

Keepin' Posted

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Keepin' Posted

Central Florida Square and Round Dancers Association Inc.

VOLUME 20

MARCH 1997

NUMBER 1

ORANGE COUNTY CONVENTION CENTER
ORLANDO, FLORIDA



the home of the
1997 National Square Dance Convention

KEEPIN' POSTED is published quarterly for members of the Central Florida Square and Round Dancers' Association, Inc., and is issued to members free of charge as a part of their membership. Association news, club news, state convention articles, comments and items of interest will be published without charge. Advertising directly related to dance activities will be accepted subject to rules of good taste. Properly sized flyers and folders concerning dance activities will be inserted at a specified fee. The editor reserves the right to edit, condense, or rewrite any item submitted. Opinions expressed are not necessarily those of the Central Florida Association, *Keepin' Posted* or its Editorial Staff. All items must be of interest to square and round dancers.

Club news and articles must be submitted on the first of the month preceding issue date. Closing dates for articles are as follows: March issue, **February 1**; June issue, **May 1**; September issue, **August 1**; December issue, **November 1**. Articles should be sent to *Keepin' Posted* Editor, 2519 Ardon Ave., Orlando, FL 32833 (407) 568-6498. FAX (407) 568-2903.

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Editor: George and Shirley Knapp

Circulation: Randy and Carol Poole

(Send address changes to 1541 Lakeside Ave., DeLand, FL 32720)

AVOID LINES AT THE DANCE—MAIL IN NOW!

CENTRAL FLORIDA SQUARE AND ROUND DANCE ASSOCIATION INC.

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Check One: New Renewal

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His (as to appear on badge) Hers (as to appear on badge)

Address _____ Phone _____

Home Club(s) _____ Zip Code _____
Mail to:
Jack & Barbara Hoffman
550 Captains Row

Date _____ Amount _____
Merritt Island, FL 32952

Membership Dues (includes badges and/or bars
\$7.00/person—New Members
\$3.00/person—Renewal (due July 1 each year)
(Each dance will be paid for at the door with the general members getting a discount)

[Do not write in this space. Badges Sent: Bars Sent: Years]

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ASSOCIATION, INC.**

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CENTRAL FLORIDA SQUARE
AND ROUND DANCERS' ASSOCIATION

From the President's Desk....



his is the month of the St. Patrick's Dances. We all are Irish for this one time, enjoying the "wearing o' the green". Hope to see some of you at one of these dances.

The 46th NSDC meeting and dance in January was well attended. All the dancers looked so good in their convention outfits. We all learned much about the convention and were honored to have the President of the NEC attend. This is the time to get those convention applications out and have dancers sign up. Time is getting short.

Welcome to our newest Area Directors for West Orange County, Arnold and Marie Rabenburg. They are members of the Pirates and we know they will do a great job.

The cover for the National Convention Printed Program Book was painted by our own George Knapp. George has also done an oil painting of the cover which will be raffled off on Saturday evening of the convention (June 28). The chances are only \$1.00 each. It is a beautiful painting and what a great remembrance of our Florida National Convention.

Our next board meeting is March 10 at Shoney's in Sanford at 2:00 p.m., as usual. The Chairman of the nominating committee, Bill and Claire Poole, will announce the nominees for the next term. The dance is at the Travis Recreation Center in Cocoa on March 29, 1997, with Dale McClary calling and Roy Brown cueing.

The Board Meeting for May will also be at Shoney's in Sanford on May 4 at 2:00 p.m. Be there earlier if you plan to eat lunch.

Our 5th Saturday Dance for May will be at The Barn in Melbourne on the 31st. This will be the Presidents' Ball with the election and installation of officers. It is also our GENERAL MEMBERSHIP MEETING for all CFA members. The meeting begins at 3:00 with election of officers for the 1997/1998 year, followed by the installation of officers and directors who take office on July 1st. At 5:30 p.m. we will have a "pot luck" dinner. Bring a covered dish and table service; CFA will furnish coffee and punch. The dance starts at 7:30 with Phyllis Williams cueing early rounds and John Barrett calling the squares at 8:00 p.m.

See you in a square.

Bob & Rosemary Schirmer, President

CENTRAL FLORIDA SQUARE AND ROUND DANCERS'
ASSOCIATION BOARD MEETING
NOVEMBER 10, 1996

SUMMARY OF MINUTES

TREASURERS' REPORT: The report was read and filed for audit.

CORRESPONDENCE: Letters were received from Skip Smith and Art Springer. They both declined to call at the May dance. Bonnie Kucharzyk sent a letter of resignation as Area Director for West Orange County due to health reasons.

AREA VICE PRESIDENT: In most areas the attendance has increased at dances due to the snowbirds returning. Flyers for the next 5th Saturday dance were distributed.

AREA DIRECTOR REPORTS: Full reports are on file. Several had new dancer classes. A new club is beginning in Orange Lake. Two clubs had square dance weddings. Special dances included Autumn Leaves dance, Hobo dance, and Homecoming dance.

BLOOD BANK: From July 31 to September 30, fifteen units of blood were received and seven were given out for a balance of 250 units remaining. Two new donors were added.

INSURANCE: The rates will be up to \$2.35 per member as of January 1. New applications are being sent out.

KEEPIN' POSTED: The number of ads remains constant. The December issue will have a Christmas Greeting (cost 2.00 per signature). Expect to raise \$50 from this effort. 500 copies will be printed of the December issue.

HISTORIAN: Someone needs to be appointed to cover current affairs of CFA. The scrapbook was shown that is a summary of CFA. Albums are also being developed for each year.

MEMBERSHIP: Sixty-six new members have signed up this year for a total of 383 members.

'99 STATE CONVENTION: The layout of the Lakeland Civic Center is being worked on. Each level and kind of dance will have a separate hall. Patterns are available for the state dress. The badge design is about finalized.

FLORIDA FEDERATION REPRESENTATIVE: The next meeting will be November 17 in Jacksonville. It is also the "Fall Festival" for the Northeast Association.

46TH NATIONAL CONVENTION: There has not been an influx of registrations. We are 1152 behind the average for this time of year. We can expect 22,000 if it continues at the same rate. A web page is on the internet advertising the convention.

46th NSDC WAYS AND MEANS: PeeWee and Mary Stewart thanked all CFA members for their help in buying and selling merchandise. It was requested that members take orders and money and send to the Stewarts who will get the merchandise to the buyer.

OLD BUSINESS:

BYLAWS: Copies of the Bylaws were passed out.

CFA PROGRAM AD: Bruce Morgan asked the CFA Board to buy an ad in the 46th NSDC Program Book. After much discussion, it was decided that CFA would buy one \$20 ad and then any members that wanted to could buy a \$20.00 ad also. The ads would appear on the same page.

NEW BUSINESS:

5TH SATURDAY DANCES: A letter from Art Springer asked if CFA would not schedule a 5th Saturday Dance in August as it interfered with the Knothead Konvention. A motion was made by Jim McConnaha and seconded by PeeWee Stewart not to change the August dance date. The motion was passed.

NEW APPOINTMENT: Arnold and Marie Rabenberg have been appointed to serve as Area Directors for West Orange County to replace Bonnie Kucharzyk.

UPCOMING DANCES: Whit Brown will call for the November dance. The March dance will be March 29 at Travis Recreation Hall in Rockledge. Space Trackers will host it. The May dance will be at The Barn In Melbourne with John Barret and Phyllis Williams.

NEXT BOARD MEETING: The next meeting will be on March 9, 1997 at 2:00 p.m. at Shoney's in Sanford. Come early if you want to eat lunch.

The meeting was adjourned at 3:50 p.m.

Respectfully submitted,
Steve & Diana Kehr, Secretary



and on a sad note

John Layne is seriously ill with liver cancer. He has been hospitalized in Miami, and is home now for recuperation.

Letters, phone calls and cards would be appreciated. And let's all remember both John and Esther is our prayers.

Parade of States

You can count on the Parade of States being an innovative and memorable event. The Ceremonies committee has listened to the concerns of dancers and are planning a parade that will be entertaining and exciting for both the participants as well as the onlookers.

The Parade of States will precede the evening ceremonies on Statuday night and take place inside the air-conditioned Convention Center. We will have volunteers stationed in the main hallway to assist participants in finding

their respective states and countries starting at 6:15 p.m. The Parade of States will start promptly at 6:30 p.m.

The Youth dancers will lead the Parade and will be followed by Florida, Carolina, Indiana, Baltimore, and California. Other states and countries will then line up in **reverse** alphabetical order, a slight change from past conventions.

The committee is making new signs which will be different and colorful. We promise no long waiting in the halls and no standing on the floor **AFTER** the parade, so please plan to participate.

**For Registration Forms, Housing, Camping,
or Registration Information, Contact:**

Dave & Shirley Nihart, Registration & Housing Chairman
P. O. Box 350490, Jacksonville, Florida 32235-0490
Phone (904) 721-9040 Fax: (904) 720-0710

**For General Information, Tour Brochures, or to be
added to the Publicity Mailing List, contact:**

Eddie & Ann Millan, National Publicity Vice Chairman
6693 Bowie Road, Jacksonville, FL 32219
Phone (904) 765-0296 Fax (904) 768-2262
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**9TH ANNUAL
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MARCH 13, 14, 15**

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long recuperation. Our thoughts and prayers are with Pauline and Lewis Neelands as Pauline is having health problems and won't be able to dance with us for awhile. Get well soon, Pauline. We miss you.

Come dance with us any Monday night in our beautifully renovated and expanded hall. **R.J. Hogan** on the squares and **Jim Cowen** on the rounds make it very enjoyable evening for all. See you soon?

—Cathy Vrooman

Kiss-a-Mee

—Kissimmee

We have been very busy with banner raids and retrievals. Outings were to Honeybees, Canaveral Squares, Yellow Rockers and Young & Restless. We also had a demo at Epcot in November.

There was a special Hobo Dance, Thanksgiving Chicken BBQ Dance, Snowflake Dance, New Year Dance and a Sweetheart BBQ Chicken Dance.

For the New Year Dance the Caller and Cuer were **Ted Lizotte/Wayne Guice**. **Ted** is from New Hampshire. He did a great job that night.

The Sweetheart Dance and Thanksgiving Dance caller and cuer were **Whit Brown/Daphne Martin**. **Daphne** is doing a great job and has come a long way. **Whit** always calls a wonderful dance and brings in a big crowd.

Shirley Maxson was in the hospital with a heart problem. She has had some problems with her medication



since she has been home, but that doesn't stop her from dancing.

Sarah Sebek celebrated her 80th at the Chicken Barbecue. There was a tree and money was added to the tree throughout the evening. We also had a cake.

The class and workshop is every Wednesday at the Kissimmee Park and Recreation Department.

Start your New Year dancing with us on the 2nd and 4th Wednesdays and we'll assure you of a good time.

—Betty Brown

Pearly Shells

—Holly Hills/Ormond Beach


BEGINNER'S CLASS-Ormond Beach-continues to make super progress. They graduated from WALTZ BASICS on January 21 and started TWO STEP BASICS the following week. Their confidence is such now that they easily get out on most Phase II Waltzes at the Square Dances. We anticipate having 14 couples graduate prior to the National Convention in June. Way to go dancers!

INTERMEDIATE (Phase 3/4)-Holly Hill. We dropped back into Phase 2 temporarily to review a couple of pesky (but great) dances: ROSES FOR ELIZABETH and FEELIN'. Those of you out there that dance these know the problems we had getting them down. We will continue to drop back and pick up some of these classics because they always make it into round dance programs at various weekends. So be on the lookout for dances such as KON TIKI, BUTTERFLY, THAT HAPPY FEELING and BEGIN THE BEGUIN to name a few, coming your way this

year! We started FOXTROT figures/timing and are now dancing Nobody Foxtrot, Red Roses, Milica, White Sport Coat and Pop Goes the Movies.

ADVANCED (Phase 5/6)-Holly Hill. Our group thinned out over the holidays but those that stayed got a much deserved review of some of the tougher figures we learned over the summer. It wasn't surprising that they really hadn't forgotten anything, merely misplaced it upstairs. We reviewed Singing Piano and learned Symphony VI Foxtrot (Slater) and started Boogie Blues VI Jive (Easterday). We were certainly happy to have Phyliss & Lynne back dancing.

WEDNESDAY NIGHT ROUND DANCE PARTY: The Minidisc that Audrey got for Christmas is really being pressed into service. Audrey and I are now able to join the dancers on the floor for some of our favorites. We were able to get the Minidisc due, in large part, to the generosity of the many round dancers not only in the PEARLY SHELLS, but also the square dance clubs we cue at. Our

 workshop before the dance continues to be a popular catchup and learning process for some of the newer dancers. January found us learning ANNABELLE, THAT HAPPY FEELING and we started CHAKA, CHAKA.

Remember, everyone is invited to dance with us at any session!! Just remember to bring your fun face with you.

—Tom & Audrey Philips

Pirates

—Apopka

In November we elected our new officers for the 1997 year. They are: Captain, John & Rose Taylor; 1st Mate, Marjorie Kimbro; Yoeman, Ronnie & Dottie Hammon; Purser, Arnold & Marie Radenberg; Officer of the Deck, Will & Carol Barnhart and Myron Marden and Dawn Tuza; Galley Chief, Rosco and Faye Coss; Morale Officer, Tommi Lawson. We know they will do a great job this year.

Our Christmas Dance was enjoyed by all and the gifts club members and guests gave were given to Loaves and Fishes for children in the Apopka area.



New Year's Eve was enjoyed by all that attended. Even Adam and Eve (Tony and Corrine Brownell) and God (George Caywood) was there. Rose Taylor presented a great narrative. Anyone that missed this dance missed a great meal, too. As usual, the Pirates and guests enjoyed fantastic foods.

With all the holidays over the Pirates are looking forward to the National Convention. Several of the members are working on different committees.

It seems that January is the month for surgery with **Terry Louder** and Marjorie Kimbro in the hospital again. Hope they are doing great now.

The Pirates dance 2nd and 4th Saturdays at the Fran Carlton Community Center in Apopka with **Jim Louder** on squares and **Roy Brown** on rounds. Remember, we have a class on Tuesday at 7 p.m., followed by a Plus dance at 8:30.

—Ronnie and Dottie Hammon

Wagon Wheel Squares

—St. Cloud

Here we are in a brand new year and looking forward to many happy times in the square dance world.

Our December banner raids were to the Limonaders at Sherwood Forest to retrieve our banner and to the Merry Mixers in Winter Haven to steal their banner. We were visited by the Space-trackers who were accompanied by their caller **Whit Brown**. Fred and Ellie, our Banner King and Queen are responsible for these activities and they sure keep us busy having fun.

We invited our class to join us for a fun evening at our annual Christmas Dance. Santa Claus made a special stop to see us and passed out goodies to all the dancers. Presidents Bob and Sharon Hawthorne had special door prizes for the ladies having the right tickets.

At our pre-New Year's Eve Dance on December 27, we had

finger foods fit for a king along with noise makers and hats. Even the New Year baby showed up with his



teddy bear.

Margo Bladen was the lucky person to solve the puzzle in the newsletter and won a special prize.

Our annual Fashion Show and covered dish supper will be held on February 12. Dot Nimmons always gets great door prizes and special entertainment to make it an unforgettable night.

Our club really has a busy schedule in 1997, with banner raids to keep us in touch with other clubs, a garage/bake sale in March, a Knothead Trip coming soon, the annual

dinner/fashion show and the Texas Po' Boys dance in June before the National Convention.

Our class will graduate in April, and of course, this year we will have our own New Year's Eve dance with two great callers and our own **Pete and Jan** cueing. You can check our ad in *Bow and Swing* at a later date for this. Plus, we'll have lots going on in between all these specials.

Congratulations to our new secretaries Julie and Ed Grant taking over and filling the vacancy. Marie Fiske does a super job keeping us all informed on what is happening in the club in the newsletter once a month.

The special dance for January was the Snowflake Dance. Ed and Bivian did a great job decorating with snowflakes floating above us and the beautiful icicle tree glowing in the corner.

Sharon and Bob Hawthorne are keeping the Wheels running smoothly as presidents this year. Not an easy job, but everyone is always willing to help out and that makes things go so much easier. We have a great team that pulls together and we're proud to belong.

Before you know it June will be upon us and that means the Florida National Square Dance Convention. One of the many dances held in conjunction with this will be the Texas Po' Boys calling in St. Cloud. Look for more information on this coming out soon.

We're glad to see all the snowbirds back and enjoying themselves on Friday nights.

If you are free on Friday night come join us at the Wagon Wheels in St. Cloud. I guarantee you a great time.

—Bev and Jack Whitney



21st Annual Myrtle Beach Balls

CONVENTION CENTER
MYRTLE BEACH, SOUTH CAROLINA

APRIL 10, 11 & 12, 1997
and
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SQUARES: MAINSTREAM, PLUS, PLUS DBD, ADVANCE

ROUNDS: ALL PHASES

LINE DANCING & TEXAS TWO-STEP: NELSON JARVIS

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**TONY OXENDINE, JERRY STORY,
JOHNNY PRESTON & TIM MARRINER
and
JERRY & BARBARA PIERCE**

SQUARES: MAINSTREAM, PLUS, PLUS DBD, ADVANCE, & C-1

ROUNDS: ALL PHASES

LINE DANCING & TEXAS TWO-STEP: NELSON JARVIS

*Also AFTER PARTY - CALLERS "RAP" SESSION, CALLERAMA,
FASHION SHOW (Sept.) and SEWING CLINIC (Sept.)*

FOR TICKETS & INFORMATION, CONTACT

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1604 Grays Inn Road, Columbia, SC 29210

Tel. 1-803-731-4885

Fax 1-803-750-7222





Go For The Magic

46th National Square Dance Convention Tours

The City of Orlando Tour

The City of Orlando tour is a half-day tour of our host city for the 46th National Square Dance Convention. It will be offered twice each day Monday, June 23, through Friday, June 27, and Saturday morning. The tour is an entertaining and informative history lesson about the city known as the "Tourist Capital of the World."

Orlando is a young community, first settled in the early 1840s. The first residents were Army volunteers who remained after the Seminole Wars. Orlando has 91 beautiful lakes located within its city limits. We'll visit some of the lakes and show you some of the more beautiful homes, both new and old. You'll see various arch-

itectural styles including Spanish, British, New England, Mid-Western, German, Scottish and Mission style.

On our way around town we'll pass various sports venues such as the Citrus Bowl, the Orlando O-rena, and Tinker Stadium where you'll hear the intriguing story of Orlando's own Joe Tinker. There are a number of sports stars living in our area. Perhaps, if we're lucky, we'll catch a glimpse of golfers Arnold Palmer, Gary Player, Nick Faldo or Tiger Woods, or Orlando Magic team members Penny Hardaway, Dennis Scott, Horace Grant, Nick Anderson and more.

We plan to stop by Church Street Station in Orlando's historic downtown entertainment complex featuring Rosie O'Grady's Good-Time

Emporium and the Cheyenne Saloon & Opera House. You'll have time to shop, sneak off for a bit to eat, or join in on an old fashioned sing-along with Rosie O'Grady's Banjo Man.

On the way back to the Orange County Convention Center, we'll tell you a bit more about the community. There is so much to tell, we can't quite decide what to omit or what to leave in, but rest assured, you'll hear many interesting facts about this wonderful area we call home.

The Harry P. Leu Gardens Tour

Our half-day tours of the Harry P. Leu Gardens begin Monday afternoon and continue twice daily Tuesday through Friday, ending Saturday morning. These beautiful gardens encompass nearly 50 acres of botanical collections. The flowers, shrubs and trees were collected from around the world. They feature over 2,000 camellia trees and an orchid conservatory filled with many tropical blooms.

The Rose Garden is one of the most popular areas of the Gardens, and is often used for weddings or other special

events. This formal garden displays over 1,000 roses designed in the traditional European style and is the largest formal rose garden in Florida. It also features a central fountain surrounded by four gazebos on the corners.

The white garden is made up of shade loving plants, including those with white blooms or green and white variegated foliage.

Near the palm and bamboo garden is a 50 foot floral clock made of imported plants from Scotland and installed in 1975.

The Harry P. Leu House Museum is a restored 19th century farmhouse named to the National Register of Historic Places in 1995.

You'll enjoy a leisurely stroll along meandering paths shaded by ancient oaks, forests of camellia and giant camphors.

Tour World Famous Gatorland

What would a vacation in Florida be without a visit to Gatorland? This 4-hour tour begins Monday morning and runs twice daily through Friday. The last Gatorland tour is scheduled for Saturday

morning.

At last count there were nearly 5,000 alligators and crocodiles and are some of the largest in the world, ranging in size from 6' to 14' in length and can weigh a half a ton. Alligators, close relatives of the dinosaurs, have prowled the swamps for over 20 million years.

We plan to arrive in time to watch the feeding of these bone-crushing, meat-eating alligators and crocodiles. But don't worry, the gators don't like square dancers. They prefer bowlers! If you're a bit squeamish, you can view the inhabitants from a three-story observation tower, far above the multi-toothed monsters.

In 1960 the alligator was listed as an endangered species. It now has recovered to the point that its population exceeds 1 million and can be found in all parts of the state of Florida. World famous Gatorland has been featured in many newspapers, magazines, TV shows and motion pictures.



St. Augustine - Founded When the World Was Still Flat

When this seaside fortress was founded in 1566, most of the world's academics believed the earth was FLAT! Sure Columbus sold his story to the Queen, but society for the most part thought he'd gone over the edge—or soon would. Pedro Menendez de Aviles didn't buy the FLAT idea. Instead, he was busy laying claim to a breathtaking stretch of beachfront property in the New World, soon to boom with activity. St. Augustine's architecture, cobblestone streets and mighty fortresses still reflect an age of discovery. Eventually the whole world (be)came (a)round. We hope you will come round, too.

St. Augustine is unquestionably the oldest, continuously occupied European settlement in what is now the United States. Forty-two years before English colonists established Jamestown and 55 years before the Pilgrims landed at Plymouth Rock, the Spanish founded St. Augustine, securing Spain's claim to Florida. Although the US took possession in 1821, the Spanish influence remained

strong contributing to Florida's distinctive historical character. Now fully restored, the city of St. Augustine and the old fort, Castillo de San Marcos, vividly bring to life this Spanish heritage of early Florida.

Many visitors enter Florida with an eye toward the attractions and beautiful vistas and fail to realize they are entering the oldest-first-land of our nation. Pause for a few hours and enter the restored areas of the nation's oldest city - St. Augustine. The 46th NSDC feels it is important enough to offer the dancers a special tour with knowledgeable guides so you may enjoy a part of your American heritage in fascinating St. Augustine, Florida.

Soak Up Some Florida Culture

Tired of the same old routine? Is your idea of culture and refinement a cheeseburger and a football game? Got the urge to see some of the finer things in life? You're in luck!!!

When you come to the National Convention in Orlando don't miss the tour of the Charles Hosmer Morse Museum of American Art. The Morse Museum is distinguished for its

collection of the works of Louis Comfort Tiffany. Unlike any other Tiffany collection in the world, these treasures include many windows that Tiffany designed himself.

In the main gallery is the tall, opulent stained-glass windows that are part of the Tiffany collection's claim to fame. A 40-foot tower section, the entry foyer, houses the massive 9-foot high Tiffany chandelier, dubbed an electrolier by its creator. Light filters through more than 150 pieces of emerald-green glass.

This is one tour that will delight art lovers. Many of the items have never been on display before. This tour begins Tuesday morning, June 24 and continues twice daily through Saturday morning, June 28.

Additional Tour Information

For more information on all the official 46th NSDC tours, see our Tour Brochure. It contains complete details on all tours, times, and special prices for early bookings.

The brochure is available from: **46th NSDC National Publicity, 6693 Bowie Road, Jacksonville, FL 32219.**

The Magic of Christmas subtitled "To Kiss a Frog"

Don't miss the spectacular 46th NSDC Fashion Show. The theme, the "Magic of Christmas" is subtitled "To Kiss A Frog." Not only is this a chance to see lovely holiday square dance attire but also to see how the Frog Prince is returned to humanness.

Colorful holiday costumes will be modeled by dancers from all over the USA.

Enjoy this capricious comedy designed to captivate you and carry you off to a "fantasy land". Join our "carolers" in a pre-show chorus of Christmas carols. Be on hand for the cosmic climax. See who will KISS THE FROG and return him to his princely form.

Complete your convention experience by attending this concocted "CORONATION". Are you CURIOUS? Are you CONVINCED? Y'all Come!!!

DON'T MISS IT, SEE THE MAGIC, ENJOY THE SHOW !!!!!



Hey Buddy, Want to Swap?

The Showcase of Ideas will have a new addition this year—a SWAP area. This is a place for all you traders to congregate and collect those special pins. You'll find it located in the corridor, right outside rooms 314A, 314B, 315A, and 315B.

Also, the Publications area will have a separate seating area where you can browse and enjoy reading all the magazines on display from around the entire world.

We hope you will enjoy these new additions to the Showcase of Ideas area.

CONTRA Dancers Take Note

The CONTRA Committee has put together a great program guaranteed to satisfy all levels of CONTRA dancers.

Are you new to CONTRA dancing? Don't miss the opportunity to give it a try. We'll have the best CONTRA instructors in the world available to show you how it's done. You'll be surprised how quickly you pick it up! Experienced CONTRA dancers won't be disappointed. There will be tons of neat stuff for you, too.

We are structuring our workshops a little differently, placing more emphasis on providing dancers who year after year go to the "Learn to CONTRA" or "CONTRA for the Beginner" workshops and

never have the opportunity to learn (or dance) some of the more interesting CONTRA movements and dances. On Thursday we offer a two-hour workshop to cover the basics of CONTRA dancing. On Friday and Saturday, the two-hour workshops will include instruction on all movements necessary to dance successfully in the "Experienced hall".

In addition to basic CONTRA, we also have workshops covering English Country, Early American, Mescolanzas and Beckett formations.

Please stop by the CONTRA Hall and give it a try. You may discover a whole new world of dancing enjoyment you never knew existed.

Youth Dancing at the 46th

If you are a square dancer under age 18, we invite you to join us in Orlando June 25-28, 1997, to "Go For The Magic". The Youth Program Committee plans to start our fun convention with a Wednesday evening trail end dance. The rest of the week will

be exciting clinics, two dangle dances a day, and at least two after parties. Youth dancers will also lead the Parade of States.

An enjoyable week for all our youth dancers is anticipated. So don't forget, we're "Going For The Young Magic", too!!

Country Western Line Dancing

Got a cravin' to kick up yer heels while at the Florida NSDC? We're trying to cotton to you folks, too! We have made arrangements with many Country Western instructors from all over the world to be on staff to teach you all kinds of dances.

Since we have had so many requests for Country Western dancing, we are expanding the line dancing seg-

ments of the convention to over 15 hours, along with basic waltz, Texas 2-step, swing, and schottische. We will also have couples dancing (Cotton-Eyed Joe, Ten-Step, etc.), exhibitions and open dancing.

For more info contact Dick and Shirley Shinham, Director of Country Western, 8600 29th Ave. East #245, Palmetto, FL 34221. Phone (941)722-6962.

Round Dancing at the 46th

Those planning to Round Dance at the Orlando Convention can count on excellent facilities conveniently located with plenty of space. All Round Dancing will be done in three large halls located right next to each other. You'll NEVER have to walk a great distance or go past other halls, and NEVER have to leave one building to go to another. You dance on a wood floor, saving wear and tear on tired feet after three days and nights of dancing.

A total of 60,000 square feet has been set aside for Rounds on the fourth floor of

the convention center. Fourth floor????!!! Don't worry, you don't even have to climb stairs! Escalators move continuously from the main lobby of the convention center right to the front door of the round dance hall. Elevators are also available.

Additionally, two square dance halls will have rounds from 2-4 p.m. and 7-10 p.m.

We are excited so many round dance leaders have agreed to participate. We have a well-rounded (no pun intended) program of new dances taught each day, and an evening program that includes many classics and popular Rounds.

What About Shopping??

Are you concerned about shopping at the 46th NSDC? How about 237 booths with 92 vendors and a huge variety of merchandise to satisfy even the hard to please. The vendor area will be open from 10:00 a.m. to 10:00 p.m. Thursday through Saturday, and is located right in the center of the dance halls, all of them just a stone's throw from each other.

Men's and women's dressing rooms with full length mirrors are included. Also a seating area for those who wish to sit and relax while their spouse is shopping.

Come join the fun of shopping in this well planned, well stocked area and add to your pleasure of attending the 46th National Square Dance Convention.

Education Program at the 46th

Twenty-six of the liveliest learning panels covering many topics of interest will be available to dancers attending the 46th NSDC. Plan to attend at least one of these panels and become a member of the "Owl Club."

Seminars will be presented by the top callers, cuers, and square dance leaders in our activity. Plan to take advantage of this wonderful opportunity to learn new techniques and develop new skills.

Sixteen clinics for leaders and dancers will be led by the very best people available in their respective fields.

Visit the Showcase of Ideas where you can view items from all over the world and discover new ideas to take home for your association and club.

View the many publications currently being used in other areas. Discover new ideas for your publication.

Sit in on the organization round table—a panel and audience participation discussion of those things so important to the growth and maintenance of our dancing activity. And be sure not to miss the Sew and Save clinic designed to improve your sewing skills.



Buckles and Bows

—St. Cloud

Our attendance has been good this winter. It certainly is good to see all the northerners back.

We have had many banner raids and retrievals. Many dancers are going out with us now. The outings were Space Trackers in Rockledge, Palm Bay at the Barn, Whirl & Twirl in Orlando, Honeybees in Deland. To start our New Year right we had Yellow Rockers from the Barn, Pirates from Apopka and Wagon Wheel Club from St. Cloud.

The Banner Raiders went on 20 raids in 1996. They are now working on stones for all.

The month of November was Buckles & Bows 7th birthday celebration. We had a great dance and many prizes. We had special dances at

Thanksgiving and Christmas, etc. All had a great time.

Don and Jean had a Christmas float.

They won the second prize

trophy. There was a band on the float with square dancers.

Some of us went up to the Georgia Fawl Bawl at the Fairgrounds in Perry. It was sponsored by the Georgia Caller Association. They had some square dance and record shops in the building.

Keepin' Posted for March

Come and start your New Year right and join us on Tuesday night. You will have a great time.

—Betty Brown

Flagler Ocean Waves

—Palm Coast

Well, here we are, beginning a new year of dancing. We hope all our dancing friends had a very enjoyable holiday season. We wish all of you a good year of dancing in 1997.

Our club continues to grow and we are enjoying the addition of several new members who are new to the area. We always welcome visitors and new members—that is what keeps a club strong and growing.

We are looking forward to our Beginner's Snowball Dance January 10. Our new dancers are in charge of this event and are very enthusiastic in their plans. The guest Caller will be **Darryl Figg** and the Cuer will be **Audrey Philips**.

Plans are also underway for our Sweetheart Dance February 14. This is always an enjoyable event.

On February 28, national Caller **Stan Burdick** will call for our club. We expect a large turnout of dancers for this dance.

—Ginger Leitheiser

Granada Squares

—Ormond Beach

Hope you are having a lot of dancing fun in '97. If not, you can join us because we are having lots of fun and it's not unusual to

have 15+ squares. Special events scheduled:

March 11 we'll be green for St. Patrick's dance;

Our Anniversary dance is set for April 1, and that's no joke;

We'll host a club picnic April 20;

And don't miss our Root Beer Float night May 21.



In between these dates we'll dance every Tuesday night at the Ormond Beach Recreation Center on US 1 and Melrose Avenue. Classes begin at 6:30 p.m. and the club dance is from 8-10 p.m. **John Saunders** is our Caller and **Audrey Philips** is our Round Dance Cuer.

Hope you were able to join us on February 25 when **Don Furnish** returned for a visit and called along with **John Saunders**. It was great seeing **Don and Carol** and their "Yellow Rock" looked pretty good, too.

Election of Officers is coming up on March 18 and we want to thank all those who served this year, especially Winnie and Charlie Sapp for serving as President. Winnie and Charlie always arrive early to get everything ready for the dancers, they stay late to clean up. In between all this they Angel for the students and make guests and members feel welcome and special. It's members like Winnie and Charlie that make our club the best around, and we thank them with a huge Right & Left Grand.

—Sally Ferguson

Honeybees

—DeLand

The Honeybees are buzzing busily around the hive at the DeLand Activities Center.

On January 13 the Honeybees "stung" the Granada Squares when they raided us. With Post-It Notes saying "Stung by a Honeybee" in our hands, we buzzed our way to the visitors and "stung" them. They surprised us by one of their couples dressing up as bees when their group marched around our hall. A large group from the Flagler Ocean Waves also raided us that night.

In January, the Honeybees were guests of the Dixie Squares and the Spindrifters. An enjoyable time was had by all.

In February we will retrieve our banner from the Pirates and from the Starlight Promenaders. The Whirl and Twirl Club will raid us on February 17 and that is the night for our annual recycle sale. Come find bargains!

Dance with your sweetie at our Valentine Party February 10. Join us on March 3 when **Jim Louder** will be our guest caller in the absence of **R. J. Hogan**, who will be on a cruise. Bon voyage, **R.J. and Joanie!** We will miss you!

We have had two weddings among our club members recently. Peggy McGuire married Frank Huegele and JoAnne Stotts married Carlton Kinney.

Another wedding is coming up soon when Betty Heit and Cecil Moody will marry.

Congratulations and best wishes to all!

We are delighted to have Joe Johnson back dancing with us after his





"Skip" Smith

SQUARE DANCE CALLER

• TEACHER •

BASIC THRU C-2

4855 Walton Avenue
Titusville, Florida 32780
(407) 267-8910



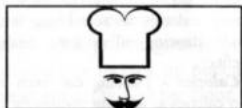
*Virginia's Western Wear
and Square Dance Shop*
947 E. Myers Boulevard

Monday - Saturday 9-6
Closed Sunday

P.O. Box 516
Mascotte, FL 34753-0516

Wesley & Virginia Hyrons
(352) 429-3925

The Cooking Corner



If you are a garlic lover (and who isn't), try this different twist on mashed potatoes.

Garlic Mashed Potatoes

6 medium potatoes, peeled and quartered
4 to 5 garlic cloves
5 cups water
2 Tbsp olive or vegetable oil
1/2 to 1 tsp salt
Pinch of pepper

In a medium saucepan, bring potatoes, garlic and water to a boil. Reduce heat; cover and cook for 20 minutes or until potatoes are tender. Drain, reserving 2/3 cup cooking liquid. Mash the potatoes. Add oil, salt, pepper and reserved liquid; stir until smooth. Yield: 4-6 servings.

ROUND DANCE COUNCIL Of Florida

The following has been selected by the Round Dance Council of Florida as Rounds of the Month:

Phase II - Jan./Feb.: Fever Two; Noble, Chinook CK-1105.

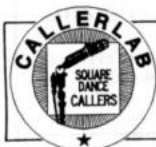
Phase II - Mar./Apr.: Yvonne's Waltz; Sobala; Chinook 1105.

Phase III/IV - Feb./Mar.: Tango Softly; Pinks; Roper JH 411.

Phase V/VI - Feb./Mar.: Dancing Sox; Broadwater; Special Press.

Classic - Jan./Feb.: Manuela; Rumble; Roper 145.

Classic - Mar./Apr.: Cavatina; Barton; Telemark 941.



and from CALLERLAB. . . .

CALLERLAB reminds us that from burning calories to socializing with friends, dancing offers these health benefits:

- **Calories** - Dancing can burn as many calories as walking, swimming or riding a bicycle. During a half-hour of sustained dancing you can burn between 200 and 400 calories.

One factor that determines how many calories you'll expend is distance. In one study, researchers attached pedometers to square dancers and found each person covered nearly five miles in a single evening.

- **Cardiovascular conditioning** - Regular exercise can lead to a slower heart rate, lower blood pressure and an improved cholesterol profile.

Experts typically recommend 30 to 40 minutes of continuous activity three to four times a week. Dancing may not

provide all the conditioning you need, but it can help. The degree of cardiovascular conditioning depends on how vigorously you dance, how long you dance continuously and how regularly you do it.

- **Strong bones** - The side to side movements of many dances strengthen your weight bearing bones (tibia, fibula and femur) and can help prevent or slow loss of bone mass (osteoporosis).

- **Rehabilitation** - If you're recovering from heart or knee surgery, movement may be part of your rehabilitation. Dancing is a positive alternative to aerobic dance or jogging.

- **Sociability** - Dancing contains a social component that solitary fitness endeavors don't. It gives you an opportunity to develop strong social ties which contribute to self-esteem and a positive outlook.



Sewing Hints

Here are some sewing tips from the **1993 NSDC Show Me How Sew and Save Book**.

★ Problem with puckering at the beginning and end of your seams—especially on sheer fabrics? Use a short stitch for five stitches, then increase the stitch length for the remainder of the seam instead of backstitching. This also makes ripping easier if you have to rip out a seam.

★ To keep track of your hand sewing needle, attach a small magnet to a golf tee end and insert the tip into your thread spool. No more needles lost in the couch!

★ Is your favorite pattern tearing from multiple use of pins? Iron on scraps of light weight interfacing over areas where you place pins.

★ To revitalize an old petticoat: After washing, let slip get almost dry. Lay on a flat surface. Lift up the folds and spray starch each fold. Put in the dryer on fluff only for a few minutes, then dry thoroughly over an umbrella. One can of spray will do about three slips.

★ Use 1/8" wide double stick tape to hold zippers in place while sewing.

★ Keep a magnet in your sewing box to pick up pins and needles that fall on the floor.

Go For The Magic



SQUARE DANCING IS BACK IN SOUTH ORLANDO

Effective 22 April 1997

Every Tuesday!



8:00 - 10:00 p.m.

PINECASTLE SQUARE DANCE CLUB

Corner of Oak Ridge & Orange Avenue

Dick Hulbert, Caller

Call: (407) 859-1224

Which Are You?

Some members keep a club so strong
While others join just to belong.
Some dig in, some serve with pride,
Some go along just for the ride.

Some volunteer to do their share
While some sit back and just don't care.
Some do their best, some help, some
make;
Some do nothing, only take.

Some greet new members with a smile,
And make their coming so very
worthwhile.

While some go on their merry way,
With never a greeting or a kind word to
say.

Some help the club to grow and grow;
When asked to help they don't say,
"NO."

Some drag, some pull, some don't,
some do.

Consider, which of those are YOU?????

From USDA News

A Musical Kickoff to the Forty-Sixth National Square Dance Convention



Wednesday, June 25, 1997, 6:30 - 8:00 p.m.

Orange County Convention Center - Orlando, Florida

Admission: \$8.00 per person

Start the Convention with an evening of entertainment

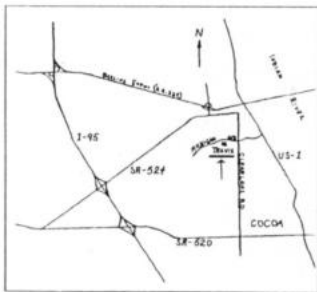


CENTRAL FLORIDA SQUARE & ROUND DANCE ASSOCIATION

5th SAT. DANCE

WITH
CALLER DALE MCCLARY
AND
CUER ROY BROWN

MARCH 29, 1997 - 7:30 PM
TRAVIS REC. CTR., COCOA



Dance will be
alternating Plus &
Mainstream

PRICE

CFA Members \$2.50
Non-Members \$3.00

For More Info, Contact;
Bob & Rosemary Schirmer
(352) 589-0380

DIDN'T RECEIVE YOUR PERSONAL COPY OF KEEPIN' POSTED? REMEMBER THAT THE CFA OPERATING YEAR RUNS FROM JULY 1 TO JUNE 30. IF YOUR FRIENDS TELL YOU THEY HAVE NOT BEEN GETTING KEEPIN' POSTED, REMIND THEM THEY MUST JOIN CFA AND/OR RENEW THEIR MEMBERSHIP EACH YEAR IN ORDER TO RECEIVE IT. ONLY THE SEPTEMBER ISSUE IS SENT AS A COURTESY COPY AND A REMINDER TO THOSE WHO HAVE NOT RENEWED. THOSE PEOPLE WHOSE NAMES ARE ON THE ROSTER ON NOVEMBER 15 GET THE DECEMBER ISSUE.