



Single Spinners

HOMESPUN NEWS

February 2013

Caller: John Marus (johnmarus@cox.net)

President: Dana McCrary (619-465-9205, Mccdnlyn@cox.net),

Vice President: Chris Davis (619-434-1993, cdavisinsv@gmail.com)

PRESIDENT'S TWO CENTS

SINGLE DANCERS WITH OUT PARTNERS

When single dancers attend large events such as Fiesta, State Conventions, festivals and National Conventions, finding a partner(s) to maximize dance time, workshops and other special activities is not easy. Almost all events will have more ladies present than men.

Most events will have SOLO ribbons to indicating dancers available who are not partnered up. Sitting on the sidelines with a bored look does not help either. When the music starts, dancers looking for a partner should be on their feet at the edge of the dance floor with their best 'I want to dance' look on their face. Dancers should use the breaks to line up future dance partners. Some dancers use 'dance cards' to keep track of who they are dancing with during certain tips. Just like back in the 1940's.

In today's modern society, it is quite all right for the lady to extend an invitation to dance by asking a man to

dance a tip. With the boy/girl ratio that is pretty much common today, it might be one way to gain more dance time.

Some more thoughts on helping single dancers find dance partners when attending conventions, festivals and club dances. A format called singles rotation is used to even up the odds especially in the LA, Orange County and Riverside and San Bernadine County.

Participating dancers put their names on a board, men on one side and ladies on the other, The lists of names are rotated each tip and as names are paired, new matches are made providing new partners. Even if you are married and one partner wants to dance and the other doesn't or has something else on their schedule. The singles rotation program allows the dancer to start dancing right away. When you are done, simply remove your name from the list.

2013 BEGINERS CLASS

Our new class will start next month on March 5, 2013. We need help from everyone to promote this class. We also need help to use the social media like Facebook. Many dance groups are temping new promotional methods using electronic media.

We haven't used this media before so any help will be grateful.

Invite any of your friends, neighbors, church members, co-workers to come and try it, 'they might like it!' Invite them to come and try - or watch a few nights.

Happy Dancing
Dana

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2013 California State Convention

State convention will be held in Victorville, California on April 12, 13, & 14. There will be a suburb lineup of callers, cuers and line dance instructors. We do have fliers available. Fliers are on the table at Spinners, and in the various publications.

FLASH – new information – they have some flooring being donated, you will NOT be dancing on concrete. They will have cushioned flooring in the Plus, Advanced and Round dance halls. If you have questions, some of us have danced on this surface at other activities, and it is a lot better than dancing on hard concrete.

There is plenty of RV parking (with hook-ups) at the Victorville fairgrounds if you have access to an RV and there are plenty of motels in the area. There are tons of restaurants in the area also.

If you chose to commute say on Saturday only, drive time is a couple of hours each way. Hope to see you there.

Dana, Lynn M., Suzi, Lynn Davis, Chris Davis, are part of the club members that are attending. If you have any questions, you can contact any of us.

CLUB TRAVELS AND VISITATIONS

TRAVEL DEFINITIONS

Some club members have asked about the difference between official travels and recommended travels. Here is a guide to square dance travels.

Official Travel: This is a dance that has been voted by the board as a dance that should be supported by our club. All anniversaries that have plus dancing and all round-ups are official travels.

Our own club party nights are official travels too. We all need to support our club and other clubs in San Diego for the good of square dancing. These dances are usually bigger dances and fun to attend. As many club members as possible should go to these dances.

Upcoming Official Travels:
Spinners' Party night Feb. 12
Mardi Gras

RoundUp February 16 Afternoon
Advanced Mike Kellogg.
3:15 – 5:15 and 7 – 7:30 Bill Hale
Squares 7:30 – 9:45 **Recital Hall**

Lighthouse Anniv. Feb. 23
Park Club

Recommended Travel: This is a dance that is not voted on by the Spinners board as an official travel, but is a noteworthy dance recommended by the travel chair. It may have an extra special caller or theme, or may just be the best option for square dancing for the coming weekend. They have been recommended for your dancing pleasure!

Recommended Travel
Back Country Quarterly Dance
Feb. 2 College Avenue Covenant Church

Dennis Lynn & Freya Peterson
Travel Chair

Websites

INFORMATIONAL WEBSITES:

Most of the websites have links to dancing in other local towns, including overseas, and is available via our website's "links" feature.

singlespinners.sdsda.org/
www.sdsda.org
www.PalomarSDA.org
www.backcountrysda.com
www.squaredance.org
www.61nsdc.com - Spokane
www.NSDCNEC.org
www.wheresthedance.com/
www.facebook.com/singlespinners

2013 additional forms & Information
www.squaredance.org/2013

2013 California State Convention.
2013GeneralChair@squaredance.org
2013Registration@squaredance.org

VICE-PRESIDENT'S COMMENTS

It is February, so that means that Chinese New Year is right around the corner. I'm sure many of you are wondering why I mentioned that... well my New Year's resolution is to be brutally honest, and I had already broken it and the way that I look at it, Chinese New Year gives me a chance to restart my resolutions.

A few people are probably not going to like my column this month, but I believe it needs to be stated. This club used to be among the friendliest in the County, not so much these days. So here is my New Year's resolution for Single

Spinners, to make strides to get back to being the friendliest club in the County. This means one thing, when entering the dance hall leave your problems **in the car**. I will be nice and not name any names (and partially break my resolution in the process), but I figured the newsletter isn't exactly the prime spot to have people's names shown.

If you think that you don't dance enough, here is an idea, BRING A PARTNER TO THE NEW CLASS. Also, people are complaining about us not being friendly... well here is an idea, come to the club with a positive attitude. Here is a little look into my feelings... I always put on a happy face when I enter the dance hall. Why you ask? Simple, I know there are people in this club that BREED negativity. Again, I won't name names because it's not right.

In other news (if anyone is even still reading this), we had the Palomar Square Dance Association's anniversary dance a couple of weekends ago. It was a great dance, and my Mom & I started the California Friendship Badge (if you would like to know more about that ask me, I won't bite!). Also, taking a look at the larger picture, I have been graciously nominated to be the California State Council's historian by the outgoing SDSDA Association President Bob Swee. I thank him for having the confidence in me to be the Council's historian. I will be up for election at the May meeting in

Turlock, and if I am elected I will be installed during the September meeting which will be in Sacramento.

Your brutally honest (or at least trying to be) Vice President,

Chris Davis

CALLER'S CORNER

John was busy with school work this month

Until next time...

John

DO YOU WANT TO LEARN HOW TO ROUND DANCE?

San Diego Round Dance Instructors – brand new website: rounddance.org

AROUND SPIDEY'S WEB

If you have anything you want in this fine publication, just give it to Lynn Davis at a dance (deadline is the last dance of each month, and IF SPACE PERMITS, it will be included in the next issue) or you can e-mail it to: lynndavis542@cox.net

+++++ Party Central

Here at Single Spinners February 12th is our Mardi Gras Party! Think Jambalaya! AND our February Birthdays will be celebrated on February 26th. Hey folks, come and help me celebrate my 70th birthday. I am so looking forward to a great time!

March 5th we will be starting a new class! Put your smiles on and join in the fun like square dancing is ment to be.

March 12th is our St. Patrick's Party with hot potatoes that you can stuff anyway you want! Our March Birthdays will be celebrated on March 26th.

April 9th we have a Zoo Lovers Party – we will be feeding the animals. I heard somewhere that some people plan on dressing up with ears and tails! April Birthdays will be celebrated April 30th.

John is scheduled to call February 2nd for Back Country and on March 23rd for the Class Level Dance. I hope you will be able to come dance with us.

There is also a rumor going around that we are collecting Kellogg Rice Krispy boxes for the February Roundup. I do love a party!

I hope to see you in a square at all of these dances. Just be sure to wear your Spinner Smile!!

So... mark them on your calendars and enjoy the dancing

See You in a square
Jane Marus
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Some interesting facts about the Banana " BANANAS..."
A very interesting FACTS

Never, put your banana in the refrigerator!!!...
This is interesting. After read

ing this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

DEPRESSION:

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS:

Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

ANEMIA:

High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

BLOOD PRESSURE:

This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

BRAIN POWER:

200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

CONSTIPATION:

High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

HANGOVERS:

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

HEARTBURN:

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

MORNING SICKNESS:

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

MOSQUITO BITES:

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

NERVES:

Bananas are high in B vitamins that help calm the nervous system..

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

ULCERS:

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

TEMPERATURE CONTROL:

Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and

Emotional temperature of expectant mothers. In Thailand,

for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has FOUR TIMES the protein, TWICE the carbohydrate, THREE TIMES the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals.. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, 'A BANANA a day keeps the doctor away!'

PASS IT ON TO YOUR FRIENDS...

PS: Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, and rub directly on the shoe...polish with dry cloth. Amazing fruit !!!