





Swingin' Singles Newsletter

Web Page: www.swingin-singles.org

NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>Main Stream</i> <i>8th LESSON</i></p>	<p>1 <i>Swingin' Singles</i></p>	<p>2 Thanks Don Adkins for being our Visitation Leader in October</p>	<p>3</p>	<p>4</p>	<p>5 Santa Fe Trailers Sycamore Hills Elem. School</p>
<p>6 End of Daylight saving time set clock back 1 hour</p>	<p>7 <i>Main Stream</i> <i>9th LESSON</i></p>	<p>8 Election Day</p>	<p>9</p>	<p>10</p>	<p>11  Veterans Day</p>	<p>12 Docey Dandies Grange Building</p>
<p>13 </p>	<p>14 <i>Main Stream</i> <i>10th LESSON</i></p>	<p>15 <i>Swingin' Singles</i></p>	<p>16</p>	<p>17</p>	<p>18 St Joe Squares St. Peter Lutheran Church</p>	<p>19</p>
<p>20</p>	<p>21 <i>Main Stream</i> <i>11th LESSON</i></p>	<p>22</p>	<p>23</p>	<p>24  Thanksgiving</p>	<p>25</p>	<p>26</p>
<p>27 KC Plus Club PLUS Leawood Pres. Church</p>	<p>28 <i>Main Stream</i> <i>12th LESSON</i></p>	<p>29 <i>Swingin' Singles</i></p>	<p>30</p>			

Sunday, Nov. 6, marks the end of Daylight Saving Time. This means it will get dark an hour earlier in the evenings. Standard time will be used through March 12, when clocks will "spring" forward an hour to begin Daylight Saving Time.



October 2016 Vigorous Visitor Count

- 26. 09/28/16 DIAMOND ROUNDS. 6
- 27. 10/01/16 JACKS 'N' QUEENS... .. 13
- 28. 10/07/16 LIVE WIRES..... 14
- 29. 10/15/16 HARMONY DANCERS. 13
- 30. 10/20/16 B-N-R - Nick Hartley..... 14
- 31. 10/21/16 Missouri State Festival..... 25
- 32. 10/29/16 PISTOLS 'N' PETTICOATS 0



November Happy Birthday



- R. W. Harris 2
- Kenneth Schultz 3
- Jeral Cooper 12
- Darlene Harrell 18
- Ann Grubbs 22

- Dan Laden 22
- Lois Edmiston 28



Visitation Schedule for November 2016 - Leader is: _____

DATE	DANCE DETAILS	LOCATION	CALLER/CUER
Saturday November 5, 2016	Santa Fe Trailers MS,+,Lns 7:00- 9:30 PM	Sycamore Hills Elementary School, 15208 E 39th Street, Independence, MO	Caller: Stan Brooke
Saturday November 12, 2016	Docey Dandies MS,+,L 7:30-10:00PM	Grange Building 202 E. Washington Gardner, KS	Caller: Mike Salerno
Friday November 18, 2016	St Joe Squares MS,+ 7:30-10 pm	St. Peter Lutheran Church 3524 St Joseph Av St. Joseph, Missouri	Caller: Chris Wildhagen
Sunday November 27, 2016	KC Plus Club PLUS 2 & 4 Sunday's, Rnds 6:30 Plus 7-9:30 PM	Leawood Pres. Church 2715 W 83rd St Leawood, KS	Caller: Dana Schirmer, Cuer: Stash Tosio
			

Visitation Schedule for December 2016 - Leader is: _____

DATE	DANCE DETAILS	LOCATION	CALLER/
Saturday December 3, 2016	Do-Si-Doers MS,+,L Rds: 7:00, MS,+ 7:30-10PM	Our Lady of Mercy 2115 Maturana Dr. Liberty, Mo	Caller: Al Block, Cuer: Mike Hines
Saturday December 10, 2016	Shooting Stars MS,+,Lns 7:30-10PM	Radiant Life Church 704 North Jefferson Street Kearney, MO	Caller: Stan Brooke
Friday December 16, 2016	Ramblers MS,+,L wksp7, MS 7:15-9:45pm	South Valley Middle School 1000 Midjay Drive Liberty, MO	Caller: Bill Kanai
Saturday December 17, 2016	Harmony Dancers Rnds 7:00 MS,+, 7:30-9:45pm	St. James Lutheran Church 1104 NE Vivion Road Kansas City, MO	Caller: Bill Reynolds
Saturday December 31, 2016	Pistols 'N' Petticoats Rnd 7:00 PLUS, Lns 7:30-10PM	Gashland Methodist Church 7715 N. Oak Trafficway Gladstone, MO	Caller: Jay Krebs, Cuer: Pam Young

Little Johnny greeted his grandmother with a hug and said, "I'm so happy to see you grandma. Now maybe daddy will do the trick he has been promising us."

The grandmother was curious. "What trick is that my dear," she asked.

Little Johnny replied, "I heard daddy tell mommy that he would climb the damn walls if you came to visit us again."



Little Johnny asked his grandma how old she was. Grandma answered, "Thirty-nine and holding."

Johnny thought for a moment and then said, "And how old would you be if you let go?"



President's Letter



What is free, does not require a prescription, yet could be just what the doctor ordered? It's a "laugh". Your body responds to laughter by increasing your heart rate; contracting muscles in your heart, lungs, torso and abdomen; and releasing neurochemicals into the blood - all of which have healthy effects. Studies reveal that laughter releases immune system boosters that protect against respiratory and other illnesses.

The release of the body's natural painkillers also is triggered by laughter. Laughter works like exercise to reduce stress and strengthen the cardiovascular system.

Laughter is contagious! So don't keep your humor to yourself. Everyone loves a good joke or a funny story.

Now let's go dancing, see you in a square,



Don Adkins

Ottawa Promenaders

Saturday, November 5, 2016

Pig Roast Serving meal at 5:30
at Celebration Hall 1737 S. Elm St.
(Fair Grounds), Ottawa, KS



Little Johnny's new baby brother was screaming up a storm.

He asked his mom, "Where'd we get him?"

His mother replied, "He came from heaven, Johnny."

Johnny says, "WOW! I can see why they threw him out!"



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The 67th National Square Dance Convention® Pre-Convention Kick Off Dance

Saturday March 18, 2017

6:00—10:30 PM

6 PM Rounds


7 PM Opening Ceremonies


7:15 PM Squares with Rounds

9:00 PM Invitational Skit

**Kansas City Marriott Muehlebach
Downtown - Royal Exhibit Room**

1213 Wyandotte Kansas City, MO 64105

 **FREE** to those who have registered for the 67th National Square Dance Convention®

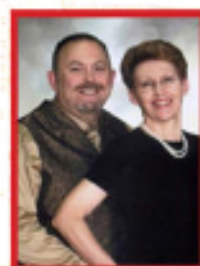
 **You must be registered to attend this dance. Registration will be available at the door.**

For more Information :

www.67nsdc.com



Lanny Weakland
Nebraska



Carolyn & Tony Ahart
Missouri



Spread the excitement of having the convention in Kansas City Missouri.



Kitchen Klatter



Fall is in full swing and the holiday season is beginning! We have three dances in November:

November 1 - the Halloween Dance - (Helpers: Francis Tiller & Carolyn Lynn).

November 15 - Veterans Day Dance (Helper: Linda Krebs)

November 29 - Thanksgiving Day Dance (Helper: Ann Grubbs).

As a reminder, all members are encouraged to help fill the refreshment table. We have lots of guests and members attending our dances. Square dancing can work up an appetite and our guests always appreciate the snacks provided!

A great big Thank You to all those who help in the kitchen! See you in a square!



Karen & Dan Juarez



Pre-Registration
67th National Square Dance Convention®
 Kansas City, Missouri--June 27, 28, 29, and 30, 2018

Register now for the 67th National Square Dance Convention®. Your early registration helps defray costs and gives you free admittance to the Saturday evening Pre-Convention Dance on March 18, 2017.

Please complete the form below and send it along with your check, payable to:

67th National Square Dance Convention®
 P.O. Box 485
 King City, MO 64463
 Email: registration@67nsdc.com

Registration # _____
 (internal use only)

Thank you for your support!

PLEASE PRINT CLEARLY

Primary Last Name: _____ First Name: _____

Partner's (if different): _____ First Name: _____

Youth: _____ Youth: _____

Address: _____

City: _____ State: _____ Zip: _____

Country: _____ Email: _____

Phone: (____) _____ Mobile: (____) _____

Amount paid (U.S. currency only) \$50.00 each x _____ = \$ _____

If born after June 21, 2000 (1/2 price) \$25.00 each x _____ = \$ _____

Check # _____ Cash: _____ Credit Card _____ **Total \$** _____

Credit card (circle one): M/C Visa # _____

Expiration Date: _____ / _____ Security Code: _____

Name on Card: _____ Signature: _____

Convention Badge required for entrance to all convention activities. Dressy casual attire allowed until 6:00 p.m. Proper square dance attire required after 6:00 p.m. for all dancers.

Form accepted by: _____ Date: _____

\$10 cancellation fee per registration ♦ No refunds after April 30, 2018
 This form and registration rate is void after March 18, 2017.

DANCER ETIQUETTE

Daryl Clendenin

When we teach our new beginner dancers, it's important to include a few rules of the road (dance floor) along the way. Remember, we are much more than just a dance. We are a social function and have an obligation to deal with others in a way that will facilitate friendship and enjoyment for all. Many of the rules for dancers seem obvious and when dealing with others would be considered "common sense." A few though are peculiar to our activity.

NO ALCOHOL BEFORE THE DANCE: Only another person that is under the influence of alcohol could tolerate someone that is drunk. Aside from the obvious inability to perform the dance movements, the odors associated with drinking are unacceptable. Leave the drinking for after the dance.

CLEAN BODY & CLOTHING: Speaking of "odors," square dancing is a vigorous exercise and can result in a lot of perspiring (by both men and women). Fresh, wet perspiration on "dried sweat" activates the odors. Be sure that your clothes are freshly laundered. It is very important that we begin the dance with clean clothes. Bathe before the dance. Be sure to use deodorants (especially under the arms). Colognes in moderation are also nice, but overuse can trigger some allergies.

FILL THE SQUARES QUICKLY: When the music starts that means it's time to dance. Enter the dance floor with a partner. If you need a partner, it is acceptable to stand at the edge of the floor and hold one hand in the air indicating that you are ready to dance. Join the first square you come to. It's not polite to pass a square that needs a couple in order to join a square of friends, club members or better dancers. It's also not polite to walk through the center of a square in order to join it. Walk around the outside to the nearest open position. If another couple fills that spot because it was nearer to them, smile and fill a position in another square. If all the square are full, raise your hand displaying the number of couples needed by an equal number of ?fingers. The caller will see you and encourage others to join your square.

NEVER LEAVE A SQUARE: It is an insult to the members of a square if you leave it before the tip ends and you have taken the time to thank everyone. This is especially bad if you leave one square to join another. Of course this doesn't apply in the case of an emergency. In an emergency everyone will understand. After all, it's just a dance.

SMOOTH DANCING: It is always safe and acceptable to do the moves as they were originally taught. Personal flourishes can sometimes be fun for you but for some dancers, the extras may be clumsy and occasionally dangerous. Extra kicks, stomps and twirls can get in the way of the timing and the space of other dancers. Don't rush. Taking one step for each beat of music should move you through the choreography comfortably and in unison with the other dancers in the square.

BE GENTLE: By using the proper handhold without squeezing, pushing and pulling will ensure an enjoyable dance experience for everyone in the square.

SHHHH-II: There should be only one caller giving directions to the dancers. Laughing is fun. Smiling is fun. Even the occasional whoop or holler at the appropriate time can be fun but loud talking or making noise that competes with the callers commands is nothing but obnoxious.

At the end of the tip, always take the time to thank everyone in the square. Likewise, at the end of the dance, stop by the stage and thank the caller and cuer.

As always, remember, it's a people thing first and a dance second. "Treat others as you'd want to be treated" (Hmmm! I've heard that someplace before) and everything will be all right. ■

WHAT SQUARE DANCING IS ALL ABOUT

1. People go square dancing to meet new people as well as old friends.
2. You add to your list of friends,
3. You learn to help others, as well as yourself, with personal growth.
4. It helps you be more alert.
5. It helps you learn patience with others as well as yourself.
6. It builds self-confidence and self-esteem.
7. It's a great mental diversion from our daily problems.
8. You get both physical and mental exercise.
9. Square Dancing can be a life long activity.
10. You receive all the benefits, and have fun too.