

CENTRAL FLORIDA SQUARE AND ROUND DANCERS ASSOCIATION, INC.

Keepin' Posted

VOLUME 33—NUMBER 2—JANUARY 2009

SHAMROCK SWING

March 20 & 21, 2009



A NEW YEAR!! NEW BEGINNINGS!!

Great dances and events in store for 2009. Be sure to check out articles on the Domestic Abuse Council Benefit Dance, CFA 5th Saturday Dance, the upcoming Shamrock Swing, special club dances and some information on the 2009 Florida State Convention, among other things.

We hope you enjoy this issue!!

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KEEPIN' POSTED is published quarterly for members of the Central Florida Square and Round Dancers' Association, Inc. and distributed to members free of charge as part of their membership. Association news, club news, articles, comments and items of interest are published without charge. Advertising directly related to dance activity will be accepted subject to rules of good taste. Properly-sized flyers and folders about dance activities will be inserted for a nominal fee. The editor reserves the right to edit, condense or rewrite any submission. Opinions expressed are not necessarily of the Central Florida Association or its Editorial Staff.

April 2009 issue DEADLINE is March 6, 2008

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CFA Web Page:
www.FLORIDASQUAREDANCE.com/CENTRAL/INDEX.HTML

CFA Membership Application

Name	His	Hers
Address		Phone
Zip		
Home Club	Date	
Amount \$ _____	Dues:	Each New Member \$10.00
Checks Payable to: CFA	Each Renewal	\$ 5.00

FOR CFA USE ONLY:

Mail to: Terri Little	Badges ordered _____
CFA VP, Membership	Badges mailed _____
1330 Martin Blvd.	Badges given/mailed _____
Merritt Island, FL 32952	

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ADVERTISING RATES

1/8 page	\$ 7.50	1/2 page	\$20.00
1/4 page	10.00	3/4 page	30.00
1/3 page	15.00	Full page	40.00

PRESIDENT'S MESSAGE—Bob and Jennie Courter

Happy 2009!!! We hope you all had a wonderful Holiday Season and are ready to begin all of the wonderful upcoming Square Dance events.

Hope to see many of you at our January 31, 2009 5th Saturday Dance in Daytona Beach, and that you have received flyers about this event. Our caller will be Bob Stern and the cuer is Irene Knapp-Smith. Please note the time changes for our 5th Saturday dances. We will start with early rounds from 7 to 7:15 p.m., followed by the Grand March and announcements at 7:15 to 7:30 p.m. Mainstream and Plus dancing with rounds will be from 7:30 to 9:30 p.m., with a few short announcements around 9 p.m. If you need more information, please contact us.

On March 20 & 21 the 9th annual Shamrock Swing will be held at the LaHacienda Center in The Villages. Callers are Tony Oxendine and Bob Stern, with Joanne and Ken Helton cueing. There are 2 halls featuring Mainstream, Plus, DBD, Advance and Rounds throughout the event. Advance ribbons are \$17 per person and \$19 per person at the door for Friday night and all day Saturday. One-day ribbons are available at the door. For more information, contact us: 352-751-1009, e-mail: courj14720@thevillages.net—for room reservations, contact Randy & Carol Poole at: carpoole@earthlink.net. Remember, this is the CFA's big money-maker for the year. It helps defray the cost of the 5th Saturday dances and helps the CFA continue to promote square dancing and our clubs.

The CFA will then be hosting the ROCK & ROLL TIME in 2009, the 55th Florida State Square and Round Dance Convention on May 22, 23 and 24, 2009. Chairmen Randy and Carol Poole and their committees have great programs planned for this special event. Please read the articles outlining the attractions which will be taking place. They really know how to plan special events to keep everyone busy dancing and sharing time with old and new friends throughout the weekend. Room reservations? See Terri Little.

To go back a little, the 5th Saturday dance on November 29th at Whirl & Twirl was very well-attended. It was wonderful to see so many of our local callers and cuers there: Whit & Dee Brown, Bob & Liz Wilson, Bob & Carol Stern, Roland & Linda Morin, Joanne & Ken Helton, Pete & Jan Shankle and also Mike & Debbie Preskitt visiting from Alaska. Most importantly, everyone enjoyed dancing to John Swindle and Phyllis Williams.

Our CFA clubs seem to be having a dancing good time with all of the wonderful callers and cuers we have in the area. Please attend all of these special events. Hope to see you in a square. Many Yellow Rocks!!!!

EDITOR'S MESSAGE

As the new editors of KEEPIN' POSTED, we would like to introduce ourselves. We learned to square dance in Connecticut under the direction of caller Bob Paris, and joined his club, the Circle B, in Bethel, CT in 1970. We served as Class Coordinators and President. We then moved to another town in CT, and joined the Seaside Swingers in Branford with caller Ted Perkins and were Presidents, Vice Presidents and Class Coordinators.

We moved to Florida in 1987, joined the Starlight Promenaders, dropped out of square dancing for a few years, and rejoined the Promenaders in February of 1999. Since then we have been President, Vice President, Secretary (for a number of years), Class Coordinators (more than once), in charge of many special club dances, chairmen of several Christmas parades, editors of the club newsletter for quite a few years, edit and print yearly club schedule cards, etc. We also were members of the Curliques performance group for a number of years.

As members of the CFA, we were Refreshment Chairmen for the Shamrock Swing in 2006, at which we introduced Finnegan's Place, the very popular refreshment area. We were General Chairmen of the 2008 Shamrock Swing, but due to Dick's chemotherapy treatment were forced to resign from that position. Fortunately, the chairmanship was graciously and excellently filled by Terri Little and Ailene Picheco.

We are currently, along with Jerry and Mary Jo Dunagan, Co-Chairmen of The Sew and Save Room for the 55th Florida State Square & Round Dance Convention in 2009.

Any job taken by us is given 110% of our effort and ability, and with help from CFA members, we feel extremely confident of being able to perform the duties of editors for KEEPIN' POSTED. We will need everyone's cooperation in sending us updates, changes, and/or corrections for your club listings, news and special dances. Unless we receive information from you, your club listing will be outdated.

A note to Area Representatives: Please see if you can generate advertising in KEEPIN' POSTED — that's what will KEEP US GOING!!

Thanks in advance for your help.

Dick and Jeanne Lysobey

Central Florida Callers Association

The Central Florida Caller's Association meets every three months and offers a chance for the Callers of Central Florida to get together and discuss the happenings in the area as well as participate in an educational session at the end of each meeting. The CFCA has a motto, "In Service To The Callers & Square Dancers of Central Florida", and we are expanding those we serve this coming January, by reaching out to some Central Florida residents desperately in need of help.

The CFCA will be holding a Square and Round dance to benefit the Domestic Abuse Council. The dance will be on Saturday, January 17, 2009 from 7 to 10 p.m. at the Wayne G. Sanborn Activities center in Deland. Callers from the CFCA will staff the dance and the rounds will be cued by members and/or their partners and volunteer cuers from Central Florida. Ribbons are \$5.00 per person and are available from any CFCA member or at the door. Donations of all kinds including cash will be gratefully accepted and even if your schedule does not permit you to attend, your purchase of a ribbon will be greatly appreciated by the CFCA and those so badly in need.

Please plan to buy a ribbon and attend what will be an enjoyable evening of Square & Round Dancing. For information contact Roland & Linda Morin @ 407-716-3565.

Round Dance Council of Florida President's Message

We have been asked to write about Round Dancing for the Central area. Since I do not teach or cue in the Central area it will have to be about something other than talk about current dances in the area. We have only been teaching rounds since 2001 but have enjoyed dancing since 1972, with a slight break of only a mere 18 years. I can't believe it has been 37 years since I took lessons. It proves that you can come back to dancing after a long break. When I came back I was a single dancer in a couple's world it seemed, and all the dancers were so much older than I had remembered. Oh, I had not aged even a little, right? The thing that struck me the most was the people. It was not their age that I noticed but their personalities. It was as if I had been transported back in time. Everyone was just as nice as I had remembered and everyone came up and welcomed me to the dance. I thought they might not, giving the difference in the ages, but it made no difference. This is what dancing is supposed to be, friends having a great time.

Then I became a cuer/teacher. It did change the way I see dancing. I now was given the chance to meet the teachers and be one of them. It has been a wonderful experience getting to know and learn from all that I have met, but there are so many more out there that I have not gotten to meet yet. Who are they and where do they teach? In our area the Northeast it has been simple to find all the teachers. I think I have met all but one in the Northwest but I did talk with him on the phone one day and hope to meet him in person just to put a face with the name.

I was looking in the Bow and Swing in the listings for dances by area and day of the week and there are dozens more teachers that I have not meet. And then there are the teachers that come down from the up north and teach for clubs that run only during the winter months. I would love to meet these wonderful people. If you are at a dance in the future, ask your cuer if she has met me, if not I would love to meet them.

Lisa & John Wall

UPCOMING DANCES

BEGINNER'S BALL—January 10, 2009

On Top of the World Circle Squares in Ocala will hold a Beginner's Ball on Saturday, January 10, 2009, from 7:30 to 10 p.m. Don Hanhurst will call, and all dancers in a new Beginner's class are welcome.

DOMESTIC ABUSE COUNCIL BENEFIT DANCE - Jan. 17, 2009

The Central Florida Callers Association is hosting a fund-raising benefit dance for the Domestic Abuse Council, which will be held at the Wayne G, Sanborn Activities Center, 751 So. Alabama Avenue un DeLand (home of the Honey Bees Square Dance Club), on Saturday, January 17, 2009, from 7 to 10 p.m. That's right~~ A full three hours of dancing to the member callers of the Central Florida Callers Association.

The callers include, but are not limited to: Don Hanhurst, Whit Brown, Bob Stern, Bob Wilson, Jim Louder, Roland Morin, Bill Boyd, Jean Lee and Charlie Pergrossi. Most of the callers listed have committed to calling. Also, several local round dance cuers have volunteered their services. This is going to be one great party — be sure NOT TO MISS IT!!

All this for only \$5 per person. We are, of course, trying to raise money for the Domestic Abuse Council. Therefore, all cash donations will certainly be appreciated. If you would like to donate items, the following are always needed: any personal items, diapers, Baby Wipes, Feminine items, toiletries (for both men and women), tooth brushes (adult and children's sizes), toothpaste (any size), disposable shavers, shaving cream, unopened games, non-perishable food items, luggage, etc. Think of what you might need if you left your home in the middle of the night with your children and only the clothes on your back. The shelters house many men, women and children around the state. That's right — there are men in these shelters, too!

To help, contact one of the callers above for a ribbon. If you cannot attend, but would like to help, please send a donation to: Benefit Dance, c/o Roland Morin, 420 Main St., Enterprise, FL 32725.

Thank you in advance, and hope to see you there!!

Roland Morin, Chairman

(Upcoming Dances continued on next page)

UPCOMING DANCES (continued)

FLORIDA WINTER FESTIVAL—January 22/24, 2009

Will be held at the Lakeland Center, 701 W. Lime St., Lakeland, FL. For information contact John & Linda Saunders, 3303 Travelers Palm Dr., Edgewater, FL 32141, Ph: 386-428-1496, e-mail: Johnnysa@aol.com

CFA 5TH SATURDAY DANCE— January 31, 2009

A super dance is scheduled for January 31, 2009, at the Dixie Squares hall, City Island Recreation Center, 108 E. Orange Ave., Daytona Beach. All Information is on the inside back cover of this issue.

49TH ANNUAL KNOTHEAD KONVENTION—Feb. 13 & 14, 2009

Head to Eau Gallie Civic Center, 1551 Highland Ave., Melbourne, FL, to another Knothead Konvention. Information at: flaknothead@bellsouth.net

SNOWFLAKE FROLIC —February 21, 2009

Details elsewhere in this issue.

WINTER WHIRL— February 28, 2009

A plus dance at Top of the World Circle Squares in Ocala will be held on February 28th with national caller Gary Showmaker and cuer Joanne Helton. Early rounds at 7 p.m. and dancing from 7:30 to 10 p.m.

2010 FL ST Square & Round Dance Convention Benefit - Feb. 28, '09

Will be held Saturday, February 28, 2009, at Stardust, 1405 S. Collins St., Plant City, FL 33566. Dance to be held in conjunction with the Florida Federation of Square Dancers “Working Weekend” Feb. 28th & Mar. 1st.

Caller Coordinator: Bill Chestnut, 2010 FSSRDC; Charlie Pergrossi, NE caller; and Lisa Wall, 2010 FSSRDC, Cuer Coordinator. Cost: Donation at door. Proceeds will benefit the “2010 FSSRDC”. Early Rounds: 7 to 7:45 p.m., squares: 8 to 10:15 p.m.

Hotel Information: Red Rose Inn & Suite, \$69 + tax (per night) Ph: 813-752-3141, 2011 N. Wheeler St., Plant City, FL or: Best Western, \$79.99 + tax (per night) Ph: 813-707-6000, 2003 S. Frontage Rd., Plant City, FL.

Hotel accommodations must be booked by: Feb. 1, 1009, Ask for Florida Federation of Square Dancers Group Rate. For more information, contact Paul & Cheryl Miller—850-939-6688; e-mail: pe.miller@mchsi.com

Upcoming Dances (continued)

SHAMROCK SWING—March 20 and 21, 2009

The Shamrock Swing 2009 is fast approaching. Have you gotten your ribbons? Let us fill you in or remind you of the detail of this dance at The Villages in the LaHacienda Recreation Center, 1200 Avenida Central, with Tony Oxendine and Bob Stern calling for your dancing pleasure. Joanne and Ken Helton will add to this enjoyment by cueing your favorite rounds.

Two halls with feature Mainstream, Plus, DBD, Advance and Rounds. Ribbons in advance are \$17 per person; \$19 per person at the door. Daily admission is also available at the door; all day Saturday for \$13 per person; Friday or Saturday evening only will be \$11 per person.

You can help support the Shamrock Swing by being a Booster. Donate \$1 and your name will be entered in the Program book as a supporter of the Shamrock Swing.

The host hotel is Microtel Inn and Suites: 840 S. Hwy. 22/441 in Lady Lake, FL, phone: 352-259-0184, approximately 3 miles south of The Villages. Be sure to mention that you are with the Central Florida Square Dancers. Next door to the Microtel is Oakwood Bar-B-Q restaurant, and there are many restaurants in The Villages — some within walking distance.

Speak to the CFA President or Area Reps and Round Dance Association clubs to purchase your ribbons or to become a booster. You can also contact: Bob & Jennie Courter, Chairpersons, at 352-751-1009, or e-mail: courjl4720@thevillages.net.

Bob & Liz Wilson, Media

STRAWBERRY SQS. 30TH ANNIVERSARY - March 21, 2009

Help the Strawberry Squares celebrate their 30th Anniversary at 4401 Promenade Blvd., Plant City, FL. For further information: e-mail: www.floridadanceweb.com/strawberry

FL. ASSOCIATION OF SINGLE SQUARE & ROUND DANCERS

The 39th Single-Rama was held the weekend of October 24, 2008, at the Kenilworth Lodge in Sebring. Although we had a markedly decreased attendance, the group that was there had a very enjoyable time dancing to Mike Doughty of West Palm Beach and Charlie Lovelace from Dade City. We feel the economy was the main reason for keeping people away and hope they will join us next year on October 23 & 24 when we will have Sam Dunn of Sebring and Lisa Wall from Jacksonville.

We were pleased to have special guests with us: Ted Wright, SSDUSA (our national singles organization) past president, from Albuquerque, NM; Bill Highsmith, SSDUSA Southeast Area rep from Jessup, GA; and 2 friends (unattached men!) from Georgia Singles made a visit for the first time. Our weekend was mentioned in the GA state newsletter. Many of us go to Georgia Singles dances. It's nice to have them come down to ours.

We were celebrating the 30th anniversary of our organization, and past presidents in attendance were recognized. We also held our annual meeting and elected of officers for the new year: President, Penny Green (West Coast Assoc.); Vice President, Virginia Barnes (Central Assoc.); Secretary, Ailene Picheco (Central Assoc.); Treasurer, Mary Lou Pelz (Northeast Assoc.).

The next big weekend will be the Fuzzy Navel in Jekyll Island, GA, on March 27 & 28, 2009, hosted by the Georgia Singles. Bud Witten (GA) will be calling and Shirley Wilson (GA) will be cueing. This is always a fun weekend, staying and dancing at the Oceanside Inn & Suites, which is right on the beach. For further information, please contact me. If the 2009 weekend isn't better attended than this year's, it may be the last.

Very pleased to hear that there will be a Friday night get-acquainted dance for the "dancers without partners" at the 2009 State Convention and that Virginia Barnes, president of Orlando Singles for 3 or 4 years, is the Singles Chairman. "Dancers Without Partners" is the name for the solo sections in each of the halls. The sections will be marked with a large banner for easy visibility and will hopefully prevent couples from sitting in the Singles Section leaving few seats for the single dancers.

I will be writing articles for all association publications and the Bow & Swing as I had previously done. Pick up a FASSRD brochure or contact me at: 863-967-5004 or e-mail: sqdnfan@aol.com

Penny Green, FASSRD President

It's time again. Insurance renewals are due now. This article is taken from USDA NEWS, Oct.—Dec. 2008 issue.

ARE YOU DANCING UNINSURED?

Every square dance organization needs General Liability and Accident Medical Expense coverage while conducting and sponsoring dance activities. As closely as safety rules are followed, accidents can and will happen. This insurance program, especially designed for USDA dance groups, provides Accident Medical insurance, which helps protect club members from financial loss due to a covered accidental bodily injury, and Liability insurance, which protects the club and its members and association officials from financial loss due to unforeseen incidents which may develop into litigation against members and dance organizations.

LIABILITY INSURANCE—Limits of protection: \$1,000,000 combined single limit of liability for bodily injury and property damage per occurrence (subject to a \$100 property damage deductible per claim) while participating in scheduled and sponsored dancing activities; \$100,000 limit for damage to premises rented to you.

Who is covered: The club and its members while participating in club or organization sponsored and supervised dancing activities. Liability coverage applies in the United States, its territories or possessions, and Canada.

ACCIDENT AND MEDICAL INSURANCE—Limits of coverage: \$10,000 Usual and Customary Accident Medical Expense, including Dental \$10,000; Accidental Death Benefit \$10,000; Accidental Dismemberment Benefit (loss of both hands, both feet, sight of both eyes, or any combination thereof); \$5,000 Accidental Dismemberment Benefit (loss of one hand, one foot, sight of one eye). Note: Coverage is excess to any other valid and collectible medical insurance covering the same accident. Coverage provided for covered medical expenses incurred within 52 weeks of the accident up to \$10,000 for all eligible expenses as stated in the Policy.

Who is covered: Club members will be insured while participating in any regularly scheduled and sponsored dancing activity worldwide, including group travel (10 or more club members) in a vehicle commercially licensed for transportation of passengers and transported to or from a covered dancing activity.

What is covered: Accidental bodily injury sustained by an insured person while participating in dancing activities sponsored by supervised by a recognized club or organization.

Period of coverage: The insurance year is January 1 through December 31. Coverage becomes effective for individual clubs under the policy on the day the application and premium for insurance is received by the USDA National Insurance Coordinator. There is no pro-rate provision. This is necessary due to the large administrative expense of maintaining different policy dates.

Serviced by: USDA National Insurance Coordinator, Pat Inglis, P.O. Box 22, Tucker, GA 30085-0022, Ph: 404-298-6148, Fax: 404-298-6149, E-mail: usda.insurance@usda.org—submitted by Paul & Cheryl Miller

STATE CONVENTION PARTY WEEKEND April 17, 18 & 19, 2009

The 55th Florida State Square & Round Dance Convention committee will Hold their 3rd Annual Party Weekend on April 17, 18 and 19, 2009. If you attended the last two weekends, you know how much fun they were and you won't want to miss this one. It promises to be bigger and better. We have lots of things planned to keep you entertained. You don't have to square dance to come and enjoy the weekend. The only item on the schedule which is square-dance related is the dance on Saturday evening. All the rest of the activities are open to anyone. Please invite all your non-square dancing friends to join you. Maybe you can entice them to start square dance lessons. This is a fun, relaxing weekend for everyone. Come and have fun.

Friday: You can arrive any time after 12 noon (April 17th); 5:30 p.m.—pot luck dinner (please bring a dish to share); and 7 p.m.—fun bingo—lots of prizes.

Saturday: 7:30 to 9 a.m.—Full breakfast, after which you will have free time until 12 noon for lunch, and then free time until 5:30 p.m. for a great barbeque dinner, prepared by Wayne Norwood. After dinner: Square dance with Whit Brown, Bill Chestnut and Charlie Pergrossi calling, and Bev Landwehr cueing the best square and round dancing in central Florida.

Free time on Friday and Saturday: You will have free time between breakfast and lunch, and also between lunch and dinner. There are many games to play, especially popular is one called Left, Right, Center. It is hard to explain, but great fun. We expect some people will bring their LRC games to the weekend. Also, horseshoes are available, and a small lake if you would like to try your hand at fishing. You can just relax, chat with your friends, get to know others, take a nap, read—whatever you wish to do.

Sunday: 7:30 to 8:30 a.m.—Small breakfast, and then time to say so long!

ROOMS AND REGISTRATION: There are 24 hotel-type rooms available, or if you have your own camper or motor home, you can bring that. Tents are also welcome. There is plenty of room for everyone.

If you don't want to spend the night, come in the morning and enjoy the activities through the day and evening, then go home, sleep in your own bed, and come back the next day.

Please visit the web site at: <http://www.floridasquaredance.com/central/convention/deerhaven.html> for the location, map, and more information. There are also pictures of the facilities.

(continued on next page)

STATE CONVENTION PARTY WEEKEND (continued)

If you plan on attending, please download a copy of the registration form, fill it out and send it, along with your check, to Randy & Carol Poole. We need to know how many people are planning to attend. This is especially true for the Saturday barbeque dinner. We want to make sure we have enough food to go around. You can find the registration form at: <http://www.floridasquaredance.com/central/convention/images/partyweekend2008registration.pdf> or it can be located from the main page listed above.

Mark these dates on your calendar right now so you won't forget and download the registration form and send it in so you can get the facilities of your choice.

Hope to see you all there. Please forward this note to anyone you think might be interested. The more that attend, the more fun for everyone.

Randy & Carol Poole, General Chairmen
55th Florida State Square & Round Dance Convention

**IT'S ROCK AND ROLL TIME IN 2009
May 22, 23 and 24**

Happy New Year from Randy & Carol Poole and all of the committees..our time has come! The 55th Florida State Convention is just around the corner, so you know it's almost time to rock around the clock. Get those tickets NOW....\$27 per person is a great bargain, and if you wait, you will pay \$30 per person at the door. (That's some free raffle tickets, right? So get your ribbons early).

Mark your calendars, get your ribbons, make your accommodation reservations, get out those poodle skirts and saddle shoes, and come dance away the week-end. CFA members and the Convention Committee have raffle tickets for only \$2 each or 3 for \$5...which gives you the opportunity to win a Hewlett Packard Laptop Computer. Add the purchase of raffle tickets to your list of "must have's" for this year's Convention.

Check all the publication and brochure tables at dances so you won't miss any of the pre-convention fundraisers and special dances and the Party Weekend. You all are really committee members as promoters...so talk it up, and we look forward to see you in Lakeland.

Yellow Rocks,
Joanne Engum, Publicity Chairman

**58th NATIONAL SQUARE DANCE CONVENTION
Long Beach, CA—June 24, 25, 26 & 27, 2009
California Dreamin' - <http://www.58nsdc.org>**

California square dancers are gearing up for the 58th National Square Dance Convention, to be held in June of 2009. There will be many areas: Clinics, Panels, Seminars and Sew & Save, as well as many halls, callers, cuers, etc.

More information will be included in the next issue of KEEPIN' POSTED. In the meantime, you can contact General Chairmen Ray & Sandy Hutchison, 1220 E. Caleta Way, Palm Springs, CA 92262m Ph: 760-320-6504, e-mail:

generalchair@58nsdc.org or Asst. General Chairmen Mike & Lee Litterst, 546 Catalina, Laguna Beach, FA 92651, Ph: 949-376-1734, e-mail: agc@58nsdc.org

**58th NATIONAL SQUARE DANCE CONVENTION
Long Beach, CA—June 24, 25, 26 & 27, 2009
California Dreamin' - <http://www.58nsdc.org>**

CALLERS NEW LOCATIONS

Whirl & Twirl of Orlando has hired Whit Brown as their new caller.

Roland Morin is now club caller for the Starlight Promenaders in DeBary and also calls for the Apopka Pirates on the 2nd and 4th Saturdays.

John Swindle took over the Dixie Squares in Daytona Beach,

And last, but never least,

The Honey Bees of DeLand now have Gene McCullough calling their dances on Mondays.

We think we should name these moves CIRCULATE!!

p a s s i n g s

Roy Brown, excellent cuer and dancer, and a friend to all who knew him, passed away after a long illness. He has been, and will be, missed.

Mary Butlak, a long time square dancer and active in square dancing in general, passed on recently.

Elsie Chapin, Starlight Promenaders past president, 1992 and CFA Insurance Chairman (along with her husband Roger) from, 1989 to 1997 recently passed away.

The square and round dancers will miss them all, and our thoughts and prayers go out to their families.

SNOWFLAKE FROLIC

Presented by the

Southeast Florida Square & Round Dance Association

The Snowflake Frolic will be held on Saturday, February 21, 2009, at the Boynton Beach Civic Center, 128 East Ocean Ave., Boynton Beach, FL. The callers will be **Jack Lewis & Scotty Sharrer**, with cuers **Jerry & Joyce Viola**.

Early rounds will begin at 7:30 p.m., with square dancing from 8 to 10 p.m. Cost: \$8 per person at the door.

For more information, call ray or Elsa Huddleston at 954-484-4563, or e-mail rayelsa@aol.com

THE BENEFITS OF DANCING

Forever Young. Dancing is tremendously beneficial in keeping us young. It retards the aging process immensely. It benefits the cardiovascular system (heart), and increases our lung capacity. *Fact:* The muscle exertion And breathing rates of dancers performing in one dance competition is equivalent to those of cyclists, swimmers and an Olympic-level 800-meter runner.

Strong Bones, Lubricated Joints. Dance aids in the prevention and treatment of osteoporosis and also keeps joints lubricated, which helps prevent arthritis.

Calorie Blaster. Dance exercises our bodies to allow for increased circulation. It helps us burn calories away. It is estimated that dance burns anywhere from 5 to 10 calories per minute, depending on speed and intensity. For example, you will burn more calories square dancing than a slow waltz.

Better Blood. New research has discovered that it is necessary to measure both good and bad cholesterol levels when determining our health. Dancing aids in lipid control, which raises our HDL (good cholesterol) and lowers our LDL (bad cholesterol). Dancing is also great for diabetics because it aids in blood sugar control.

Mental Mastery. Dance improves our memory by making us recall steps, routines and dance patterns making it a great mental exercise for our brains.

(continued on page 38)

CFA BOARD 2008/2009

PRESIDENT

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Cell ph: 352-613-5452
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CFA BOARD 2008/2009 (continued)

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40442 CR 45
Leesburg, FL 3478
Home ph: 652-669-6812
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E-mail: daf1219@aol.com

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Walter & Janet Becker
8552F SW 93rd Place
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E. Orange/Seminole

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And

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Area Director— W. Volusia

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Home ph: 352-357-6008
His Cell ph: 386-956-0103
Her Cell ph: 978-407-6008
E-mail: eclittle@netscape.com

Area Director—E. Volusia

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Home ph: 386-761-6976
Cell ph: 386-316-3253
E-mail: akspilman@aol.com

CENTRAL FLORIDA SQUARE & ROUND DANCERS ASSOCIATION

Board Meeting

Perkins Restaurant, Apopka, FL

October 11, 2008

CALL TO ORDER

Presidents Bob & Jennie Courter called the meeting to order at 2 p.m. Invocation by Judy Frye followed by the Pledge of Allegiance. Bob & Jennie welcomed everyone along with our guest, Rod Reimer, from the Space Trackers.

MINUTES

Keith Olds made a motion to accept the minutes of the August 30, 2008 General Meeting –Terri Little seconded. Motion passed.

TREASURERS REPORT

Dennis Taylor distributed the treasurer's report to all members present. There was a problem with the bank transferring the signatures for checks. Along with the minutes of the new officers, it must also noted the list of signers. That list will be placed at the end of these minutes to again include the election of officers and list check signers. *Terri Little made a motion that the minutes list the Treasurers and Secretary as the signers for CFA checks – Randy Poole seconded. Motion passed. Report filed for audit.*

CORRESPONDENCE - None

AREA REPORTS

Area Vice President—Bruce & Colleen Morgan sent a report.

We would like to welcome the new Area Directors and say thank you to the returning Area Directors. The CFA could not continue if we did not have you carrying our message back to the clubs. Thanks for all your support. Colleen and I are unable to attend the meeting today because of surgery on my neck, but plan on attending the Federation Meeting in Jacksonville the last part of November.

The Club Information Sheets have increased in volume this past year, but we still do not have up-to-date information on all the clubs. Please visit each club within your area once a month and update their information. If you cannot visit once a month, make it, at the very least, once a quarter. The CFA only meets once a quarter, and if you get the updates to us about two weeks before the meetings, we can get the updated information to all people who require it. The CFA website, www.lets-dosado.com, has been updated with the new board and area director information. Please look it over and let me know if there are any mistakes which need to be corrected. (continued on next page)

AREA REPORTS—Area Vice President—(continued)

Plus if you have any suggestions as to what should be added or changed on the site, please let me know. All suggestions are welcome. I am not that creative so the only way we can create a better website is for you to give me ideas.

The current Board is expecting great things from everyone this year. Let's not let them down. I am providing Bob & Jennie with a copy of the Club Information printout so they can provide one to everyone. Please look at these and get those updates to us so we can continue informing the Central Florida Clubs and dancers of the benefits of the CFA.

Brevard/Indian River—Richard Bradley sent a report

I have visited most of the clubs this past week in Brevard, and have the following news. Scott Vallee & Linn Lenoci are still Presidents of the **Palm Bay Promenaders**. Claire Maheu is Banner Chairman. They have started plus lessons at 6:30 p.m. on Thursday before their regular dance. As yet, they have no students but intend to try for another two weeks to see if there is any interest. Mainstream lessons are planned to start in January.

The **Allemanders** have no lessons planned this year as other clubs have lessons going on and the pool of dancers is limited.

The **Run-A-Rounds**, a round dance only club, held a demo at Palm Bay Senior Citizens Volunteer Recognition Dinner on October 4th. A total of 22 dancers were present at the dinner and provided an interesting program of round and square dancing with Bev Landwehr cueing and Brad Carlton, aka Richard Bradley, calling. The audience was invited to participate in basic dancing and an enjoyable evening ensued.

The **Canaveral Squares** are currently holding a “Blast” class for new dancers with Jerry Reed teaching. The classes are held on Saturday from 9 a.m. until 4 p.m., and on Sunday afternoons from 2 to 4 p.m. Classes are held at the Wuesthoff Education Bldg on Barton Blvd. in Rockledge.

I will visit the **Space Trackers** on October 16th and will send follow-up information soon thereafter.

South Lake & West Orange—Dan & Anna Foust—No report.

Marion—Walter & Janet Becker—No report.

(continued on next page)

AREA REPORTS—continued)

North Lake & Sumter—Ron & Sharon Paul

Orange Blossom Squares renewals for 2009 are in, along with a few new memberships. Thanks to Bob & Jennie Courter. They collected most of these before they left the Area Directors position.

While raiding the **Fountain Squares**, we introduced ourselves as the CFA representatives and gave a pitch for the Association.

Recreation Plantation and **Olde Mill Stream Strutters** are not yet back to dancing for the season.

The other club in our area is **Variety Rounds** which dance in Eustis and Fruitland Park.

East Orange & Seminole—Virginia Barnes sent a report.

Merry Go Rounders have a relatively good-size group of round dancers enjoying Dick & Darleen's cueing on Thursday evening at the Winter Springs Senior Center.

They have started a beginner class on Sunday afternoon at the Sr. Center in Casselberry, and have several new round dancers, and with the support of angels, it makes a large group.

The **Orlando Singles** attempted a summer beginner class and a fall class, but both were without interest and discontinued. A small group of faithful members and guests continue to enjoy Roland Morin's calling and Bev Landwehr's cueing each and every Friday evening.

Five squares of angels and new class members are dancing on Sunday afternoons at the **Hoedowners**, and 3 to 4 squares enjoy Gene McCullough calling and Dick Nordine cueing the the rest of the afternoon.

Osceola—Tootie Hasson—No report

Spin-A-Rounds. For information on St. Cloud Senior Center, to go: www.scsccl.org, Ailene Picheco reported.

Motivators begin dancing next Sunday, October 15th, with Chris Phillips Calling.

West Volusia—David & Liz Garrett—No report.

(continued on next page)

AREA REPORTS—(continued)

East Volusia—Kenly & Alice Spilman sent a report.

The **Dixie Squares** have recently chosen John Swindle as their caller to replace Paul Place who passed away this past summer. They are having a New Year's Dance. Jack Lewis from Boynton Beach will call and our own Irene Knapp-Smith will cue. Tickets are available from Kenly and Alice Spilman. A new class has begun, and the club collected 400 bears for the Children's Home Society in Volusia.

Granada Squares are still dancing every Tuesday with John Saunders calling and Linda helping with rounds and line dancing. John recently broke his leg while watching a grandson's soccer game. He was out one week, then called Tuesday while sitting in his wheel chair.

The **Spindrifters** will not be dancing for another week.

MEMBERSHIP—Terri Little

Terri reported there currently 113 members for the 2009 membership year. This will increase greatly over the next couple of months as people send in their renewals and renew at the 5th Saturday dance in November. Packets Have been provided for each of the Area Representatives which include membership lists and forms. The packets for the Area Reps who were not in attendance will be mailed to them.

BLOOD BANK—Jim & Jan McConnaha

Jim & Jan reported that the CFA Blood Bank Account No. 54 continues in good health. At the present time, our balance has grown to over 900 units. Maintaining this amount of units is due mainly to the donations of about 8 of our members who continue to give at least monthly, and some give multiple times during the month. Not only is our account staying healthy, but our members seem to be also. Our donors continue to give on a regular basis, but we can always use more donors.

If you know anyone, CFA member or not, who is giving or will be giving blood, please have them ask the blood bank to credit their donation to Account No. 54. If you have any questions, or need to make a withdrawal, contact the CFA Blood Bank Vice President, Jim & Jan McConnaha 321-636-6841 or preferably e-mail: jimjan@juno.com.

INSURANCE—Keith & Angie Olds

Keith gave a detailed insurance report which showed an ending balance as of October 1, 2008, of \$815.02. Randy & Carol Poole have transferred

(continued on next page)

INSURANCE (continued)

the CFA insurance files and also the insurance account signature authority for the checking account. We sent out 32 insurance packets covering 36 clubs (Bob Stern has 4 clubs).

We want to thank everyone who helped us obtain updated club contacts and Addresses, especially Bruce and Judy.

KEEPIN' POSTED—Tom & Eivor Brown absent.

We are still seeking a new editor. We need a volunteer or suggestions.

HISTORIAN

Still looking for someone to fill this position. We need a volunteer or Suggestions. These jobs are well-paid. Lots of hugs.

FLORIDA FEDERATION—Randy & Carol Poole reported.

The Federation has not had a meeting since the State Convention; therefore there is nothing new to report. However, there are a few reminders. All delegates need to review the proposed procedures presented by the Convention Procedures Committee. Randy e-mailed a copy to the delegates. If you have not received them, now is the time to let him know.

Mark your calendar the weekend of February 28 and March 1, 2009. The working weekend will be at the Stardust Hall in Plant City. Saturday night there will be fundraiser dance at this hall for the 2010 Florida State Convention.

I have ribbons for the Winter Festival.

The next meeting will be held on Sunday, 9 a.m., November 23rd, at the Piccadilly Restaurant, 200 Monument Rd., Jacksonville. This meeting is in conjunction with the Northeast Association's Fall Festival on November 21 and 22. Barbara Hoffman has admission ribbons from this dance. The host hotel for this event is the Hampton Inn East, 1021 Hospitality Lane, Jacksonville, Ph: 904-722-8851. This is the annual meeting held to elect and install the officers for next year. You are all invited to attend.

This will be our last report as the Federation President. The last 5 years have been a very rewarding experience. We had a couple of bumps in the road, but tried to do what was best for the Federation during the changes taking place.

(continued on next page)

OLD BUSINESS

Shamrock Swing 2009—Bob & Jennie Courter reported.

Presently ribbons for 15-1/2 squares and approximately 380 boosters have been sold. Monies turned in to date is \$2,487. Approximate expenses to date are under \$300. We need to sell ribbons for 8 more squares to break even. There are too many ribbons out with no responses coming in. We need to work on that NOW!!

55th Florida State Convention 2009—Randy & Carol Poole reported.

We have all of our Committee Chairmen and committees appointed, except one; a contract with the Lakeland Civic Center; our registration forms, ribbons and buttons printed and available. Our Communication Chairman is putting out monthly news releases about our convention. Jim McConnaha has applied for a grant from the Visitor Bureau.

We have had a few successful fund raisers, and another one coming up in April 17-19, 2009 (our 3rd Party Weekend). We also have a raffle for a 17-inch, top-of-the-line, laptop computer with carrying case, and a handmade quilt, and 2009 calendars and convention T-shirts for sale. See Carol.

We have the hall layout, and Whit Brown is in the process of scheduling callers and Bev Landwehr is scheduling the cuers.

Registrations are coming in very slowly, but things will pick up after the first of the year. We have a list of upcoming dances and we will make as many as we can, but we need help on some of them. If you can help at any of the dances, please sign up.

Sunshine Strollers—Judy Frye reported.

Judy contacted the Presidents of the Southeast Association. There has been no response from them about the Sunshine Strollers joining the Central Association. Randy will talk with the Hutchinson's, current Presidents of the SE Association when he sees them this weekend at the State Camporee.

(continued on next page)

NEW BUSINESS

GSI Money

The cost of all websites is going up fro \$9 to \$30 per year. The website Listed on the magnetic signs needs to be continued as we have many signs out there. *Randy Poole make a motion for the CFA to cover the cost of the website—Donna Hendricks seconded.* Motion passed.

Federation Delegates

Other than the delegate on the Federation Board, and the President of the Central Association. Each association can have 3 more couples and an alternate couple. The following couples were appointed: Terri Little & Ailene Picheco, Bruce & Colleen Morgan, Jim & Jan McConnaha and alternate delegate, Judy Frye.

Dance Times

It was proposed that the 5th Saturday dances start earlier and everyone agreed. *Donna Hendricks made a motion that early rounds start at 7 p.m., the Grand March and most all announcements will start at 7:15 p.m. and Squares with rounds start at 7:30 and end at 9:30 p.m.—seconded by Sharon Paul.* Motion passed. This schedule will begin at the January 31, 2009 dance, as flyers are already out for the November 5th Saturday Dance.

5th Saturday Dance January 31, 2009

Caller has been contacted, but a cuer and a hall have not been confirmed.

ADJOURN

Terri Little made a motion to adjourn the meeting, seconded by Judy Frye. Motion passed. Meeting adjourned at 3 p.m.

Respectfully submitted,

Ailene E. Picheco, Secretary

CLUB NEWS

ORANGE BLOSSOM SQUARES—The Villages - Bob & Liz Wilson

We are welcoming back the seasonal dancers as each dance approaches these days. It is so good to see them on the floor. In October we went on a number of raids — we retrieved our banner from Sunshine Promenaders and Royal Squares and we stole the Starlight Promenaders banner: had clubs on banner raids at our dances in November— Whirl & Twirl retrieved their banner, Friendly Squares came to steal our banner as did the Celebrity Prestige club, and we stole Recreation Plantation's banner.

Recently receiving awards for banner raids attended were: Karl & Becky Whetstone, 10; Sam & Doris Mason, 35; Steve & Linda Buch, 35; and John & Jean Smith, 250!

We wish everyone a Happy and Healthy New Year.

STARLIGHT PROMENADERS—DeBary—Dick & Jeanne Lysobey

We are very fortunate to have Roland Morin as our new club caller. Every dance is better than his last, so come and visit us and retrieve your banners. Our 2009 dance schedule is now available with a special dance each month.

Our officers for 2009 are: Presidents: John & Becky Cole, Vice Presidents and Banner Raid Chairmen: Gale and Laura Boak, Treasurer Co-Chairmen: Cy & Judy Grover and Jerry & Mary Jo Dunagan, and Secretary: Dave & Norma Swift,

Happy New Year to all, and hope to see you in a square very soon!!

HOEDOWNERS—Casselberry—Norma Newton

Mike & Debbie Preskitt, Anchorage, Alaska, were first-time visitors on Sunday, November 30th, and we enjoyed dancing to Mike's hash and singing call. Gene invited Mike to share another tip and they sang "Waltzing Matilda". Several calls were workshopped during the afternoon and the round dancers enjoyed Dick's smooth cueing. Pete, Jan & Dennis Shankle and Darrell & Vera Figg stopped by for a short visit. We are always happy to welcome all of our guests. Hope you all come back soon and often!

Martha said the slate of officers has been filled except for the Kitchen. Annette Rolfes volunteered for that position — THANK YOU!

(continued on next page)

CLUB NEWS (continued)

Our annual Christmas dinner/party/dance on December 21st was well-attended. Thanks to all who donated the large amount of things for the Second Food Harvest and all of the Toys for Tots. With most everyone wearing club colors, it was a very festive afternoon.

Thanks to all for your gracious and generous support to the Hoedowners. We are grateful for the “helping hands”! **See you Sunday!**

CANAVERAL SQUARES—Rockledge

On December, Joan Cleland, Treasurer and long-time club Secretary was surprised by a birthday party celebrating her __th birthday (not fair to tell a lady’s age, is it?). Let us just say that she is a mature young lady with great charm and much loved by members of the club. The biggest part of the surprise was the appearance of her son, Skip Cleland, a national caller who lives in the Washington, D.C. area and does a lot of guest calling there. He is the former caller for Canaveral Squares and still is a member of the Florida Callers Association. He was in town to celebrate Thanksgiving with his mother and sisters and stayed over long enough to call at her birthday party. What a great guy. We all miss him.

Jerry Reed began the night in his usual style, and then in the middle of the tip, Joan’s son and one of her daughters, and other guests walked in with the cake and sang Happy Birthday. Skip proceeded to call the rest of the night except for one tip done by Brad Carlton, an amateur caller who just happens to have some of Skip’s records. Phyllis Williams did her usual outstanding cueing, and a great evening was had by all.

Jerry concluded his “blast” class in early November with his usual fine results. It was a very small class, but thanks to the efforts of many angels, a few more square dancers have joined in the fun. Jerry plans an advanced class and possibly a plus class in January. We will keep you all informed.

In the meantime, join us any Tuesday evening at McClarty Park Recreation Center in Rockledge. We will be happy to see you, and the dancing is always good.

WHERE TO DANCE IN CENTRAL FLORIDA

SUNDAY

CASSELBERRY

Hoedowners

200 No. Triplet Lake Dr.
1:30 to 3 p.m.—Class/Workshop
3 to 4:30 p.m.—MS/Plus w/Rounds
Caller: Gene McCullough
Cuer: Dick Nordine
Raids: 407-855-8169-Virginia Barnes
Ph: 407-273-2561-Norma Newton
e-mail: hoedownerscaller@cfl.rr.com
Website: www.hoedowners.net

DAYTONA BEACH

Yellow Rock Squares

ARC Bldg.
off JimmyAnn Dr.&5th St.
2 to 5 p.m.—Handicapable club
Caller—Rick Yates
Cuer: Marilyn Yates
Ph: 386-734-2110
(call to verify schd.)
e-mail: yatesrichard@bellsouth.net

THE VILLAGES

Orange Blossom Squares

LaHacienda Center, The Villages
7 to 9:30 p.m.—Plus w/Rounds
Caller: Local & national guests
Cuers: Joanne & Ken Helton
Ph: 352-753-2325
Banner Raids: 352-751-2395
ewww.obsquares.org-mail: Be-wils36@aol.com
Website: www.obsquares.org

SATELLITE BEACH

Run Arounds Round Dance Club

David Schechter Community Center
1089 So. Patrick Dr.
1 to 2:15 p.m.—Ph. 2 w/teach
2:15 to 3:30 p.m.—Ph. 2&3 w/teach
3:30 to 5 p.m.—Ph 3 & 4 w/teach
Cuer: Bev Landwehr, Orin Blair
Assts.
Ph: 352-241-4645

SUNDAY (continued)

ST. CLOUD

Motivators

St. Cloud Senior Center
3101 17th St.
1st & 3rd Sundays
2 to 4 p.m.—A-2 Dance
4 to 4:30 p.m.—C-1 Tip
Callers: Guests
Ph: 407-957-7392, 407-892-9665
Or 407-846-0460
e-mail: Ivanh@earthlink.net

MONDAY

APOPKA

Pirates

New Life Gospel Ministries
199 So. Park Ave.
7 to 9 p.m.—MS w/Plus Workshop
Caller: Roland Morin
Ph: 352-241-9020

BAREFOOT BAY

Twirlers

Barefoot Bay Civic Center
625 Barefoot Blvd.
7:30 to 9:30—Plus w/Rounds
Caller: Steve Ekin
Cuer: Vera Smith

BELLVIEW

Stern Wheelers

Dancing Shadows, Rt. 484 E or SE 47
3 to 5 p.m.—A-2 Dance
Caller: Bob Stern
Ph: 352-259-1236
e-mail: Rpstern@aol.com

MONDAY (continued)

**DAYTONA BEACH SHORES
Evergreen Rounders**

Daytona Beach Shores Comm. Ctr.
A1A next to fire & police station
October thru April
6 to 8 p.m.—Ph III workshops
8 to 10 p.m.—Ph. III thru V Dance
Cuer: Irene Knapp-Smith
Ph: 386-409-3399 or 386-689-3677
e-mail: georgeandirene@cfl.rr.com

**DeLAND
Honey Bees**

DeLand Activity Ctr., 751 S. Alabama
7 to 8 p.m.—Basic Class (Sept./May)
8 to 10 p.m.—Plus w/Rounds
Closed June, July & August
Caller: Gene McCullough
Cuer: Jim Cowen
Ph: 386-574-5457
e-mail: jsantoro@bellsouth.net

**MELBOURNE
Dixie Diamonds**

Crane Community Center
1440 Mosswood
6 p.m.—Advanced Lessons
Caller: Jerry Reed
Ph: 321-633-1306
e-mail: JReed123@aol.com

**OCALA
Oak Run Twirlers**

2 to 4:15—Plus Dance
Caller: Whit Brown
Ph: 352-873-1734 or 407-353-2976
E-mail: WhitBrown2@aol.com

**OCALA
Palm Squares-5000 N. US Hwy. 27**

7:30 to 9:30—Plus Dance
Caller: Don Hanhurst
Ph: 352-369-1380

VERO BEACH

Heron Kae Twirlers

Heron Cae Mobile Home Park
7 to 9 p.m.—MS Dance
Caller: Gib Mattson
(callfirst for code)
Ph: 561-778-2054

TUESDAY

APOPKA—C-I Class

New Life Gospel Ministries
1990 Co. Park Ave.
7:30 to 9:30 p.m.—Easy C-I Dance
Caller: Ron Libby
Ph: 352-259-3188, 352-409-1369
e-mail: Ivanh@earthlink.net

**GAINESVILLE
Grand Squares**

1910 NW 53rd Ave.
Carpenters Union Hall
7 to 7:30 p.m.—Workshop
7:30 to 9:30 p.m.—Plus/MS Dance
Caller: Lon Ligon
Ph: 352-377-1828
Web:
www.geocities.com/Grandsquaresclub/GrandsquaresClub.html

**LEESBURG
Royal Highlands**

Royal Highlands Great Hall
Rt. 27 & Monarch Blvd.
Sep/June-1 to 3 p.m.—Basic/MS Class
3 to 5 p.m.—Plus Class
May/Oct-2:30 to 3 p.m.—Plus
Wkshop.
3 to 5 p.m.—MS Dance
Caller:
Ph: 352-314-9275 or 352-787-9822

**OCALA
On Top of the World Circle Sqs.**

Arbor Club, 10060 SW 94th St.
5:15 to 6:45 p.m.—Beginners Class
7 to 9 p.m.—Plus w/Rounds
Caller: Don Hanhurst
Cuer: Loretta Hanhurst

TUESDAY (continued)

ORMOND BEACH Granada Squares

Senior Center, Melrose & US 1
6:30 to 8—Beginners Class
8 to 10 p.m.—Plus Dance w/Rounds
Caller: John Saunders
Ph: 386-767-6216 or 386-760-2610
Banner Raids: 386-253-8928
e-mail: granadasquares@cfl.rr.com
Website: www.floridadancing.com/
granadasquares

ROCKLEDGE Canaveral Squares

McLarty Park Recreation Center
790 Barton Blvd.
7:30 to 9:30—Plus w/Rounds
Caller: Jerry Reed
Cuer: Phyllis Williams
Ph: 321-652-0680
Banner Raids: 321-604-1085
e-mail: apicheco@juno.com
Website: www.canaveralsquares.com

WEDNESDAY

BELLVIEW Friendly Squares

Dancing Shadows, Rt. 484 E of SE 47
1 to 3 p.m.-Beginners Class(Oct/May)
1 to 3 p.m.—Plus Class (May/Sept.)
3 to 5 p.m. Plus w/Rounds
Caller: R J Hogan
Cuer: Irene Knapp-Smith
Ph: 352-624-0057
Raids: 352-236-1240

DeBARY Starlight Promenaders

DeBary Civic Center
38 So. Shell Rd.
7 to 8 p.m.—Class/Workshop
8 to 10 p.m.—Plus w/Rounds
Caller: Roland Morin

Starlight Promenaders (continued)

Cuer: Daphne Martin
Ph: 386-532-8532
Raids: 386-668-4500
e-mail: jobeco@earthlink.net

LEESBURG Sunshine Promenaders

Masonic Lodge
200 Richey Rd. (by bowling alley)
7 to 7:30 p.m.—Early Rounds
7:30 to 9:30—Plus Dance
Callers: Ron Libby & Darrell Figg
Cuer: Joanne Helton
Ph: 352-669-6812 or 352-323-1720
Banner Raids: 352-259-5904

MELBOURNE Dixie Diamonds

Eau Gallie Civic Center
1551 Highland Ave.
7:30 to 9:30— A-1/A-2 Dance
Caller: Jerry Reed
Ph: 321-633-1306
e-mail: JReed123@aol.com

NEW SMYRNA BEACH Spindrifters

Coronado Civic Center
Flagler & Pine St. (beach side)
6:30 to 8 p.m. New Dancers (Oct/
Apr)
8 to 9:45 p.m.—Wkshp&Dance w/
Rds.
Caller: John Saunders
Cuer: Irene Knapp-Smith
(Rds.&Lines)
Ph: 386-428-1496
e-mail: johnnsa@aol.com

OKLAWAHA Pilot Squares

Lake Weir Chamber of Commerce
Route 25
2 to 4 p.m.—Advanced
4 to 5 p.m.—C-1 Dance

32 Caller: Ron Libby

WEDNESDAY (continued)

ORLANDO **Whirl & Twirl**

Whirl & Twirl Square & Round
Dance Center
6949 Venture Circle
8 to 10 p.m.—Progressive MS &
Some line dancing
Caller: Whit Brown
Ph: 407-679-2882
Raids: Gallaghers-407-339-1499
e-mail: whirlandtwhirl@yahoo.com
Club e-mail:email@whirlandtwhirl.org

ST. CLOUD **Wagon Wheel Squares**

St. Cloud Senior Center— Oct—April
3101 17 St.
5:30 to 6:30 p.m.—Beg. Class: Ron
Reardon
6:30 to 7:30 Adv/Beg. Class: Reardon
7 to 8 p.m.—Plus Class: Dan Erwin
7:30 to 8 p.m.—Line Dance:Wilkinsons
8 to 10 p.m.—Squares & Line:
Reardon & Wilkinson
Ph: Steve & Diana 407-847-6055
E-mail: Kehrbear@earthlink.net

VERO BEACH **Advance Dance**

Vero Beach Community Center
7:30 to 9:30 p.m.—A-2 Dance
9:30 to 10 p.m.—C-1 Tips
Caller: Gib Mattson
Ph: 561-778-2054

THURSDAY

ANTHONY **Celebrity Squares**

United Methodist Church
2396 NE 97th St
7 to 9 p.m.—Plus Dance
Caller: Ken Perez
Ph: 352-629-0437

THURSDAY (continued)

BAREFOOT BAY **Barefoot Bay Spinners**

Barefoot Bay Community Center
626 Barefoot Blvd.
12:45 to 2:45—MS Dance-NO rounds
Caller: Dale McClary
Ph: 772-664-5562

DAYTONA BEACH **Dixie Squares**

City Island Recreation Center
108 E. Orange
6:30 to 7:30 p.m. p.m.— Class
7:30 to 9:30 p.m.—Plus w/Rounds
Caller: John Swindle
Cuer: Irene Knapp-Smith
Ph: 386-671-6164
e-mail: cribbage29@gmail.com

MERRITT ISLAND **Space Trackers**

Merritt Island Presbyterian Church
133 Cone Rd.
1st, 2nd & 3rd Thursdays
7:30 p.m.—Early Rounds
8 to 10 p.m.—Plus w/Rounds
Callers: Whit Brown, 1st & 3rd;
Guest, 2nd
Cuer: Phyllis Williams
Ph: 321-433-3098 or 386-846-8996
E-mail: jeanlee43@bellsouth.net

OCOEE **Garden Patch Squares**

Thomas Ison Senior &
Veterans Service Center
1701 Adair St.
7 to 8: 15 p.m.—Class/Workshop
8 to 9:45 p.m.—Plus w/Rounds
Caller: Bill Boyd
Phone: 407-886-7151

THURSDAY (continued)

ORLANDO

Whirl & Twirl

Whirl & Twirl Sq. & Rd. Dance Ctr.
6949 Venture Circle
7 to 8:30 p.m. - Round Dance Class
8:30 to 10 p.m.—Dancing
Cuers: Pete & Jan Shankle
Ph: 407-679-2882
e-mail: whirlandtwirl@yahoo.com
Club e-mail:email@whirlandtwirl.org

PALM BAY

Promenaders

Trailer Haven
1205 Eddie Allen Rd., (between NASA
& Hibiscus off Airport Rd.)
7:30 to 8 p.m.—Early Rounds
8 to 10 p.m.—Plus w/Rounds
Caller: Dale McClary
Cuer: Bev Landwehr
Ph: 321-254-7679
Raids: Claire Maheu, 321-783-7630
e-mail: cbmaheu@aol.com

SUMMERFIELD

Fountain Squares

Ballroom of Community Center
Del Webb Spruce Creek Ctry. Club
Hwy. US 27 & US 441
Horizon Center Ballroom
Mon: 9 to 10 a.m.: Plus Review
Mon.: 10 a.m. to noon-New Dancer Class
Thurs.: 7 to 9 p.m.—Plus Dance
Caller: Don Hanhurst
Ph: Marie/John Dilworth 352-307-3469
or Wilbur/Lois Lindstrom 352-245-7465
e-mail: jadmfd@msn.com

WINTER SPRINGS (continued)

Rounds

Winter Springs Sr. Citizens Center
400 N. Edgemon Dr. (1 mi. E of 17-
92, Off 434)
7 to 8:30 p.m.—Class
8:30 to 10 p.m.—Dance Ph: II-V
Cuers: Dick & Darleen Nordine
Ph: 407-327-7027
e-mail: rnordine@juno.com

FRIDAY

LADY LAKE

Plantation Squares

Route 466 Recreation—(Dec./Apr.)
7 to 9:30—Plus Dance
Caller: Bob Stern
Cuer: Loretta Hanhurst
E-mail: rpstern@aol.com

OKLAWAHA

Pilot Squares

Lake Weir Chamber of Commerce
Route 25
2 to 40 p.m.—C-1 Dance
Caller: Ron Libby
Ph: 352-259-3188
e-mail: ronlibby@aol.com

ORLANDO

Orlando Singles

College Park Presbyterian Church
118 E Par St., (corner Par & Formosa)
7 to 8 p.m.—New Dancer Class
8 to 8:15 p.m.—Early Rounds
8:15 to 10 p.m.—Dance w/Rounds
Caller: Roland Morin
Cuer: Bev Landwehr
Ph: 407-366-5186 or 407-297-6236
Raids: Janice Lessard, 352-409-3092

FRIDAY (continued)

**ORLANDO
Whirl & Twirl**

Whirl & Twirl Sq. & Rd. Dance Ctr.
6949 Venture Circle
7:30 p.m.—Early Rounds
8 to 10 p.m.—Plus/E/DBD Dance
Caller: Whit Brown
Cuers: Pete & Jan Shankle
Club Ph: 407-679-2882
Club e-mail:email@whirlandtwirl.org
Website: www.whirlandtwirl.org

SATURDAY

**APOPKA
Pirates**

2nd & 4th Saturdays
New Life Gospel Ministries
199 Park Ave.\)
7 :30 to 8 p.m.—Early Rounds
8 to 10 p.m.—Plus Dance w/Rounds
Caller: Roland Morin
Cuer: Daphne Martin
Ph: 407-645-5627 or 352-241-9020
Raids: Dottie Hammon,407-645-5627
or Robert Canfield—407-231-3203

**SATELLITE BEACH
Allemanders**

Satellite Beach Civic Center
565 Cassia
1st & 3rd Saturdays
8 to 10 p.m.—Plus w/Rounds
Caller: John Saunders
Cuer: Bev Landwehr
Ph: Burnetts 321-773-6420 or
Pauls 321-777-8352

A NOTE OF APPRECIATION

***We sincerely appreciate
your cooperation in send-
ing us updates for your
club listings.***

***As changes occur from
time to time, we look for-
ward to receiving
this information ASAP in
order to have current club
listings.***

Thanks.

***Dick and Jeanne Lysobey
Editors***

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ROSTER—2009**

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The Benefits of Dancing (continued from page 17)

The big benefit is that increasing mental exercise keeps your mind young, quick, alert and open.

It's All About Balance. Balancing yourself in one position may be easy, but balancing in the numerous positions involved in dancing is much more difficult. Dancers have mastered the ability to balance themselves in a number of positions. This strengthens our stabilizer muscles, while protecting our core and keeping us less prone to injury in our daily lives. Dancing also aids in coordination and helps strengthen our reflexes. It is a great way to keep our central nervous system and peripheral nervous system in tip-top shape by improving the connection of our bodies to our mind.

Socially Satisfying. Dancing is recreational and entertaining. It creates a social life for us while affording us the opportunity to make new friends. Friends help us grow, make us laugh and support us as we learn.

Culturally Diverse. Dancing has no cultural barriers. People from all parts of the world with different ideologies meet on the dance floor. Cultural interaction improves our health by expanding our mind and sharing our spirit!

Groomed to Perfection. Dancing is not only fun, but it helps promote good grooming because everyone wants to look his or her best while they dance. Good grooming keeps us healthy.

A Happy Self. Dance elevates our mood by raising our endorphin levels. This is what allows us to heal stress and depression — two of our immune system's biggest enemies! It helps us establish our self-confidence and self-discipline and improves the harmony between our mind and body, giving us a sense of well-being.

SOME THOUGHTS

You may have heard these before, but they're worth hearing again!!

- ? I signed up for an exercise class and was told to wear loose-fitting clothing. If I had any loose-fitting clothing, I wouldn't have signed up in the first place!
- ? The worst thing about accidents in the kitchen is eating them.
- ? Brain cells come and go, but fat cells live forever and ever.
- ? My wife says I never listen to her. At least I think that's what she said.

**CENTRAL FLORIDA
SQUARE & ROUND
DANCE ASSOCIATION**

**5th Saturday Dance
January 31, 2009**

**Caller---Bob Stern
Cuer---Irene Knapp-Smith**

**City Island Recreation Center
108 E. Orange, Daytona Beach, FL
(home of the Dixie Squares)**

**Early Rounds 7:00 pm
Announcements & Grand March, 7:15 pm
Alternating Mainstream & Plus
7:30 to 9:30 pm**

Members: \$3—Others \$4

**For more info: call Bob & Jennie Courter
352-751-1009**

SHAMROCK SWING 2009

March 20th & 21st, 2009

The Villages, LaHacienda Recreation Center

Tony Oxendine

and

Bob Stern

with

Joanne & Ken Helton

See your CFA rep for more information or call

Bob & Jennie Courter 352-751-1009 or

e-mail: courj14720@thevillages.net

Also: more details inside this issue

Keepin' Posted
Editors

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DATED MATERIAL