during the month of April. Jack von der Heide did his usual great job with the rounds. The Swinging Stars in attendance included: Barbers, Bursons, Covingtons, Delukes, Giffords, HARRISES, Hennebergers, Jimisons, Pittses, Roses, Sees, Rows, and Smith / Hardin.

Dance of Interest – Log Cabin Swingers, Saturday, Mar 2nd

A pair of Swinging Stars couples went to Tool near Cedar Creek Lake to visit the Log Cabin Swingers for their special dance Saturday. The day started with two hours of fantastic plus tips in the early afternoon by International Caller Nasser Shukayr. The group then spent some R&R time before the evening dance with friends at a home on Cedar Creek Lake getting to know Nasser and some of the local dancers. The evening tips called by Nasser were a mix of zany mainstream and plus, and rounds were cued by our own Walter Brewer. As usual, the Log Cabin Swingers had quite the fancy feast prepared for the dancers. The Swinging Stars in attendance included the Bursons and Pittses.

Solitaires, Saturday, Mar 2nd

Several Swinging Stars visited the Solitaires Saturday night for their "St. Patrick's Day Dance" at Chapel Hill United Methodist Church. The tips were called by guest caller Deborah Carroll-Jones. Deborah, who's of Irish descent, led square dancers through some unique moves, sometimes with an intentional Irish accent and flair. One of the tips included promenading to a polka. Rounds were cued by JL Pelton. The Swinging Stars who attended included: Bondis, Perrotts, Pizialis, Sees and Smith / Hardin. Details provided by the Jim B. and Andy P.

*** * * SPECIAL CLUB OPPORTUNITIES * * ***

Swinging Stars Bus Trip to Mineola Saturday, Mar 23rd

The cutoff date for having enough travelers for the bus trip is Tuesday, Mar 5th. If we don't have enough we will cancel the bus reservation but will keep this as a dance of interest on our calendar since this is a good all day dance opportunity that is not very far away.

The details: we are visiting the East Texas Square and Round Dance Association "It's GOLDen East Texas – 50 Years of Square Dancing" Festival in Mineola. We will leave Walmart at Spring Creek and I-75 in Plano at 8:00AM in a luxury coach for the 2 hour drive to Mineola and start the return trip about 10:30PM. An exciting day of dancing and fun is planned, including round and square dancing with hot hash and plus and an after party. Dave and Michelle Viera are the headline caller and cuer. Transportation is \$30 per person. Each dancer will be responsible for purchasing their lunch and dinner and the \$7 dance fee – that's right, only \$7. Our coach will drive us to historic downtown Mineola for lunch and shopping after the morning dancing. Dinner is planned near or at the civic center. Send Bob and Terri Pitts \$30 per person, first come first served, to secure your seats on the bus.

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

Club Dance – Swinging Stars, Friday, Mar 8th

Location: Shepard Elementary School (1000 Wilson Dr., Plano, TX)
Website: <http://swingingstars.org/>
Time: Workshop – 7:30PM / Dance – 8:00PM
Caller: Wayne Baldwin
Cuer: Walter Brewer

Official Visitation – Diamond Jubileers, Saturday, Mar 9th

Location: Swingtime Center (5100 SE Loop 820, Ft. Worth, TX)
Website: <http://www.diamondjubileers.com/>
Time: Early rounds – 7:00PM / Grand march – 8:00PM
Callers: Rick Smith and Mike Bramlett and Paul Kinsey
Cuer: Mel Neuman
Notes: 52nd anniversary and Mardi Gras celebration, king and queen selected from guests

Dance of Interest – Kissin' Kuzzins, Friday, Mar 15th

Location: Garland Senior Activity Center (600 Avenue "A", Garland, TX)
Website: <http://www.kissinkuzzins.org/>
Time: Early rounds – 7:00PM / Workshop – 7:30PM
Callers: Wayne Baldwin
Cuer: JL Pelton
Notes: Theme is "Celebrate Everything Green"

Dance of Interest – Rebel Rousers, Friday, Mar 16th

Location: Richardson Senior Center (820 W Arapaho Rd, Richardson, TX)
Website: <http://www.rebelrousersdallas.com>
Time: Early rounds – 7:30PM / Grand march – 8:00PM
Callers: Mike Bramlett
Cuer: Christine Hixson
Notes: Theme is “Riverdance – St. Patrick’s Day”

Ladies Luncheon – Wednesday, Mar 20th

Location: Breadwinners Café (4021 Preston Road, Plano)
Website: (www.breadwinnerscafe.com)
Time: 11:30AM
Hostess: Peggy Amy (amybpeggy@verizon.net / Ph. 972.612.4934)
Notes: Let Peggy know by Monday, Mar 18th if you plan to attend

EXIBITION

We had a fun exhibition today, March 3rd, at the Country Lane Senior Community Apartments in McKinney, TX. Swinging Stars in attendance were Dave & Lorraine Burson, Mel & Sondra Foust, Roger & Janelle Row, Thomas & Cheryl Kendrick, Eddie & Marilyn Gifford, Skip & Margaret Archey, Peggy Amy, Jan Covington and yours truly as the Trainee Caller/Instructor. We danced four tips and gave the group of spectators instructions on Circle Left/Right, Left & Right Allemande, Right & Left Grand and Dosido. They seemed to have an exceptional time. I know that we did. We promised to come back and do it again, maybe in May.

FRIENDSHIP DANCE

Friendship Dance with the Rockwall Squares is planned for 5/10/2013 at Shepard Elementary. We are making plans and will be sharing information soon.

MAINSTREAM LESSONS

The Swinging Stars have four couples that are taking lessons at the Richardson Senior Center. We have had a number of Swinging Stars volunteer to help angel these new students including Bursons, Fousts, Rows, Ramirezes, Delukes, Barbers, Bondis, Pittses, Kilejians and others. If you have an opportunity, go by and introduce yourselves. Tell them how happy we are that they are future Swinging Stars. Lessons are on Tuesdays at 7:00 and last till 9:00.

SWINGING STARS MENDING

Coleta Lewis had rotator cuff surgery and they won't be dancing until around May or so.

The Wheatons are not able to come until further notice maybe. They are not even able to drive or go anywhere without another person helping them out. Right now, their daughter is staying with them. It might be nice to ask club members to call or write them periodically to encourage them during this recovery period.

Peggy Amy is recovering from a fractured shoulder. If anyone lives nearby, it might be nice to call before heading out to dance to see if Peggy is up to visiting just to get out and have something to do.

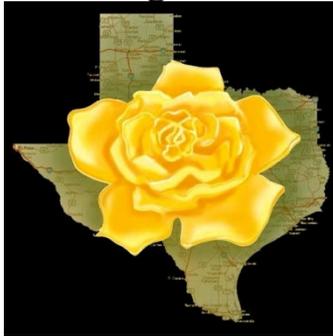
Catherine is rehabbing from her knee surgery and hopes to be back dancing at some point in the future. Her knee is bone-on-bone and still a little unstable.

ROUND DANCE LESSONS

The Swinging Stars will be sponsoring beginner round dance lessons with instructors JL and Linda Pelton at Carpenter Recreation Center. JL and Linda have instructed round dancing for several years and have a successful intermediate round dance club on Thursday nights at the Plano Senior Center. Lessons will begin Tuesday, March 19 at 7:00PM and continue each Tuesday night for eleven weeks. Our hope is to continue lessons through the year, teaching students all the rhythms commonly danced at square dances – cha, rumba, two step, waltz, foxtrot, and jive. The first class will teach cha and rumba. This will be a great opportunity for interested couples to enter the tremendously enjoyable activity of round dancing.

Roundup Theme for 2013

"Celebrating Texas' Heritage - The Yellow Rose of Texas"



REFRESHMENTS DUTY AND INFORMATION

March 8	Maier, Morse, Kilejan*, Evanto
March 22	Whipple, Lewis, Row, Bivins
April 12	Stuart, Rose, Weigel, Pharr
April 26	Loven, Hursey, Hamm, Carter
May 10	Hawkins, Harris, McClure, Whitaker
May 24	Pitts, Feldman, DeLuke, Jung

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.

Schedule of advertised Swinging Stars Theme Dances thru March 2013



Swinging Stars 39th Anniversary Dance is in the planning.
Chairpersons Dave & Lorraine Burson
The date is set for 01/31/2014 at All Saints Catholic Church in Richardson, TX
(pending approval of the club)
Please mark your calendar – more news to follow....



Tuesday, March 19 Swinging Star Round Dance Lessons
Tuesday, June 11 Plus Lessons
Tuesday, August 27 Mainstream Lessons

For information about weekend dances go to our Web Page www.swingingstars.org and click on Weekends.

RICHARD & JAN COVINGTON
Swinging Stars, President
Email: president@swingingsstars.org
Phones: (972) 325-1144