

Dudes & Dolls Square Dance Club Newsletter

December 17, 2021

By Lorinda Snoozy

Season's Greetings

We had some busy elves that made the Experienced Clothing Sale a success again this year. David Fairbanks and Gene Funk transported the items to and from the Grange. Tom set-up the racks for the hanging items. JoAnn Becker and Pauline Heesacker worked tirelessly to get everything put onto the racks and tables for the first (of two) Experienced Clothing Sales. Larry Heesacker served as the cashier. JoAnn Becker prepared a certificate for each student to receive one free clothing item at the sale. This year we had the most items ever! We had several people (from different clubs) bring in clothing to donate for our sale. We certainly appreciate them too! There were clothes, shoes, petticoats and pettipants, Bolo ties and belts. We made \$358.00! Thanks again to the people that did all the work setting up, selling the items, packing up the unsold items and then cleaning up. We could not have done it without you! We can't thank you enough for all your support of our club! ♥



What Square
Dance call does
Santa use to
make his
reindeer move?



President's Platform

It's 12 O'clock Somewhere!

Are you ready to say goodbye to 2021? It has been a challenging year for all square dancers, trying to shake off the rust or dust or cobwebs from not dancing for so long. We've been waiting for the masks to be gone so that we can breathe again. Only a third of our members are back dancing right now, but our dances continue to be the most attended events in the Mt. Baker Council. I am so proud of all the work that many of you have put into making this happen!

Please join us on Dec. 31st for our first New Year's Eve dance in a long time! We are holding this at our normal dance time so we can be home safely, and it has been so hard to dance past 10 PM this year! Come welcome 2022 with us! By Steve Sworen

Our New Member - Barbara Heisler



"The reason I joined your club is because of all the wonderful members I have gotten to know over the summer workshops. Everyone is so kind and patient and always made me feel welcome. I also enjoy Scott as a caller. He does a wonderful job. I feel your club is a close-knit family that I wanted to be a part of." By Barbara Heisler

What Does Dancing Do For Your Brain?

You can't argue with science, or the Bee Gees: You Should be Dancing. Need proof? We've got it. We've collected facts from a variety of medical studies showing the incredible effects that dancing has on the brain. So it's time to look at the science of the brain.

1. Dancing Makes You Happy

According to Columbia University neuroscientist, John Krakauer, synchronized music and movement are a pleasure "double play" for your brain. The music stimulates the brain's reward centers, while dance activates its sensory and motor circuits.

2. Increased Brain Activity

Using PET imaging, learning to dance increases activity in the:

Motor Cortex: Planning, control, and execution

Somatosensory Cortex: Responsible for motor control, key in hand-eye coordination

The Basal Ganglia: the group of structures in the brain responsible for coordinating movement

The Cerebellum: Integrates the input from the brain and spinal cord to help fine and complex motor actions

3. Lowers Risk of Dementia

In a 2003 study at the Albert Einstein College of Medicine, researchers found that dance was the only leisure activity, out of 11 different types, to lower the participants' risk of dementia.

4. Dance Beats Reading

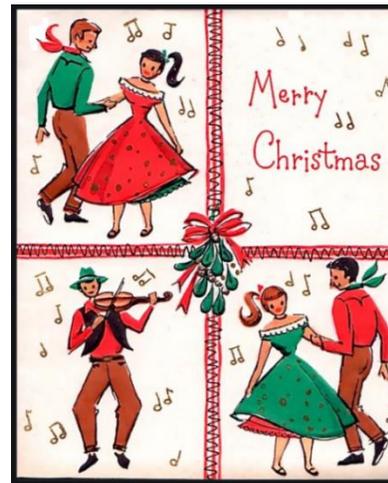
In that same study published in the New England Journal of Medicine, regular dance reduced the risk of dementia by 76%, twice as much as reading.

5. Social Dancing Beats Choreography (in the Brain)

Neurologist Dr. Robert Katzman said, "Freestyle social dances, requires constant split-second, rapid-fire decision making, which is the key to maintaining intelligence because it forces your brain to regularly rewire its neural pathways, giving you greater cognitive reserve and increased complexity of neuronal synapses."

6. Improves Neuroplasticity

Social Dance is an activity that activates our brains' neuroplasticity. Neuroplasticity is the ability of the brain to form and reorganize synaptic connections, especially in response to learning. Neuroplasticity is what enables the brain to recover from things like a stroke, learning disabilities, fight addictions, recover after injuries, or overcome things like ADD or obsessive compulsive behavior.



7. Works as Therapy

A 2005 study by Montreal's McGill University utilized the Argentine Tango as a tool for combatting Parkinson's disease. In the study, we found that dancing was helpful in significantly improving balance and functional mobility, and seemed to encourage patients to appreciate their general course of therapy. We also found modest benefits in terms of patients' cognitive functions and in reducing fatigue says clinical research fellow, Dr. Rios Romenets.

8. Improved Memory

A recent article in the AARP newsletter cites a Korean study which found that older adults, who were taught to dance twice a week for six months, improved their memory and cognitive function.

9. Stretch Your Mental Capacity

According to psychiatrist Dr. Joseph Coyle of the Harvard Medical School, the hippocampus and the cerebral cortex – both of which play a role in dance – are rewired and consequently improved with frequent use. The dynamism required in decision-making – for example, what step you need to do next – paves the way for new neural paths that make information transmission faster and better. Such activities also help improve mental capacity since the cognitive processes are exercised in more ways than one.

Revised from www.arthurmurraylive.com/blog/this-is-your-brain-on-dancing



A note to let you know that Kay Corbett and Mike Veak will replace Tom Berg and JoAnn Becker as our new Executive Board Members at Large.

David Fairbanks continues to be the other Board Member at Large.

Thanks to all of you! ♥

Some Favorite Recipes

December 8th was National Brownie Day

These are some brownie recipes from the *D&D Favorite Dessert Recipes Cookbook* published in 2012-2013.

Individual Microwave Brownies - Gluten Free

By Carol Hammer

1 Tablespoon Almond Butter or Peanut Butter
1 Tablespoon Honey
1 Tablespoon Egg White
1 teaspoon Cocoa Powder
1/8 teaspoon Vanilla
1/16 teaspoon Baking Soda
Pinch of Salt

Mix all ingredients together in an individual microwave ramekin, single size Pyrex dish, or coffee mug. Microwave on High, 40 to 50 seconds. Microwave ovens may vary so begin with 30 seconds and increase time as needed.

Black Forest Brownies

By Charlotte Wixon

1 ¼ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
1 cup butter
1 cup baking cocoa
4 eggs, beaten
2 cups sugar
1 ½ teaspoons vanilla extract
1 teaspoon almond extract
1 cup chopped Maraschino cherries (well-drained)
½ cup chopped nuts

Combine flour, baking powder and salt; set aside. In a large sauce pan, melt butter. Remove from heat and stir in cocoa until smooth. Blend in eggs, sugar and extracts. Stir in flour mixture, cherries and nuts. Pour into greased 13x9x2 pan. Bake at 350 degrees for 35 minutes or until brownies are done.

Icing:

¼ cup butter, softened
1 teaspoon vanilla extract
2 cups confectioner's sugar
6 tablespoons baking cocoa
¼ cup milk
¼ cup chopped nuts

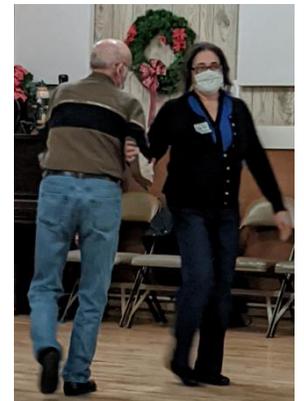
Blend butter, vanilla, sugar, cocoa and milk until smooth; spread over hot brownies. Sprinkle with nuts. Cool.

Yield: 3 dozen

Happy Holidays



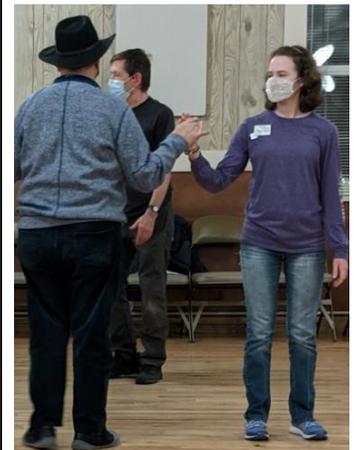
Steve Probstfeld, Ruby Osburn, and Joe Lombard



Jack Wixon and Kathy Mini



Harland Curtis, Paul Gessner and Pat Worthey



Robert Reichle, John Worthey and Jennie Osburn

Lessons

Our lessons wrapped up on December 14th!
Congratulations to our students:



Joe Lombard Janelle K. Peterson Kathy Mini
with our teacher/caller Scott Coon

Merry and Bright

Square Dance Terminology (Dictionary definition):

Angel – An experienced square dancer who helps in classes by dancing with the students.

We asked our Angels to tell us why they come to lessons to help. This is what they said:

“I angel to help students gain confidence so they can succeed. I hope they end up loving dancing as much as I do.” *Jeffrey Jones* ♥

“I come because I remember when I was a student almost 16 years ago & the help I received from the kind men that danced with me so that, I as a single, would have a partner.” *Vicki Lieske* ♥

“Lessons are the lifeblood of the club. In my opinion, lessons are more important in supporting the club than going to the dances.” *Jack Wixon* ♥

“I like to angel for the extra practice. I had only been dancing one year before the Covid shutdown so I still can use the floor time. I love to meet the new people who are just getting into dancing and learn about them. You can't have too many friends!”

Peggy McCright ♥

“I angel because it's needed. You should do it to help the club and the new dancers.” *Pauline Heesacker* ♥

“I hope that everyone has a ‘passion,’ an activity that brings you such pleasure and happiness that you tune out your problems, and those of the world around you, and focus only on the joys of the moment. For me my passions are dancing and sewing. By being an angel, I hope to share with new dancers the sheer enjoyment of dancing.” *Kay Corbett* ♥

“The reason I became an Angel to the Dudes and Dolls was because of the quality and caliber of the people involved. Everyone is so friendly and encouraging. It is rare sometimes in this world to find a group of people who all love what they are doing and are not critical of each other, but supportive. Fun is much more important than perfection.

The Square Dance Community opens its door and arms to all--young, old, small and tall. I feel so honored to support caring and sharing and squaring in this world. I also love the movement and choreography it provides to us all; much better than sedentary sitting and Zooming in our Covid world. What a great place to develop friendships, community and muscle memory to combat isolation, aging, and sitting. Thanks to all the dancers and organizers for making this a community we want to inhabit.” *Pat Worthey* ♥

“I recall clearly when I started lessons a few years back and the wonderful angels that helped. What really blew me away was when I went to other clubs to dance and angels from D&D turned up to help and lend support. I now angel because I want to give back to this wonderful club and the members who support it. It's great seeing the joy on students' faces when things start to click.”

Mike Veak ♥

“I come to be an ambassador for our club and to get to know the new dancers. I try to listen to hear if there is something I can do to help them along the way.”

Lorinda Snoozy ♥

“Not only do Angels dance with students, they encourage and support them making the whole learning experience better! The Dudes & Dolls have had many wonderful angels helping our students throughout the years. In addition to the time and energy provided, they contribute financially to the club. Just since September of this year, the Angels have donated almost \$700.00 on Tuesday evenings. This is a significant contribution to the cost of our lessons! We couldn't be more appreciative of these wonderful people and their thoughtfulness! Thank you so much!”

JoAnn Becker ♥

Fisher House Donation Up-date

At our Veteran's Dance on November 12th, we collected donations for the Fisher House in Seattle. Our generous dancers gave \$175.00 and our club added an additional \$300.00 for a grand donation total of \$475.00!

Fisher House Foundation builds comfort homes where military and veteran families can stay free of charge while a loved one is in the hospital.

Vicki Lieske, Robert Reichle, and Gene Funk delivered the check to the Fisher House on 12/02/21.

Thanks for the picture Robert! ♥



