



# KEEPIN' *Central* POSTED

CENTRAL FLORIDA SQUARE and ROUND DANCE ASSOCIATION

VOL. 1

AUGUST, 1981

NO. 4

## 1st Column

THE JERNIGANS

### THE PRESIDENT'S MESSAGE

Our thanks to one and all for your trust and confidence in electing us your President for the '81-'82 year. As we move up from the Vice Presidency, we need the active support of all Central's members. Our main objective this year is to promote plain old-fashioned fun and fellowship within our Association and to increase participation as well as membership among the dancers of our nine county area.

We are grateful for the hard work contributed by Ray & Barbara Holt, our outgoing President, during the two years they were in office. We hope to continue with many of their programs and pray for a very prosperous year ahead for all of us.

Now that we have our own Association publication, we welcome your contributions, ideas, suggestions, constructive criticism, and support. *KEEPIN' POSTED* is Central's special way of keeping in touch with all of you.

As we think back to the time when we were beginning square dancers, we well remember the words of encouragement and the help given us by the experienced dancers. Let's, each of us, offer kind words, praise, and encouragement to our new dancers. Let them know that we ALL were nervous beginners and still make mistakes.

(Continued on Page 3)

## Come on in

Come join us — IT'S A BARGAIN!

Come one; come all! Join the *Central Florida Square & Round Dance Association*. Why? Because it really is a bargain and here's why. Whether you are a new member or a renewal, the membership fee is the same — \$8.00 per couple for the Association year or \$4.00 for singles. '81-'82 bars to attach to your Association badges to show you are current paid up members cost \$1.00 per couple or 50¢ for singles. New members pay an additional \$4.50 per couple for their Association badges or \$2.25 for singles. In essence the cost per dance will be \$2.00 for couples and \$1.00 for singles.

The Association year runs from 1 July to 30 June each year and during that time the Board of Directors plans four free dances for its members. These dances are held on the 5th Saturdays throughout the year in order not to interfere with any individual club's activities. We supply the hall, the caller, the cuer, and light refreshments. Your badge with a current '81-'82 bar attached is your admission ticket to each of these dances.

From time to time if a popular Florida caller from out of our area or a nationally known caller from out-of-state is in the area, we try to arrange a special dance for our members and charge a nominal fee to cover expenses.

(continued on page 2)

# LIFE

# LINE



## GIVING IS SAFE AND SIMPLE!

Nature makes it easy to give blood. A person has about 10 to 12 pints in his body and can easily spare a pint. When blood is given, the body responds promptly to restore plasma volume; the vital red blood cells are constantly being replaced in the bone marrow.

Giving blood is safe and simple. Blood is collected under medical supervision by a medical technologist or nurse. It takes just a little of the donor's time and can mean a lifetime of health for someone who is sick or injured.

Although most people have blood to share, many are not blood donors because they are apprehensive about donating. Countless individuals are alive today, however, because of people who overcame their fears and realized the importance of giving blood.

BE A VOLUNTEER BLOOD DONOR & URGE OTHERS TO GIVE!  
The American Association of Blood Banks



Few volunteer efforts on your part will make you feel as good as earning this label

## BLOOD DONORS — April 1981 thru May 1981

Don Lutz  
Harold Manes

Jim Rivers

Betty Bruce  
Roland Hamel

### BLOOD BANK DATA:

Balance March 31st	_____	39
Donations	_____	5
Member Withdrawals	_____	0
Outdated Units to Hemophilia Association	_____	3
Credits this period	_____	2
Balance May 31st	_____	41

### CENTRAL FLORIDA ASSOCIATION OFFICERS

President: Bob & Frances Jernigan  
Titusville—267-2721

Vice President: Bob & Carol Woodard  
DeBary—668-8241

Secretary: Leo & Mary Richardson  
S. Daytona—767-1717

Treasurer: Hank & Betty Bruce  
Winter Park—678-4261

## COME JOIN US

(Continued from Page 1)

Where else can you enjoy an evening of fun and good fellowship, at home with a happy heart and a smile, for such a reasonable price. It's one of the few honest-to-goodness bargains still available today! If you agree, send your check with the application blank in this issue to the Treasurer or come join at our next dance on Saturday, August 29th.

We are looking forward to meeting more dancers from all over the nine counties that make up our Association at our Annual Renewal Dance, Saturday, August 29, 1981, at the DeBary Fire Hall. John Barrett will be our caller and Phyllis Williams will cue the rounds.

As we make plans for Square Dance Week, September 21-27, 1981, we hope that all dancers and clubs will participate with our callers and cuers in as many of these planned activities as possible so that the general public will become acquainted with square dancing and want to join us in the spirit of fun and good fellowship that all square dancers share.

Our second dance of this year will be a Halloween Dance on Saturday, October 31, 1981, at *Slovak Gardens* in Maitland. *Whit Brown* will be our caller with *Pete* and *Jan Shankle* cueing the rounds. No costumes — Square Dance attire, please. Plan now to come have fun with us.

Remember our Blood Bank! If you can give blood, please do so. Thank you.

See you August 29th!

Bob & Frances

## **A BRIEF REVIEW . . .**

Our last dance of the '80-'81 Association year, our Pot Luck Supper/Elections Dance on Saturday, May 30th, at *Eustis R.V. Park* was a huge success.

*Bob Bland* and *Jackie Jenkins* gave us a most enjoyable dance.

We welcomed over 25 squares including 98 guests. Five callers and two cuers joined us for the evening. They came in good spirits and the dancers loved having them. They visited with the dancers; they visited among themselves, and they danced and they danced. Wherever and whenever they were needed to fill a square, they were on their feet. During the evening they formed a square so that all the dancers who so desired could earn their purple heart badges. Everyone, dancers and watchers alike, had a lot of good wholesome fun.

We welcome all callers and cuers to our dances and we hope to see many of you at our future dances. YOUR dancers will be pleased to meet and greet you there!

# **SOMETHING NEW WILL BE ADDED!**

On January 31, 1981, at the Association business meeting before our Valentine Dance at Merritt Island, the members present voted unanimously to open all our future dances with a salute to the Flag and a patriotic song. This will be the first part of our program at all dances beginning with our August 29th dance. Your officers are pleased and happy to comply with your wishes. We have asked *Jim* and *Maxine Rivers* to plan this part of our program for us for each dance and they have agreed. So — let's be on time and in "good voice"! Share these special moments with us and your fellow square dancers as we all show respect and pride in this great country of ours.

Also beginning with this first dance of a new year, August 29th, we request that all new members and renewals who have paid for the '81-'82 year, please check in with the Secretary at the Treasurer's table. At each subsequent dance, we would like to record all attendance, both members and guests. This has not been done for some years so we have no records upon which to evaluate our current membership charges and guest fees. We ask your cooperation in this endeavor. Eventually we hope these records will help us decide if there is a fairer pricing system we might use to serve you better or if we need to retain and improve our present system.

### **CENTRAL FLORIDA SQUARE & ROUND DANCE ASSOCIATION '81-'82 DANCE SCHEDULE**

August 29, 1981 (RENEWAL DANCE)  
DeBary—John Barrett  
Phyllis Williams

October 31, 1981 (HALLOWEEN DANCE)  
Maitland—Whit Brown  
Pete & Jan Shankle

January 30, 1982—Ed Foote  
Joe Augenblick

May 29, 1982 (ELECTIONS DANCE)  
More information in next issue!

## DANCING: Astaire Way to the Stars

Whether you are feeling low or up on a high, consider dancing. It relieves stress. It helps you celebrate a pay raise. It enables you to shed your aggressions, if you have any, or to let the emotions take over on a cloudy day.

Psychiatry has long known that a good dance is sound therapy. It is getting fresh emphasis in Europe, especially in Germany. Neurologists at Bonn University, experimenting with jazz dancing, expect good results — not cures, of course, but better physical health and mental relaxation.

Any of us stylish dancers could have told them all they want to know just for the asking. We are the graduates of jitterbugging, the big apple, and the Lindy. Before that there was the Charleston.

We could also polka, waltz, Irish jig and SQUARE DANCE. For my own part I had to draw the line at rock. Unless you are young and supple, it can get you a slipped discotheque.

Cave drawings believed 20,000 years old depict what may have been the first dancers. Every civilization has or has had its dances, although I have not noted one for the Eskimos.

I have watched the Eastern Cherokees do the rain dance, the corn dance, and the youth dance. It is impossible to tell which is which, but it makes the

Cherokee happy. Another oldie is the hula which Hawaiians insist on teaching to tourists.

There have been times, though, when dancing drew an official frown. Nearly 50 years ago, the Methodist Episcopal Church stated doctrinally: "We lift up a solemn note of warning and entreaty against dancing." This was the era of the shimmy, so perhaps they were right.

I once knew a football coach who required his players to attend recitals by campus male dancers to learn graceful techniques in open-field running.

Dancing as a tradition is thousands of years old in parts of Asia. In some instances the dance was a part of religious ritual. The dancers wore elaborate costumes and grotesque masks, or makeup, and danced all night.

In the Middle Ages there was something called the chain dance. It began among the unwashed peasants and spread to the perfumed gentry. Such were the beginnings of modern folk dances and the *square dance*.

If therapeutic dancing can make sick folk feel better and well folk better still, then on with the dance! And don't let us find anyone confining joy!

By Don Shoemaker  
Senior Editor of The Miami Herald

### CENTRAL FLORIDA SQUARE & ROUND DANCE ASSOCIATION APPLICATION FOR MEMBERSHIP

#### NEW

\_\_\_ \$13.50 PER COUPLE

\_\_\_ \$6.75 PER PERSON

#### RENEWAL

\_\_\_ \$9.00 PER COUPLE

\_\_\_ \$4.50 PER PERSON

NAME (His) \_\_\_\_\_ (HERS) \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ CLUB(S) \_\_\_\_\_

DETACH AND MAIL TO:

M/M HANK BRUCE, TREASURER

CENTRAL FLORIDA SQUARE & ROUND DANCE ASSOCIATION

1082 GOLFSIDE DRIVE, WINTER PARK, FLORIDA 32792

# PET PEEVES . . .

## Of A Square Dancer

1. The fellows who insist upon wearing short-sleeved shirts, leaving the ladies a nice, hairy, wet forearm to allemande with.

2. The "yanker" who practically dislocates your shoulder.

3. The "holder" who forgets to release your hand when pulling by so you're yanked from front AND rear on a right and left grand.

4. The "B.O." dancers — both men and women — who have never heard of soap and water and deodorants.

5. The "Garlic Eaters". Phew! Need I say more?

6. The "High Kicker". Usually a fellow — thinking he's quite a guy if he can kick higher than anyone else in the square.

7. The "Twirler" who insists on twirling ladies whether they want to twirl in a right and left grand or not.

8. The "Clown" who keeps putting his hand out when the other couple is doing the working figure. Very cute. Also very confusing.

9. The "Pusher" who aids a gal by pushing her between the shoulder blades. He's a great help(?). I'd like to punch him in the nose.

10. The "Dead Fish" who gives you a limp, lifeless hand to grasp. It's like he's in another world and completely unaware of anyone else in the square with him. Maybe he SHOULD BE IN ANOTHER WORLD!

Reprinted from the NATIONAL SQUARES who reprinted from FED-FAX who reprinted this choice piece from the NEW ENGLAND CALLER.

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*Because we have had many requests to print something in our publication about a growing problem in our area, we are taking this opportunity to add Pet Peeve #11 . . .*

11. The "Imbiber" who insists on having his "happy hour" on dance nights. He refuses to accept the fact that alcohol and square dancing do not mix, that alcohol causes offensive breath and ruins his timing which is essential to good square dancing. So — please — don't drink before or during a class or a dance! Your fellow square dancers will really appreciate your consideration of them.



## A HEAVENLY

## THOUGHT

"... one begins to see with amazement the great and perfect wisdom of God in his wonderful work of music, where one voice takes a simple part and around it sing three, four, or five other voices . . . like a square dance in heaven, with friendly bows, embracing, and hearty swinging of the partners. He who does not find this an inexpressible miracle of the Lord is truly a clod and is not worthy to be considered a man."

(Quotation from the works of MARTIN LUTHER in his discussion of music)

### CENTRAL FLORIDA SQUARE & ROUND DANCE ASSOCIATION



# SQUARE DANCE WEEK 1981



... is an opportunity for square dancers everywhere to join forces in bringing to their community, city, state and nation a positive and pleasure-filled view of this activity. This is our big chance to impress upon those who may never have taken part in square dancing just what this activity is all about. Here's your opportunity to share it with others.

The idea of Square Dance Week is nothing new. Many areas have been celebrating such an event annually for more than 30 years. The thought of coordinating so that all areas might celebrate the same series of dates is based on the belief that the combined efforts in all areas will attract tremendous attention.

The beginning of Fall classes is the ideal time to focus attention on American Square Dancing. Most of the suggestions for Square Dance Week observances include demonstrations of square dancing and large open dances where your non-dancing friends may have an opportunity to

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## — ATTENTION —

### All Square Dancers

The planning committee for the 1983 State Convention will meet at 4 P.M., on Saturday, August 29, 1981, at the DeBary Fire Hall. Since Central will be hosting the '83 Convention, we invite and encourage all interested dancers to attend. This is the time to share your fresh ideas and recommendations and the place to make known your talents and special skills. We need YOUR help. Everyone is welcome!

*Howard & Vivian Wilson*  
'83 Convention Chairman

look in on your hobby. One night stands, if properly handled, give a non-dancer a taste of square dancing and allow him to see for himself that he can fit in and "have a ball".

Come out to dance! Support our callers and cuers wherever they will be performing. If we do a good job of sharing our love of square and round dancing, who knows — our halls may all be full come September and Fall classes begin!



Flyers will be distributed throughout our area as soon as schedules of the various activities planned are complete and firm. **SQUARE DANCE WEEK: September 21-27 . . . Mark your calendar now!**

*Excerpts from Square Dancing Magazine*

## APPRECIATION

— How Sweet it is! —

What a familiar word is appreciation! "Expression of gratification and approval," is one of the definitions from Mr. Webster. We all bask in it when we receive it but let's learn to bask in it by giving it.

Don't take anything about square dancing for granted, be it your caller, your club officers, your friends who brought the refreshments, a visitor from out-of-town, the local newswriter who did a story on your club party, and so on. It doesn't take much effort to say thank you by voice, with a smile or in a note if it's timely.

Almost everything which is done in and for square dancing is done for love and not for pay. Let this love reap love in return and the satisfaction gained by both sides will be far more than mere financial reward.

Look for the oft-overlooked individual who perhaps is always doing some small useful thing, or the couples who are always willing to help out wherever they may be needed. Take just one moment to thank them. You may never know how far that moment will stretch.

Reprinted from *SQUARE DANCING*, official publication of The Sets in Order American Square Dance Society.



Star thru in '82'



29TH FLORIDA SQUARE AND ROUND  
DANCE CONVENTION  
**REGISTRATION INFORMATION**  
**PLEASE PRE-REGISTER**

Registration fees: \$8.00 per person until April 1, 1982  
\$9.00 per person after April 1, 1982

Mail Checks and Registration to:

29TH FLORIDA STATE  
SQUARE AND ROUND DANCE CONVENTION  
P. O. BOX 40914  
ST. PETERSBURG, FLORIDA 33743

Name \_\_\_\_\_  
last (please print) his hers

Address \_\_\_\_\_

\_\_\_\_\_ city state zip

Childrens' Names \_\_\_\_\_

(No charge for children who do not dance but all children must register)

Total Adults and Children who will dance \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_ See Rates above

**BOW & SWING**  
**SUBSCRIPTION FORM**



NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT. OR LOT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

ONE YEAR \$4.16

TWO YEARS \$7.28

ADD \$2.00 FOR CANADA  
& OTHER FOREIGN

DIRECT ALL MAIL TO  
BOW & SWING  
54 E. MAIN ST.  
APOPKA, FL. 32703

PLEASE CHECK: NEW  RENEWAL

## WHO ARE WE \_\_\_\_\_

This is the official publication of the Central Florida Square & Round Association. It is published solely for the purpose of sharing square and round dance information, news and educational material with our members and with other square dance publications. We reserve the right to condense, rewrite or omit any items submitted for publication.

As Editor, I wish to thank *Bob & Frances Jernigan, John Berger*, and all others who contributed in any way to this issue. To my husband and to my coworker I am deeply grateful and give a very special "Thank You".

Interim Editor: Betty Bruce  
Design Layout and Art: Curtis

McDowell

Next issue — November 1981

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George & Rita Deschambeau



### Central Florida Square & Round Dance Association

C/O Bruce  
1082 Golfside Drive  
Winter Park, Florida 32792



TO ALL DANCERS . . .

LEMON FLUFF . . . (Recipe published by request)

Grease a 9"x13" pan.

Blend together until consistency of pie

crust:

- 1½ cups flour
- 1½ sticks margarine
- ½ cup nuts or coconut (Coconut makes a crisper crust.)

Press mixture into a greased pan and bake 15 to 20 minutes at 325 degrees or until golden brown.

Meanwhile blend:

- 1 8 oz. pkg. softened cream cheese
- 1 cup confectioners' sugar
- ½ of 9 oz. container of cool whip

Beat together until smooth. Then spread on top of the above crust while it is still warm. Cool.

Mix:

- 3 pkgs. (3½ oz. boxes) instant lemon pie filling
- 4½ cups cold milk

Blend in mixer until thick like pudding. Spread on the above cooled cream cheese mixture. (If desired add ½ cup nuts & ½ cup coconut for better flavor.)

Spread remainder of cool whip on top of above mixture and sprinkle with ½ cup nuts & coconut.

Let chill in refrigerator and serve cut into squares.

To keep in refrigerator for several days, cover with plastic lid or saran wrap.

Happy Eating,  
Marguerite Brown  
Flying 8's