










Swingin' Singles Square Dance Club

www.swingin-singles.org

*** CORRECTED CALENDAR ***

JULY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																								
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6	7	8	9 BNR Special <i>Dean Dederman</i> <i>Jane Ayers,</i>  <i>Frank Baldwin</i>	10 <i>Marsha Watkins</i> 	11	12																																																								
13 KC Plus <i>Dana Schirmer</i>	14	15 Swingin' Singles Summer Harvest Dance <i>(F&F♥)</i>	16 <i>Jim Tiller</i> 	17	18	19 <i>Judy Holsted</i> 																																																								
20 Board Mtg 2:00-3:30pm NEKSDA Summer Picnic Croco 5-7pm	21	22	23 <i>Ed Dean</i> 	24	25 BNR Special <i>Mike Hogan</i> <i>Rinda Cooper,</i>  <i>Alfred Gast</i>	26 NWMO District Dance <i>Area Callers</i>																																																								
27	28	29 Swingin' Singles Hawaiian Dance	30 <i>Carolyn Lynn</i> 	31	<table border="1"> <tr><td colspan="7">AUGUST 2014</td></tr> <tr><td>SUN</td><td>MON</td><td>TUE</td><td>WED</td><td>THU</td><td>FRI</td><td>SAT</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	AUGUST 2014							SUN	MON	TUE	WED	THU	FRI	SAT						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
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BOARD MEETING – JULY 20TH – 2PM

ANTIOCH LIBRARY (ANTIOCH & SHAWNEE MISSION PKWY)
 8700 SHAWNEE MISSION PKWY, MERRIAM, KS

MISSOURI WINS BID
 FOR 67TH NATIONAL SQUARE
 DANCE CONVENTION (2018)



Save the Date!

August 29th, 2014

Square Dance
 Demo at the

Kansas City T-Bones

Jack & Becky Rockaway to provide details...

Visitation Schedule for July 2014			Leader – Don Paulsen
DATE	DANCE DETAILS	LOCATION	CALLER
Saturday July 5th	Maysville Wranglers 7:00-10:00pm	601 W. Main St, Maysville, MO	Stan Brooks
Wednesday July 9th	B-N-R Special 7:30-10:00pm	First Baptist Church 100 W Red Bridge Rd, KCMO	Dean Dederman
Sunday July 13th	KC Plus 7:00-9:30pm	6101 Nall Ave, Mission, KS	Dana Schirmer
Friday July 25th	B-N-R Special 7:30-10:00pm	First Baptist Church 100 W Red Bridge Rd, KCMO	Mike Hogan
Saturday July 26th	NW MO District Dance 7:00-10:00pm	The Point 5600 Blue Ridge Cut-off, KCMO	Area Callers

Visitation Schedule for August 2014			Leader – Don Adkins
DATE	DANCE DETAILS	LOCATION	CALLER
Saturday Aug 2nd	KAMO Callers Rounds 6:00pm Grand March 6:45pm Dance 7:00pm	Graceway Church 5460 Blue Ridge cutoff, KCMO	KAMO Callers
Sunday Aug 3rd	Shawnee Swingers Plus @ 2:30pm Mainstream @ 7:00pm	Croco Hall 6115 SE US Hwy 40, Tecumseh, KS	Mike Hogan
Friday Aug 8th	Ottawa Promenaders Rounds @ 7:00pm Square Dance @ 7:30pm	Ottawa Middle School 13 th & Ash, Ottawa, KS	Marshal Flippo
Sunday Aug 10th	Savannah Sashayers 7:00pm	500 E Duncan Dr Savannah, MO	Rick Hampton
Thursday Aug 14th	B-N-R Special 7:30-10:00pm	First Baptist Church 100 W Red Bridge Rd, KCMO	Jerry Junck
Fri-Sat-Sun Aug 15-17	Crady's Capers Dancing every day	Drake Harbor Warsaw, MO	Jay Krebs, Larry Crady, & Ron Swartz
Saturday Aug 16th	Docey Dandies 7:30pm	Grange Hall Gardner, KS	Mike Salerno
Saturday Aug 23rd	Happy Time Squares BBQ Dinner @ 5:30pm Dancing @ 7:30pm	2120 Harper Bldg 21 Lawrence, KS	Vic Perry
Saturday Aug 30th	Pistols & Petticoats 7:30pm	Gashland Church 7715 N Oak Trafficway, Gladstone, MO	Jay Krebs

Thank you, Jerry, for being the Visitation Leader for June 2014!

President's Message

Greetings dancers!

I have to applaud everyone for your dancing and social fellowshiping. We're on the right track. I remember a while back watching a documentary about the "Blue Zones". These are the places where people live the longest. Here's what Wikipedia says - Blue Zone is a concept used to identify a demographic and/or geographic area of the world where people live measurably longer lives. The concept grew out of demographic work done by Gianni Pes and Michel Poulain,^[1] who identified Sardinia's Nuoro province as the region with the highest concentration of male centenarians. As the two men zeroed in on the cluster of villages with the highest longevity, they drew concentric blue circles on the map and began referring to the area inside the circle as the Blue Zone. Dan Buettner, author of *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*, identifies longevity hotspots in Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); Icaria (Greece); and among the Seventh-day Adventists in Loma Linda, California, and offers an explanation, based on empirical data and first hand observations, as to why these populations live healthier and longer lives.

Those living in the Blue Zone's share common lifestyle characteristics that contribute to their longevity.

- Family – put ahead of other concerns
- Less smoking
- Semi-vegetarianism – except for the Sardinian diet, the majority of food consumed is derived from plants
- Constant moderate physical activity – an inseparable part of life
- Social engagement – people of all ages are socially active and integrated into their communities
- Legumes – commonly consumed
- Geographical Area

The five regions identified and discussed by Buettner in the book *Blue Zones*:^[2]

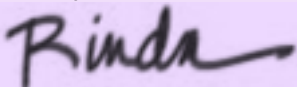
- Sardinia, Italy (specifically Nuoro province and Ogliastra): one team of demographers found a hot spot of longevity in mountain villages where men reach the age of 100 years at an amazing rate.^[2]
- The islands of Okinawa, Japan: another team examined a group that is among the longest-lived on Earth^[2]
- Loma Linda, California: researchers studied a group of Seventh-day Adventists who rank among North America's longevity all-stars^{[2][3]}
- Nicoya Peninsula, Costa Rica: the peninsula was the subject of research on a Quest Network expedition which began on January 29, 2007.^{[2][4][5]}
- Icaria, Greece: an April 2009 study on the island of Ikaria uncovered the location with the highest percentage of 90 year-olds on the planet - nearly 1 out of 3 people make it to their 90s. Furthermore, Ikarians "have about 20 percent lower rates of cancer, 50 percent lower rates of heart disease and almost no dementia".^{[2][6]}

Residents of the first three places produce a high rate of centenarians, suffer a fraction of the diseases that commonly kill people in other parts of the developed world, and enjoy more healthy years of life.^[7]

I remember them showing a little 100+ year old man in Japan that still went out every day with a sickle and chopped weeds in the jungle. That was his job. There was a sheep herder still working up in his upper 90's; a 90+ year old woman that still volunteered in her community in California along with a brain surgeon still practicing there also. He was about 95. (That one scared me a little.) Almost every evening, those in Italy were surrounded by family and friends, drinking wine, of course, and laughing, dancing and fellowshiping with each other. One last commonality was they all had some form of religion/belief/faith that they followed. It was important to them. If you want more information, look up Blue Zones on the web or go to the library. It's very interesting information.

I have family members that have lived up into their upper 90's, so this is a concern of mine. If I want to live a HEALTHY and HAPPY life as I age, I have to spend time with family and friends, laughing and dancing, I have to watch what I eat and I have to stay physical. As long as I have legs, I have to keep them moving. If and when I retire, I have to keep working. I encourage each of you to keep dancing as long as possible. It really is one of the best forms of socializing and exercising. If you find you have trouble dancing, **at least come and visit!!!! We do want to see you!!!**

Remember, be 10X more EXCITED, share your dance experiences with family and friends, and smile, even when others mess up. It won't matter that they messed up the square 100 years from now (and hopefully not even one year from now).



Rinda Cooper, President

Kitchen Klatter

HOPE EVERYONE IS OUT DANCING as much as they can.

Our dances for July are as follows. **July 1st** is our **Independence Day Dance** and we are to bring Red, White and Blue treats – a real challenge!

On **July 15th**, it's a **Summer Harvest Dance** and we are having fresh fruits and veggies.

Then the best on **July 29th** is our **Hawaiian Dance** with finger foods and pineapple.

Have a great summer everyone and forget the troubles that pass your way, but never forget the Blessings that come each Day. When you are dancing you can't think of troubles.

- June Walker

Upcoming Fit & Fun Heartbeat Dates

July 15th – Swingin' Singles *"Summer Harvest"*

July 22nd – Crazy Eights *"Red, White, & Blue"*

Support your fellow Fit & Fun Member clubs! Twice each month, all dancers from Member clubs are encouraged to visit another Member club on the same night.

VIGOROUS VISITORS – JUNE 2014

Date	Club Visited	#
May 30	St. Joe Squares	9
June 6	Kansas State Convention	20
June 7	Macy's Demo	29
June 11	Diamond Rounds	5
June 14	Happy Time Squares	19
June 20	Fit and Fun Trail Thru	31
June 21	Tom Roper Special	17
June 22	River City Squares	0
June 24	Swinging Squares	0
June 28	National SD Convention	20
June 29	Trick Trackers	9

BOARD MEMBERS (2014 – 2015)

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