

# Sky Valley Whirlwinds

September 2017

Editors: Roy & Geri Johnson

## Coming Events

Sept. 6<sup>th</sup> **Mt. Baker Council Meeting** Wed. 7:30 - 9:30 PM  
Marysville School Administration Building  
4220 80th St NE - Marysville.  
Anyone interested may attend these meetings  
from - Sept to May

Sept. 14<sup>th</sup> **Sky Valley Whirlwinds Square Dance Club Meeting**  
Triway Grange - Mill Creek Thurs. - 6:30 PM  
3509 Seattle Hill Rd & 35th Ave. SE

Sept. 14<sup>th</sup> **Sky Valley Whirlwinds Round Dance Lessons**  
Triway Grange - Mill Creek Thurs. - 7:30-9 PM  
3509 Seattle Hill Rd & 35th Ave. SE  
\$5.00 per person. Spyder Webb teaching, 2-step  
Planned for September thru December.

Sept. 15<sup>th</sup> **Our Dance: Corn Feed** Fri. 7:30-10:30 PM  
Triway Grange - Mill Creek Mainstream  
3509 Seattle Hill Rd & 35th Ave. SE  
*Very popular dance! \$7/person*  
**Kitchen** - Dennis Bass & Gary Price  
**Hosts** - Nancy Bass & Gloria Price  
Craig Abercrombie, Caller,  
Karen Neverdowski, Cuer  
Caravanning In: Mt. Baker Singles of Mount Vernon

	<b>Sky Valley Whirlwinds Corn Feed Dance</b> Friday September 15th, 2017 Tri Way Grange—Mill Creek 3509 Seattle Hill Rd & 35th Ave SE	
<b>Caller:</b> Craig Abercrombie	<b>Pre-Rounds at 7:30 PM Dancing 8-10:30 PM</b>	<b>Finger Food Potluck Hearing Enhancement</b>
<b>Cuer:</b> Karen Neverdowski	<b>Info: 360-805-1902</b>	

Sept. 29<sup>th</sup> **Caravan Out:** Dudes & Dolls  
Fri. 7:30–8:00 Pre-Rounds  
Mainstream 8-10:30 PM  
Cedar Valley Grange, 20526 52nd Ave W  
Lynnwood, WA, Info: 425 385-8251  
Steve Noseck, caller  
Debbie & Paul Taylor, cuer

Sept. 30<sup>th</sup> Mt. Baker Council Dance - Stanwood Middle School  
More info – next column →

## PUMPKIN PATCH HOEDOWN

Saturday, Sept. 30, 2017 7:00-10:00 pm  
Stanwood Middle School 9405 271<sup>st</sup> ST NW  
Stanwood, WA Hosted by Skagit Squares and  
Mount Baker Square Dance Council

**GALLERS: JOHN GORRIGAN &  
HEATHER WALLACE-REYNOLDS**

**GUERS: BOB & LINDA BERKA**

Pre-rounds: 7-7:30 Mainstream

7:30-10 Beginner Dance Hall with Dave Harry: 7:30-10 pm

\$8.00 presale

Photo Booth

\$10 at the door

Gift Basket Raffle

Split the Pot Drawing

Stanwood Middle School PTO to provide concessions

## Corrie Krap Writes From the Netherlands

August 14, 2017 close to midnight. One more week and my time in Holland is over, already time goes too fast. A couple of times we got so wet. We do a lot of bike riding anywhere from 5 miles to 15 miles, or even more! I went riding with my niece, Joke and after 1 1/2 hours of riding on our way home it started to rain and in a couple of minutes we were soaked. We were about 10 minutes from her house so we kept riding wet anyway. With my sister we went to her daughter's house all the way up northeast. They were on vacation, so we could stay there.

From there we took day trips to places that neither I nor my sister have ever been to. These were to cities and towns on the German border. On another day we went for a boat ride on one of the many lakes Holland has. It was dry, but very windy. There was a heather field near where my sister lives. There are sheep there and we had a nice bike ride there. It is so neat to criss-cross through to the woods or open fields. There are woods and farm land all around.

Friday I'll go to my other niece for a couple of days and she will bring me to the airport on Aug. 26th.

Corrie



**A CHAT WITH OUR CORNER – NANCY JEAN BASS**

By Linda Heppes

Lives in: Monroe

Grew up in: Sacramento, Eugene, Renton and Everett

Family: Sister Janet, brother, Jon; daughters, Deborah in Eugene, Cindy in Monroe, and Victoria in Electric City; grandsons, David, and James and his new wife in Ellensburg.

Best thing I ate this week: *Steak, although my favorites are lobster and halibut*Stuff I can't live without: *My family and friends*If there were an extra hour today I would: *Read a book or work on my eggs*My first car was: *1949 Dodge sedan that my dad had as a work car and I had painted*I wish I could tell my younger self to: *Have more Confidence*Favorite family recipe: *Dennis' seafood omelet*I'll do anything to avoid: *Arguments*Favorite junk food: *Chocolate covered raisins*I'm currently reading: *Danielle Steele books*Worst habit: *Worrying about events*I'd watch these movies more than once: *Romance Movies*Oh, these things make me mad: *Drivers that cut in line when everyone has merged to the other lane*If they came to my town, concerts I wouldn't miss: *Neil Diamond*Favorite fast food joint: *Burger King*I love my pets: *Cat, Pumpkin and my daughter's Sassy dog*Good intentions I never get around to: *Sorting out stuff in the closets and spare rooms*Best vacation, bar none: *Baltic, Ireland and Hawaii trips*I just learned: *That as writing this out by hand, I miss spell check on my computer*I like to have dinner out at: *Anthony's, Arnie's and Ixtapa*Still at the top of my bucket list: *Greece, Italy and England/France*One chore I actually like: *To get Dennis to do it*My favorite time of year is: *Summer*Shows I don't miss on T.V.: *Series on Showtime and HBO - Ray Donovan, The Affair, Shameless and Mary, Queen of Scots*Favorite Singers: *Country and 50's singers*Hobbies: *Egg art, square dancing and OES (Order of Eastern Star)*Best job ever: *Working on the egg show committees/decorations for banquets*You might be surprised that I...: *Got a State Grand Office this year with OES*Songs that never get old: *Mellow tunes, no rap or Yelling*Always on my nightstand: *Clock, water and a book*My favorite square dance callers are: *Jim Hattrick, Roger Spiese, Hank Orth (our first teacher) and most other callers*


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## Alzheimer's Disease

Alzheimer's disease is an irreversible progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks.

5.4 million Americans have Alzheimer's disease.

Research includes clinical trials testing factors which could help prevent AD. These include diet, drugs, intellectual activities and cardiovascular risks among others.

The eight cognitive domains most commonly impaired in Alzheimer's Disease are memory, language, perceptual skills, attention, constructive abilities, orientation, problem solving and functional abilities.

Researchers at the University of Washington are identifying in which part of the brain these domains are located. When identified they can treat a specific part of the brain, thus increasing the quality of life for the patient.