

# Sky Valley Whirlwinds

October 2017

Editors: Roy & Geri Johnson

## Coming Events

- Oct. 1<sup>th</sup> **Caravan Out:** Freewheelers  
**Oktoberfest Dance** Sun. 7:00-10 PM  
7:00-10 PM Mainstream Dance 1 Plus Tip  
Mountlake Terrace Community Senior Center  
23000 Lakeview Drive, Mountlake Terrace  
Finger Food Potluck Info: Janice 206 992-4932,  
Roger Spiese - Caller Debbie Taylor - Cuer
- Oct. 4<sup>th</sup> **Mt. Baker Council Meeting** Wed. 7:30 - 9:30 PM  
Marysville School Administration Building  
4220 80th St NE - Marysville
- Oct. 13<sup>th</sup> **Caravan Out:** Samena Squares  
"Who Done It?" Dance Friday, Oct. the 13<sup>th</sup>  
Plus dance & one higher Level Round, 7:30-8 pm  
Mainstream Dance 8-10 pm  
Juanita Community Club, 13027 100<sup>th</sup> NE, Kirkland  
Caller- Dan Preedy Cuer- Karen Neverdowski
- Oct. 19<sup>th</sup> **Sky Valley Whirlwinds Square Dance Club Mtg**  
Thurs. Start at 6:30 PM Triway Grange  
3509 Seattle Hill Rd & 35th Ave. SE. All club  
members are welcome to attend this meeting.  
Round Dance lessons. Triway Grange 7:30 PM
- Oct. 20<sup>th</sup> **Sky Valley Whirlwinds Square Dance**  
**Scarecrows and Cider Dance**  
Fri. 7:30-10:30 pm Info: 360 752-3172  
Triway Grange - Mill Creek  
3509 Seattle Hill Rd. & 35th Ave. SE  
Ray Gallagher, Caller Karen Neverdowski, Cuer  
Kitchen - Sally & Glade Bacon  
Hostess - Terry Dickerson & Ginette Lacasse  
Caravanning In: Stanwood Sashayers

## The Wedding of Nora Jean Lashbrook and Lauren William Pananen.

Nora and Lauren met during plus dance lessons at Cascade Crossfires in October of 2014 in Woodinville. They partnered up right away since both felt they could learn Plus Dancing best with the same partner. They found out that both of them were single having been widowed many years before. After six months, they began dating, going to other dance clubs, dinners, movies and baseball games.



In April of 2017, Lauren proposed to Nora. They planned to have a small wedding of family and friends in Lauren's house on June 24, 2017.

In attendance were Nora's daughter, Dawn, who was the bridesmaid and gave Nora away, granddaughter, Erika, and great granddaughter, Anastasia, who was a most beautiful flower girl. Nora's son, Scott, who lives in Missouri could not attend.

Lauren had his daughter, Julie, from Atlanta and daughter, Katie, from Shoreline, present. Lauren's long time friend and work colleague, Dave Magnuson, was best man. There were about twenty friends and neighbors joining the ceremony to view the exchanging of vows and rings.

A reception followed with cake and punch and lots of pictures. It turned out to be a perfect day for a very special day!

## Great Wall

5,500 lifetime miles



You've officially walked the same distance as the Great Wall of China. A triumph like this should go down in history!

Earned on 2 September 2017

A little over 3 years ago Geri and I purchased Fitbits to track our steps to see how far we were walking. We thought it would be good for our health to be walking for exercise. On September 2, 2017 Fitbit sent this picture illustrating our accomplishment.



Sky Valley Whirlwinds  
**Scarecrows and Cider Dance**  
Friday October 20th, 2017  
Tri Way Grange—Mill Creek  
3509 Seattle Hill Rd & 35th Ave SE



Caller:  
Ray Gallagher  
Cuer:  
Karen Neverdowski

Pre-Rounds at 7:30 PM  
Dancing 8-10:30 PM  
Info:360-805-1902

Finger Food  
Potluck  
Hearing  
Enhancement

A CHAT WITH OUR CORNER: Amy Webb  
By Linda Heppes

Lives in: Snohomish

Grew up in: Military Brat – Born in Coos Bay, Oregon,  
New York, Hawaii, New Jersey, Missouri, Connecticut,  
California, Maryland and Washington

Family: Husband, Dennis, daughter, Makayla (17) and son,  
Garrett, (13) – parents, David and Sandi Moore,  
brother, Allan Moore

Best thing I ate this week: *Taco Salad*

Stuff I can't live without: *Phone*

If there were an extra hour today I would: *Talk to my  
children*

My first car was: *1984 Chevy Cavalier*

I would tell my younger self to: *Take the time to  
enjoy life*

Favorite family recipe: *My dad's apple turnovers*

I'll do anything to avoid: *Laundry*

Favorite junk food: *Ice Cream*

Best book I've read lately: *River of Time by Naomi  
Judd*

Worst habit: *Biting my nails*

I'd watch these movies more than once: *Top Gun and  
Dirty Dancing*

Oh, these things make me mad: *My ex husband*

If they came to town, concerts I wouldn't miss: *Garth  
Brooks, Tim McGraw, New Kids on the Block*

I love my pet: *Cat, Comet*

Best fast food joint: *Dairy Queen*

Good intentions I never get around to: *Scrapbooking*

Still at the top of my bucket list: *Go to the Baseball  
Hall of Fame*

I like to have dinner out at: *Olive Garden*

My favorite time of year is: *Spring*

Shows I don't miss on T.V.: *Blue Bloods, Big Brother,  
The Bachelor*

Places I still want to visit: *Coos Bay, Oregon*

Favorite singers: *New Kids on the Block, Garth  
Brooks, Tim McGraw*

Hobbies: *Square dancing*

Best job ever: *Hallmark*

Best dessert: *Chocolate pie*

You might be surprised that I: *Love the baseball  
team, the St Louis Cards*

Songs that never get old: *Hanging Tough, Friends  
in Low Places*

Always on my nightstand: *Water*

My favorite in the box of chocolates: *Carmel*

My favorite square dance callers are: *Dennis Webb (of  
course), Scott Coon and Andy Garboden*

## Visiting an Alzheimer's Disease Research Center

On September 22, 2017, Joe Bahr, Roy Johnson and I visited the University of Washington Harborview Training and Research Building in downtown Seattle. This is one of the places the University of Washington Alzheimer's Disease Research Center (ACRC) has a lab where studies on brains take place.

We met with a team of physicians whose specialties are neuropathology, including Dr. Dirk Keene and Dr. Paul Crane. They talked to us about the many facets of brain research being conducted now and their ongoing discoveries in conquering this disease. By studying donated cadaver brains and their parts, myriads of information are collected, cataloged and added to daily. It is exciting work.

Joe's mother, Vivian Bahr, donated her brain to research upon her death a few years ago. Her brain is now in the hands of this research team. In touring the lab, we were able to actually see Joe's mother's donated brain, the research being done on it and observe the information that has been collected so far.

In the studies being done on a brain, many factors come into play. It is important to know the person's life style and the history of the person's life. This information gives clues as to what is seen in the lab when viewing a brain and its many parts.

Alzheimer's Disease and Lewy Body Dementia are closely related. It is fascinating work being done and we, as square dancers sponsoring a benefit dance each year, are part of this ongoing research. With our help, progress is being made to this important research on the disease we call Alzheimer's.

The website to visit online is [remembertodance.org](http://remembertodance.org). There you will find a reference to the article written by Thomas Grabowski, MD in the Fall 2017 Magazine of the UW Alzheimer's Disease Research Center. This article features the square dancers at the February, 2017 Alzheimer's Benefit Dance. You will enjoy reading it.  
—Geri Johnson

## What is a Grange Organization?

The Grange, officially known as the Order of Patrons of Husbandry, is a **fraternal organization** with a rich history and a highly visible community presence in the United States.

On the statewide level, Granges cooperate by supporting a State Grange organization that conducts lobbying and other activities on behalf of all members in the state.

The Grange came into being in 1867 because of the vision of Oliver Hudson Kelley, a Minnesota farmer and activist. He had long held that farmers, because of their independent and scattered nature, needed a national organization to represent them like unions were beginning to do for industrial workers.

Farmers were at the mercy of merchants for needed farm supplies and for marketing their crops. Railroads and warehouse companies were taking advantage of farmers. Kelley and some of his friends organized the National Grange as a fraternal group similar to the Masonic lodge. The early leaders were responsible for promoting cooperatives, which had the potential of helping farmers economically.

The Grange at all levels is strictly non-partisan and does not endorse candidates for public office nor contribute to their campaigns. All policy within the Grange originates at the local level. Thus the organization remains as one of America's best examples of democratic, grass-roots activism.

Additional Info next issue.

—Roy Johnson