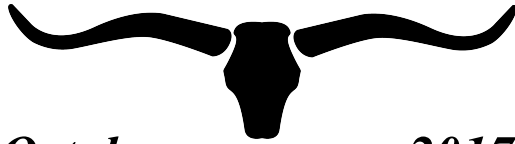


T D L D

Texan Dudes Line Dancing



October 2017

Wanted Poster

Hi and welcome to the next exiting newsletter. Unfortunately I have to start with news of my absence from some of the classes.

I am scheduled to start my Radiotherapy treatment on Wednesday the 11th October for seven & a half weeks. As already explained this means that time wise, I cannot take Wednesday or Friday classes at The Spotlight. (My last class is 6th Oct) Wednesday morning will have to be cancelled for the time being unless you hear differently in the next few weeks. Friday morning class will be covered by Vera and Teresa whilst I am away. I will be there for Monday and Wednesday evening classes at Woodside Park Club and also for the Tuesday morning class.

My treatment finishes on the 30th November '17 although I'm told that I may need to rest for a week or so. We'll know closer to that date. Obviously we will keep you posted with regards to classes when we get further news on Lavinia's foot operation and my progress.

As they say in all those old movies...

'Watch This Space' !

But before we gone on to the news....

Holiday Dates.- Class Cancellations

Monday 2nd October and

Tuesday 3rd October

We are having a two day break...

Last Months Dance Evening

Friern Barnet School was the setting for our September dance.

We had a super time and hope that those that came enjoyed the evening of dancing. It was a crying shame that lots of you had to miss the dance because of holidays or other commitments. More so because, at the time of going to press, it is uncertain when our next dance will be. We suspect we may have to wait until the New Year but you never know, I could be wrong. Shall I say it again? OK, I will.....

'Watch This Space' !

My Vision Of The Future

Whilst typing away at the newsletter it occurred to me that in the future the skill of writing or typing could well be lost. Leaving a hand written message for someone to find will soon be a thing of the past. In the future we will be leaving a voice message for someone to hear when they enter the house.

Shops already keep a record of what you buy when you 'swipe' your nectar card. In the future how simple will it be to dial a telephone number and leave a voice message of what you need? Who needs people when a machine can take your order and fly your groceries to your doorstep by 'drone'!

Pens, pencils will be a thing of the past. Your great, great grandchildren will be asking 'What is a pencil Gran?' or looking at books as though they were looking at Egyptian hieroglyphics ! Will there be a need to write or read as we do now? How many of you already ask 'Google' 'what does so and so mean?'

Not only voice recognition for messages and the like but there will be very few jobs that can't be done by robots. Think hard now, name one. Ok I'll help....

Line dance teacher springs to mind..

You asked for that.....

How Learning To Line Dance Helps Keep Dementia At Bay

A number of dancers saw this article and gave me a copy. For those that didn't see the article, it makes interesting reading. I just wonder why, having seen an article on pensioners, they instantly thought of me !

'Pensioners who learn to line dance are better protected from memory loss and dementia than those who walk or cycle, a study shows.

Dancing can help fight off the loss of brainpower as we age and appears to work better over a period of 18 months than cycling or Nordic walking using ski poles.

German researchers tested the different forms of exercise on 62 people with an average age of 68, measuring the size of the memory centre, called the hippocampus, in their brains. The dance group had more steps and choreography to learn.

In the study, published in Frontiers in Human Neuroscience, the dance group were found to have a larger hippocampus, suggesting they were better protected from memory loss and dementia.

It is thought the effort required to learn their steps helped those in the dance group to lose less brain volume. This loss is thought to cause memory problems and lead to Alzheimer's disease.

Study author, Dr Kathrin Rehfeld of the German Centre for Neurodegenerative Diseases, said: 'Dancing is a powerful tool to set new challenges for body and mind, especially in older age.'

I know they say that size doesn't matter but it goes without saying that I have, for a number of years, suspected that line dancers have a bigger hippocampus than the average man in the street !

Youtube Fame

I have now downloaded something like 20 videos onto the 'Youtube' website. This doesn't mean that I have stopped, it just means a short break until I find the next master class in dancing !

*Go to the Youtube website and type in the search area **Texan Dudes Line Dancers** I am sure you will, like me, be amazed, dazzled, captivated and enthralled by the amazing skills shown by the dancers. (That's you!)*

Juliet's Fund Raiser

On the 23rd September 2017 Juliet, along with a number of friends, will take part in the Shine Night Marathon Walk. They were inspired to do so in memory of Juliet's daughter Shani.

They were raising money for Cancer Research and GOSH. If you were inspired by Juliet and her friends and would like to make a donation her sponsorship page is: <http://uk.virginmoneygiving.com/team/shineforshani>

100 And Counting

Before you start, can I say this is NOT my age. (Although I do feel it sometimes). If all goes according to plan, I will, on Saturday 30th September complete my 100th 5K Parkrun in East Barnet, Oakhill Park. Lavinia hit this magical milestone a couple of months ago and I am amazed that I have also arrived at this total.

I know I have said this before but Parkrun is fun, it is not a race, you do not have to be an Olympic athlete. You can run, jog or walk it and at the same time meet some really nice, inspirational people. And, as I have already said, it really can be a life saver, literally. (I'll parade my 100th T shirt when it arrives!)

Happy Stomping

Dance Like No One Is Watching

Lavinia & Mick

Tel: 020 8440 7340 * Mob: 0778 624 8740

E-mail: TexanDudes@aol.com