

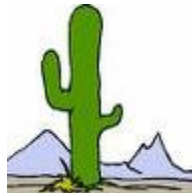


# Single Squares of Sunnyvale presents

## The HorseShoe

### CACTUS JACK !!

Sunnyvale Singles will present the Cactus Jack dance on November 21, 2009 at John Muir Middle School. Caller Hunter Keller and Cuers Sharon and Casey Parker will entertain and lead us. Silent auction, door prizes and split the pot raffle give you ample opportunity to go home with more than you came with. Put the evening aside for great dancing and greeting friends!  
**SAVE THE DATE !!**



#### Points of interest

- ☉ Visitation dance Nov. 7 El Camino Reelers "Trade by Fall" dance — Darren Gallina, caller
- ☉ Board meeting Nov 8
- ☉ Party Pot Luck Nov. 19
- ☉ Cactus Jack Nov. 21
- ☉ Nov 24 Thanksgiving dinner and Salvacion Army Toy Dance party
- ☉ Sue Harris Galaxy Rounds at Murphy Park Sundays 2:30-5 upper level; 5-7 Beginning cha and rhumba
- ☉ George Garnder Rounds at Murphy Park Mondays 8-10

### Salvation Army Toy Dance party November 24—John Muir Middle School.

Join us for a pot luck at 7:00 with square dancing by local club callers and line dancing, too!

Admission — bring a new, unwrapped toy for the Salvations Army. There will also be a raffle to benefit the Salvation Army.

Volunteers are needed — call Jane Bishop at 408-356-7796

[Singlesquaresofsunnyvale.org](http://Singlesquaresofsunnyvale.org)

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Single Squares of Sunnyvale is a California Non-Profit Corporation whose purpose is to perpetuate and teach the art form of Square Dancing to those interested. Beginner classes are held on Tuesdays from 7 to 8:30 and from 8:30 to 10, with more experienced "Angels" on hand to help in the learning process. The club dances on Thursdays from 8 to 10, with pre-rounds at 7:30.

Membership is open to unmarried people, but guests, both married and not, are always welcome to dance with the club.

### Hear President Roger's Roar

To start off with I'd like to thank Pat McDonald for stepping up to the plate and publishing the Horseshoe. As the year goes on I'd like to request that board members and other dancers submit to Pat a brief bio.

We just held an election this month — you might notice most members were re elected. This is a fun job and our meetings are a wonderful social gathering. In the coming years please consider getting involved, we could always use new ideas. Bill Scharfen will serve as host again, but is requesting help. It would be nice if 3 other people would sign up for the post and we can rotate working the door on Thursday nights.

As we approach the month of November we have three exciting events On November 19th we will hold our holiday party. Joy and I will cook turkeys but we need volunteers to provide other foods. On the 21st

we will host Cactus Jack hoedown. Hunter Keller will do the calling and Sharon Parker will do the cueing. Don't forget this is also our silent auction. Please submit new items of value as this is our major fundraiser. Tuesday the 24th the Toys for Tots hoedown will be held at John Muir Middle school. Jane Bishop does a great job co-ordinating this event. She needs volunteers to cook turkeys and other food



## Board Meeting Summary October 11, 2009

- 10 members, 1 guest present
- Minutes of Sept -- approved
- Treasurer's report reviewed and filed for audit
- Eric Henerlau's contract renewed.
- Cactus Jack caller and cuer confirmed
- Approved to work with Sunnyvale Community Services for holidays
- Parking behind kitchen reviewed == Roger will work with Parks & Recreation Department on this issue
- Two new members approved
- Visitation dance selected — Sat., Nov 7 —Trade by Fall hoedown sponsored by El Camino Reelers
- Discussed Ghost Riders dance with Eric Henerlau — February 27, 2010
- Next meeting Nov 8, 2009 12:00

## Health Benefits of Square Dancing

ARTs-Dance, a national organization that promotes square dancing ([www.arts-dance.org](http://www.arts-dance.org)) lists the following health benefits. Most of us dance because we find it exhilarating and fun, but it's nice to know that we are also improving our health. At \$5 to \$10 for dancing and snacks, it's also a real bargain.

- ⇒ Cardiovascular Fitness — Dancing regularly can lead to a slower heart rate, lower blood pressure, and an improved cholesterol profile.
- ⇒ Body and Brain Boost — because dancers react to the calls as they are given, body and brain become tightly coordinated. Brain exercise can help prevent future memory loss.
- ⇒ Calorie Burn — dancers burn between 200 and 400 calories every hour — equivalent to walking, swimming, bike riding, or even running for 1 to 2 miles.
- ⇒ Sturdy Bones — because square dancing strengthens weight-bearing bones, it can help prevent or slow loss of bone mass with age.
- ⇒ Social Aspects — you meet a lot of good folks on the dance floor. Some may become lifetime friendships or even that special someone.
- ⇒ Healthy Environment — square dances are smoke drug and alcohol free, allowing exercise and socializing in safe environments

## Roger's Roar continued

As the holiday season approaches once again we will sponsor the Sunnyvale Community Services. Over the last eleven years we have contributed over \$10,000. In the last four years I've had the honor of working many hours for this wonderful service, I'm proud of all their accomplishments, however I regret its become a growth industry during these hard times. Contributions of household goods, canned goods, toys, new clothes cash donations (make checks payable to "Sunnyvale Community Services") are hugely appreciated.

See you on the dance floor —  
Roger

## WELCOME NEW MEMBERS !!

Say HOWDY to our new SSS  
members —

**Karen Sweet**

**Jane Bishop**

Glad to have you aboard!

The really  
happy man is  
one who can  
enjoy the  
scenery on a  
detour  
-Anonymous