

Keepin' Posted

NUMBER 3

OCTOBER 2002

CFA Elects New Officers



Dan and Anna Foust
CFA President Elect 2002—2003

Dan and Anna Foust led the nomination committee selection for the new slate of CFA officers. The election was held Saturday Aug 31 at the annual meeting for the Association at the Whirl & Twirl Hall in Orlando.

Keepin' Posted Editors: Eivor & Tom Brown**670 Caribbean Drive****Satellite Beach, FL 32937-3410****321-777-6081****Leave message—We Return Calls****tfbrown@digital.net**

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 those of the Central Florida Association or its Editorial Staff.

DEADLINE: Fifth of the Month before Publication: Jun 5 for Jul 1

Circulation: Keepin' Posted uses Bulk Mail Rates. Save CFA a penalty by updating your address—Contact Jack & Barb Hoffmann, 550 Captains Row, Merritt Island, FL 32952, Ph. 321.452.3941; e-mail: jackbarb@juno.com.

CFA Membership Application**Name****His****Hers****Address****Phone****Zip****Home Club****Date****Amount: \$****Dues: New Member****\$ 8.00****Renewal:****\$ 4.00****Mail to: Dewey & Donna Hendricks****CFA Treasurer****1949 Snook Drive****Deltona, FL 32738**

Badge Sent Bar Sent _____

From the President's Desk

Merritt Island, FL
August 17, 2002

September is upon us and this means that many clubs will be starting classes in the near future. You know that September is Square Dance Month" as proclaimed by Governor Bush. We hope you all saw the Official Proclamation that was sent to all of the Area Directors for distribution to the individual clubs. If you did not receive this, we will have copies at the August 31 dance.

Our August Board Meeting was held on the 11th. Very light attendance due to numerous reasons. One couple was traveling to a roller skating contest, two couples in Alaska and many others that were traveling all over the country and, some illnesses. As you know, we are having to get everything in early to our Keepin' Posted Editor because they are leaving for Russia. This all just goes to show that square dancers are a busy bunch, not only dancing, but seeing the world.

Even with all of this traveling by our dancers most clubs have continued to dance during the summer, although with somewhat lower attendance. They have kept up interest by having a lot of social events and special dances.

By the time you read this, the CFA Annual Meeting and election of officers on August 31st will be history. A 'pot luck' dinner and the Annual Presidents Ball followed the meeting, which was held at the Whirl & Twirl Hall in Orlando. Caller was Danny Robinson with Cuer, Phyllis Williams. This event completed our tour of duty as President.

We have enjoyed the past two years as well as our previous term back in 1995-1996. The CFA is a tremendous group and we had outstanding members on our board to help us over the rough spots and could not have done it without all of them. It takes everyone working together to make an organization successful. The CFA has accomplished a lot and we are proud to have been a small part of large effort. We will continue to support the new officers as we hope you all will. We intend to stay involved and support CFA.

Especially to all of you, we say -- thank you all. Your interest and support were greatly appreciated. And immensely helpful.

Looking forward to dancing with you!

Jim & Jan McConnaha, President



CENTRAL FLORIDA SQUARE & ROUND DANCERS ASSOCIATION

Board of Directors Meeting

IHOP Orlando, FL

August 11, 2002

Call to Order: At 2:00 PM, President Jim and Jan McConaha called the meeting to order. Jim gave the Invocation followed by the Pledge of Allegiance.

AREA REPORTS (full reports are on file – highlights follow)

Area Vice President - Ron & Lois Renwick were absent. They reported that they need from the Area Directors an update of the CFA Club information sheets.

North Brevard - Rosalie Turner reported that the Allemanders are on their summer schedule, the 2nd and 3rd Saturdays. They will graduate 6 new dancers in August. Canaveral Squares summer schedule is the first three Fridays. The Tuesday Advance Group continues with Skip Cleland. Palm Bay Promenaders honored the Flag with a theme dance. Dale McClary is back full time after surgery and Bev Landwehr is back from vacation. Silver Squares back in November. Space Trackers graduated 11 dancers in June. Most continue to be active with the Rusty Hinge night on Mondays. Dixie Diamonds are dancing Wednesdays in the Eau Gallie Civic Center. Doug Harris and Skip Cleland filled in while caller Jerry Reed and Del were in Germany. Vera's Rounders are back in October. Upcoming Event - Planning has begun for the 'All County Picnic' which has been renamed the "Asa Clark Commemorative All County Picnic" - tentative date is March 9th.

South Brevard/Indian River - No report from Kavorkians

East Lake - Vernon & Eloise Cannaday reported that Clermont Squares had a good season and continue to have workshops on Tuesdays, usually with 5 squares. The first seasonal dance to be the first Thursday of November.

West Lake/Sumter - Dan Foust reported that Dancing Shadows and Royal Squares are closed for the summer. The Sunshine Promenaders hosted the June 29th CFA Dance with Paul Place calling and Joanne Helton cueing to 11 squares. New officers took over July 1st. The Orange Blossom Squares held a benefit dance for caller, Walt Ishmael, on July 11, to help defray expenses incurred while continuing his battle with health problems. Attending - Duane Rodgers, Bob Wilson and R.J. Hogan calling and Jeannette Chauvin cueing. They hosted a

Knothead Ceremony for 85 dancers from Tampa area. Their membership is 272!!

Marion - No report from Jim & Kaye Draper

E.Orange/Seminole - No report from Max & Lona Love

West Orange - David & Bonnie McGibbon have resigned due to David's health. Their report states that the Pirates dance on 2nd & 4th Saturdays with John Swindle, calling and Joanne Hilton cueing. Garden Patch Squares were closed most of the month so Larry could have an extended vacation. Rick Yates filled in for 3 dances. Had a western night with birch beer and sarsaparillas - learned the Cotton Eye Joe and Texas Two Step with Larry Patton.

Osceola - Mike Mikeal reports that Buckles & Bows find Don and Jean Gaskins still trying to keep this club afloat on Tuesday nights. They do a workshops before the dance. Pete and Jan Shankle still cue. Motivators have closed for the summer. Wagon Wheel Rounders are having low attendance. Wagon Wheels finds Dale McClary back calling and doing well. Pete and Jan Shankle are still cueing. Want to plan some open houses to try to attract new dancers for a class. 4 Corner Squares is a new 'caller' club (closed for the summer) with Caller, Mike Gormley. Mike hopes to start classes this fall. The club is located at the Secret Lake RV Park in Kissimmee.

East Volusia - Kenly & Alice Spilman were absent but sent report that Dixie Squares and Granada Squares have danced all summer. Flagler Ocean Waves are back dancing as of August 2. Spindrifters are work-shopping when announced. All clubs are getting ready for open house. East and West Volusia clubs met on August 5 to discuss advertising and promoting jointly.

West Volusia - Gale & Laura Boak reported that Honeybees have closed for July and August - start again September 9th. Starlight Promenaders had their Christmas in July dance with Jack and Orlea Gay hosting the dance. They encouraged all to bring teddy bears for the Volusia County Sheriff Dept. They were raided by the Orlando Singles who also brought teddy bears - all totaling 609!!!!, and the count goes. The club has been dancing on the 2nd & 4th Wednesdays during July & August returning to weekly dancing in September. Both clubs are planning on classes.

MEMBERSHIP - Don & Sharon Smith were absent but sent their report that the final count is 375 members. At the August 31st meeting, they will begin renewals and seek new members at that time. The Bow and Swing, and Keepin' Posted applications addresses need to be changed.

BLOODBANK - Will and Carol Barnhart sent their report that Account #54 has 518 credits available as of July 22nd. There have been four donors for a total of 5 credits from 7/5 to 7/15.

INSURANCE - Carol & Randy Poole reported that the August 11, 2002 balance is \$717.08. There are 25 Clubs insured for 2002 with 1612 Members enrolled. Two claims have been filed this year.

KEEPIN' POSTED - Tom & Eivor Brown report that many changes have been made. The transition to Microsoft Publisher was completed. Significant progress was made to electronically notify clubs of impending due dates. So far the October issue has but one ad, for the Fall Fun Fest. We received an inquiry from Mike Gormley, Caller, about the publication. We responded and are awaiting his reply. We still print 400 issues quarterly with around 40 pages. August 25th is the deadline for the next issue.

50th FLORIDA STATE CONVENTION

Hotel: Bruce & Colleen Morgan report they have finalized the contract with the Holiday Inn in Lakeland – our new host hotel for the Central Florida Dancers. Randy and Carol Poole will be handling reservations again for us. A floor plan is available detailing connecting rooms and will be handled on a first come, first serve basis. All rooms will be \$59 per night which includes two hot, made to order, breakfasts per room per night. We still plan the Ice cream social on Saturday night and pizza party on Sunday

Kick-Off & Picnic in the Park Weekend: Our first walk through of the Kick-Off will be at the 'Picnic in the Park' to be held at the River Forest Campground in Deland on *Saturday* October 5th. We would like all who signed up for the Kick-Off to attend. That afternoon there will be a general meeting of the Convention Committee at 1 PM. Pot luck at 5:30 then a casual dance with caller Skip and Jennifer Cleland., cued by Bev Landwehr. *Friday* evening (October 4th) will be the Casino night. Non dancers are welcome, bring your friends. Fun plus many door prizes. Any door prizes can be brought to Randy, Carol, Colleen, or myself. Dry camping is available for \$10 per night, if you don't have a camper, bring air mattress or sleeping bags and sleep on the pavilion floor with us. Breakfast will be served Saturday morning for \$3, per person and on Sunday morning a continental breakfast for \$1.50 per person. Also have motels within a short driving distance. All proceeds benefit the 50th FSDC. Randy needs cashiers, and wheel spinners.

History Room: Plans for the History Room are shaping up. Jack & Zonie Taylor are helping with this. We will have a continuous running slide show that will showcase all the past 49 State Conventions and the 2 National conventions that were held in Florida.

Fashion Show: Mary Butlak and Donna Hendricks, Fashion Show Chairpersons, want to show all State Convention outfits and the two National outfits. If you know of some please contact Mary or Donna.

Badges & Ribbons: Design of our badges and ribbons has been completed. We still need committee Chairman – especially need a Hospitality Chairman.

Fund Raisers: Our refreshment stand at the Shamrock Swing barely broke even, so the next one will be only soda, water and maybe ice cream. The silent auction was a success and we'll continue that. Our biggest fund raising project is the raffle of the Serger Sewing Machine that Peg Gowen, Sew & Save Chairman, acquired. Tickets are on sale.

HISTORIAN - Judy Frye said she is still collecting pictures from any CFA event and from any meetings that concerns the upcoming 50th State convention. Can use duplicates or negatives at any of our 5th Saturday dances or mail to my home. We want to collect ribbons and buttons from all the past 50 Conventions. If you have any that you would be willing to lend Judy, she will take great care of them. We are especially interested in the early conventions. Please help, this is your convention too.

FLORIDA FEDERATION - George & Shirley Knapp were absent but wanted everyone to know that the next meeting will be held on November 10th, 9AM at the Best Western in Lakeland. If you are planning on staying overnight, across the street is the Holiday Inn that is offering rooms for \$59. Best Western wants \$65. **(Note: This will be the installation of new officers when George & Shirley will become President of the Federation.)**

OLD BUSINESS

5th Saturday Dance & General Meeting on August 31, 2002 - General Meeting and installation of officers at 3:00 followed by Pot Luck Dinner then dance.

Shamrock Swing 2003 - Contracts signed with Tim Marriner & Whit Brown calling and cuers, Jimmy and Carol Griffin, for March 14 & 15. Flyers are out. Ribbons will be available at the CFA dance.

Most committees have been appointed. Publicity starts this month. We are still working on a \$49 rate at the Baymont Hotel, a nice place, that includes breakfast. There is a Perkins nearby. This year instead of an A-1 hall we will have a Mainstream Hall. This new hall holds about 8 squares. We plan on dancing everyone in the big hall at 10 PM and call to the floor.

Shamrock Swing 2004 - Looking at using the same place as 2003. Checking with Tony Oxendine and Jimmy and Carol Griffin.

Other Our flyers are getting out of state. Heard from RI and more.

NEW BUSINESS

5th Saturday Dance. Nov. 30 in Daytona area, John Saunders calling; cuer not yet scheduled. Hall not yet firm.

2005 Shamrock Swing. Chair appointed by new CFA president.

OTHER.

Flyers. Dewey and Donna Hendrick have offered to do the printing of our flyer. We provide the paper they the machine.

Special Thanks. Jim and Jan McConnaha thanked everyone for being very co-operative and helping during their term in office. They said the support was wonderful and so many things were accomplished just because of that support. —**BIG THANK YOU— TO ALL DANCERS.**

NEXT BOARD MEETING

Set by the new President and you will be notified..

ADJOURN

Tom Brown moved we adjourn, all ayes.

Elizabeth Steinbaugh, Secretary

S Q U A R E
 F U N
 D A N C I N G

NEFSARDA'S FALL FIESTA



featuring

MIKE SIKORSKY

Caller - Mesa, Arizona

&

JUNE LEVERETTE

Cuer - Tallahassee, Florida



CHRIST THE KING CATHOLIC CHURCH
(742 Arlington Road, Jacksonville, Florida)

NOVEMBER 15TH & 16TH, 2002



FRIDAY EVENING: 8:00 - EARLY ROUNDS, 7:00 - "FIESTA TIME"
8:00 TO 10:30 - DANCE WITH OUR NEFSARDA CALLERS AND CUERS
INTERVAL AFTERNOON: 1:30 TO 4:00 - CONTRAS WITH DENNIS RICKER
ROUND DANCING WITH LISA HOE - LINE DANCING WITH PAT RILEY
SATURDAY EVENING: 7:00 - EARLY ROUNDS, 7:45 - GRAND MARCH
8:00 TO 10:30 - DANCE WITH MIKE SIKORSKY & JUNE LEVERETTE
10:30 - AFTER PARTY WITH HENRY & HENY LAU HORTON
ADVANCE REGISTRATION: \$10.00 PER PERSON FOR BOTH NIGHTS
AT THE DOOR: \$12.00....FRIDAY OR SATURDAY: \$8.00

FIRST CHAIRS - MANNY & SHERRY GONZALES
(904) 968-9828



HOT! HOT! HOT!



<h2>Recipes</h2>

Potato Salad (serves 6)

Zonie Taylor

8 potatoes	1 small onion diced
1/3 cup diced celery	4 eggs
1 C Mayonnaise	1 tsp sugar
2 TBSP. pickle relish	1/2 tsp celery salt
1/2 tsp paprika	1 tsp French's mustard

Peel & Cook potatoes. Cool. Cut into cubes. Boil eggs. Cool & Dice. Add potatoes, onions & eggs. To mayo, add remaining ingredients. Salt & Pepper to taste. Put over top of potatoes and fold. Let stand for a couple of hours for flavor to seep.

Crock Pot Corn

Barbara Hoffman

4 10 oz. Pkg. Frozen corn	1/2 C margarine
8 oz cream cheese	6 T water
2 T sugar	dash salt

Combine ingredients in crock pot. Cook on low for 5 to 6 hrs. Stir occasionally.

Egg Cheese Bake

Barbara Hoffman

3/4# grated Cheddar cheese	12 eggs beaten
1 small jar Jalapeno Peppers chopped	

Put in 8 by 13 pan. Bake at 375 for 25 minutes

Friendship set to music

SQUARE DANCING



PICNIC IN THE PARK

And
Benefit Dance

Fri. Oct. 4 & Sat. Oct. 5, 2002

River Forest Camp Ground, Deland, Florida

FRIDAY NIGHT IS CASINO NIGHT 7:00 PM

COME JOIN THE FUN! WIN VALUABLE PRIZES!

Cost \$5.00 donation for \$50.00 worth of chips!



Saturday 1:00 to 3:00 PM

General Meeting of the 2004 Convention Committee

SATURDAY 7:00 PM

SQUARE & ROUND DANCING

(Alternating Mainstream & Plus - Casual Dress)

Skip & Jennifer Cleland - Calling

Bev Landwehr - Cueing



Dance \$3.00 per person

ALL PROCEEDS GO TO BENEFIT THE 2004 CONVENTION

MEALS

Breakfast served Saturday for \$3.00 & Continental Breakfast on Sunday for \$1.50.
Friday & Saturday evening will be pot luck dinner at 5:30 PM. Please bring covered dish.

All other meals on your own.

COME SPEND THE WEEKEND OR ANY PART WITH US!

This is a beautiful park. Sleep in the great Conference Center on your own cots or sleeping bags. Nice showers, all at no charge. If you have a camper, dry camping is \$10 per night
Nice Hotels Nearby.

For more info; Randy & Carol Poole, (386) 734-5295

Blood Bank Request

Right here is the single most important benefit of belonging to the Central Florida Association of Square and Round Dancers. This benefit is life itself. And the association normally has about 450 pints available for no charge to members. I learned the importance of this benefits after having brain surgery and needing fourteen units.

When you need blood, contact your Area Director. He will contact Will Barnhart, the current VP Blood Bank, who will then contact the Blood Bank and arrange for the transfer of the blood product. To help the process; please provide the following information:

Date of Request: _____

Patient Name: _____

Address: _____

City _____ St. _____ Zip _____

Phone Nbr.: _____

Hospital: _____

Address: _____

City _____ St. _____ Zip _____

Expected Date Blood Needed: _____

Place Your Ad Here

Our Reasonable Rates ARE:

Full Page	\$ 45	\$ 120	\$ 140
Half Page	25	60	70
Quarter Page	14	30	35
Eighth Page	8	15	18

Club News

Orlando Singles

We will host our first ever New Years Eve Dance & Party. Rounds by Phyllis

Williams and Squares by Joe Fioretti

Elections were held and our new club officers are: President, Rich Hedengren; Vice President John & Rose Taylor; Treasurer: Corrine Brownell; Secretary Lorrie Bernal.

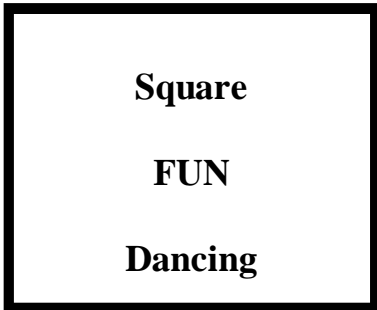
Banner Chair: Tony Brownell 407-568-6854

We work Friday evenings at 6:45 PM. Have a great summer. Hope to see you some Friday night.

Meet our newlyweds, Dena and Rick Jackson who originally met at the Orlando Singles and have now married. They've followed in many others footsteps. Congratulations! While you're at it, welcome our newest club members, John & Jane Mills and Jim and Lilli-Ann Gallagher.

Just a reminder — we do not dance Friday, October 25th, we'll be at the FASSRD Single-Rama in Sebring. C- Ya There.

Sue



Barefoot Bay Spinners

We're enjoying a very active year with many banner raids and retrievals. It's such fun to meet and greet new and old friends. We always have a great time when visiting the Silver Squares at the Airstream park in Melbourne but the last visit we had a little show. Ray K decided to toss his partner over his shoulder and carry her off after the grand march...Tarzan style. Our class of 26 is cramming for graduation on April 18. They have a lesson on Thursdays after the regular dances and on Mondays before the Twirlers regular dances. Also Harold Brooks and Ray Kornbrath are helping them with workshops on Saturdays and there are several dedicated Angels. Learning all the mainstream calls in only four months requires intense lessons. Hopefully many of the students will be staying here for the summer and will be able to dance with us every Thursday afternoon. On April 11 we had an opposite dress dance. The men in ladies outfits were a pretty funny sight. Ladies looked pretty funny too. It's so much fun to be a clown. Our annual picnic at the pavilion next to pool 1 is always a feast which we'll enjoy on the 20th of April. Fun and games and dancing in the pool are always a part of the afternoon. There have been times when Mother Nature didn't cooperate for the pool dancing but that doesn't stop the Spinners they dance on the concrete. Since our caller Dale McClary will be having a new knee installed in June he'll be laid up for awhile. We'll still be dancing to recorded music on our new stereo system. We wish Dale a very speedy recovery with as little pain as is possible. Since this reporter is a snowbird this will be my last article until the fall. Happy dancing to all and stay cool.

Sally DiGiacomo

Granada Squares

Congratulations, John and Linda! Our caller and his wife were inducted into the State Square Dance Hall of Fame at the recent state square dance convention. As all of his achievements were being read, those of us who knew him as a caller and friends were saying, You're learning about this terrific guy and gal what we could have told you. They are great, known far and wide, and "across the pond" as well. Their overseas trip will be the eleventh they have led. Registration waiting lists are the norm to go on one of these trips. September, 2002,

is filled up, and September 2003 registrations can be found at any square dance place in Florida and, I guess, beyond.

Your secretaries visited “across the pond” this summer. We spent a couple of wonderful days with recent class graduates Herb and Tina Beckett. They live in Ipswich, about forty miles east of London. They spend part of the year at a home in Palm Coast. That’s how we got to know them when they came through the class last year. Our Vice-Presidents, Gerry and Patty Page, were in a terrible motorcycle accident while on vacation in Kansas. Patty is at home recovering from a broken neck. Gerry will be coming home soon. He suffered internal injuries.

We continue having exciting times on Tuesday nights at the Senior Center. An ice cream social was the latest yummy event we had. We are looking forward to a new class and “snowbirds” coming back in a couple of months.

You are always welcome to our friendly club and enjoy the calling of John Saunders and the cueing of Gretchen Flynn.

As Kenly, our President says, “let ‘er go, boys”.



Well, another hot summer has come but not gone. I guess we should all be very thankful that Florida did not burn again this year and especially that an relatively uneventful year has passed since the horror of my baby brother’s fiftieth Birthday, 9-11. Hadn’t

thought of it that way but. . . Let’s keep all who helped that day in our minds and prayers.

The club has worked hard all summer to keep dancing. As with all other clubs, our membership dons their get-away clothes and does it up North. We were very pleased with our raid schedule—Palm Bay Promenaders, Canaveral Squares and Barn Dancers all visited and did their thing. We, of course, retaliated in kind.

We graduated our new dancers:

Chuck Helm	Brittany Helm	Susan Herhold
Chuck Hemke	Harrier Pierce	Bonnie Lindsay
Dan Bendix	Tierney Helms.	

They were pleasantly surprised to find out that all ingredients for having fun are in square dancers—music, fun, and opportunity to act like a foolish kid. And, they all joined the club. That night, Promenaders and Canaveral Squares visited—they joined in the fun.



All Square Dancers Take Note Canaveral Squares Dance the first “3” Fridays of each month.

Special Dances for 2002—2003

- Oct 11 Hillbilly Night (overalls and Corn Cob Pipes)
- Nov 15 Sharing Night (bring non-perishables for the Sharing Center)
- Jan 10 Snow Flake Dance (make your outfit out of hankies—kids re member how)
- Feb 14 Valentines Sweetheart Dance
- Mar 14 St. Patricks’ Day—green is in.
- Apr 11 Anniversary Dance

We dance at McLarty Recreation Center on Barton Blvd. In Rockledge, FL. Skip Cleland starts calling the squares at 8:00 PM.

See you on the dance floor Real Soon
For info call Jean Faulk 321.635.8125

Friendly Squares

“The Friendly Squares” continue to live up to their name =

come check us out. We have something great and we are ready to share it with mire people. Thanks to Joanne Helton we now offer rounds every Wednesday afternoon between our plus tips by club caller R. J. Hogan. Our April graduates from Mainstream have spent the summer learning their Plus call to receive their Bachelor of Square Dancing Certificate from RJ in September. Following our Ice Cream Social in July, we raided the Orange Blossom Squares in Lady Lake for their banner and look forward to seeing them in the near future to reclaim it. Many of our club members will be making the annual trip to Gatlinburg, TN in October with RJ and Jean Hogam. Those of us remaining behind will keep busy with our new class of beginners to keep the dance floor occupied. Come ahead an join us. Bring your Happy Dancin’ Feet.

Laura Bradshaw

ASA CLIFTON CLARK

The Space Trackers, The Canaveral Squares and The Lets Advance clubs already feel the loss of a valued member, Asa Clifton Clark. Asa passed away August 16 after a long hospital stay trying to recover from an automobile accident.

He was an active square dancer for Sixty-Eight of his 75 Years. Over forty years in Brevard County Florida alone. He was a charter member of the clubs above and at various times belonged to many of the remaining clubs. He especially enjoyed his special brand of "Yellow Rocks" and was always the first in the birthday line. Indeed, many square dancing Belles have commented how they will miss his "Hugs". And he wouldn't hesitate to hug a man. I know-he got me!

Asa, with Rosalie Turner were the North Brevard Area Representatives for the CFA. He started the Brevard County All Clubs Picnic six years ago while President of the Canaveral Squares and the Presidents' Club of Brevard County.

He always had a smile, he never complained, he was willing to try new things and last but not least he truly cared.

May the Good Lord rest his soul in peace.

His Loving Friends

USDA INSURANCE

Within the next several weeks the 2003 Insurance Renewal Packets will be mailed or de-

livered to your clubs. At this writing the new rates have not been received. If you have not already done so, mail in your graduates and/or new members names, address, and phone numbers. Dancers that joined after July 1 are free but we still need to have a record of them as being a member of your club. Mail the information to Randy & Carol Poole, 1541 Lakeside Drive, DeLand, FL 32720.

PS: Late Breaking news - Duke McClesky our representative to the USDA stated at the annual meeting the new fees will be \$3.00 instead of the current \$2.70.

GET EXCITED!!!! Come and make our predictions for you come true at The 49th Florida State Square and Round Dance Convention.

Your Very Excited Physics--
Joyce and Emory Johnson, Publicity

2003 Shamrock Swing

Think Ahead Plan Ahead

Mark your calendars ahead - (as soon as you get one for 2003) - and write this down:

DO NOT MISS THE 2003 Shamrock Swing, March 14 & 15, 2003, at St. John Vianny Church, 6200 S. Orange Blossom Trail, Orlando, FL, a "must do" event. Tim Marriner & Whit Brown will be calling, and Jimmy & Carol Griffin will be cueing -- what a lineup!!

Ribbons are the same price as last year: \$12 per person in advance, and \$15 at the door. You can order ribbons now by sending your name, address, phone number and a check to: Randy & Carol Poole, 1541 Lakeside Dr., DeLand, FL 32720, or from any area director.

For further information, call Randy & Carol at (386) 734-5295, Don & Sharon Smith at (352) 343-1867, or pick up a green flyer which will be available at your club very soon.

Be there! ! You will make it a Great Dance.

Square Dancing Healthy

Bruce Morgan forwarded this article to us for publication.

By Denise Mann WebMD Medical News

Reviewed By Dominique Walton Brooks MD, MBA July 9, 2001 -- "Bow to your partner, bow to your corner, circle left, allemande left ...swing and promenade home."

In squares of eight across the country, Americans from senior-citizen age on down are linking arms, sashaying, and "do-si-doing" themselves to longer, healthier, and happier lives. They're having a blast and also lowering their risk of heart disease, diabetes, certain types of cancer,

age-related memory loss, osteoporosis, and depression.

Good for Body and Mind With all its moving, twisting, and turning, square dancing provides more than the daily dose of heart- and bone-healthy physical activity. Remembering all the calls -- from "do-si-do" to 'alemand' -- keeps the mind sharp, potentially staving off age-related memory loss, experts say. And the companionship that regular square dancing offers is an antidote to depression and loneliness, a statement confirmed by square-dancing advocates everywhere.

Take Larry McKinley, a 62-year-old who has been square dancing for 30-plus years with his wife, Sue -- who, incidentally, he met at a square dance. "We do it as often as we can, maybe five or six times a week," he tells WebMD.

"The listening -- and executing the commands -- takes deep concentration. The twisting and turning are not too hard on you, but give your body the exercise that it needs," he says.

McKinley's club, the London Bridge Square Dance Club of Lake Havasu, Ariz., has 80 members, and the average age of a member is 75.

"We recently graduated an 84-year-old," he says. "Graduated," in square-dancing terms, means the student has earned a Mainstream dance level.

There are four levels of square dancing, McKinley tells WebMD. There's Mainstream, then there's Plus, followed by the more professional, exhibition levels, A-1 and A-2. McKinley is a Plus-level square dancer.

"It's very easy once you learn," he says. "Years ago, I was getting a divorce and didn't want to be a bump on a barstool." That's when he went to his first dance and got hooked.

"It's just so much fun. Square dancing is setting friendship to music," he says. "It's having a place to get up and go in the evening where you can work up a good tired and a good sweat."

'If You Can Walk, You Can Square Dance' McKinley knows what he's talking about. Square dancing contributes to a more healthy and independent lifestyle, says Lewis Maharam, MD, a sports medicine specialist in New York City and president of the Greater New York Regional Chapter of the American College of Sports Medicine.

"Anything that keeps you active will keep you healthier and feeling younger. In most cases if you can walk, you can square dance, but it's good advice to talk to your doctor before beginning any new exercise regimen," says Maharam, also medical director of the Suzuki Rock 'n' Roll Marathon(r) in San Diego, the Country Music Marathon(tm), and

the New York City Marathon.

"Any weight-bearing exercise, including square dancing, is a major benefit as one ages," he says. Weight-bearing exercise improves bone health and thus may help stave off the brittle-bone disease osteoporosis.

"Square dancing also helps you with the feeling of where you are in space and with coordination, and this may reduce falls and chances for fractures," says Maharam. "Regular square dancing may boost endurance, and being able to tolerate longer bouts of moving faster may result in improved cardiac function as the heart, a muscle, can become more efficient if trained. Square dancing can be considered a type of cross training, which helps to offset the muscle loss and strength loss typically associated with normal aging."

A Social Form of Exercise The physical benefits of square dancing are impressive, to be sure, but don't discount the social payoff, says Jerry Reed of Cocoa, Fla.

"The primary benefit [of square dancing] is the social interaction between people," says Reed, executive director of CALLERLAB, the international association of square-dance callers, with 2,000 members worldwide.

"Most of the activities that people do these days are individual, such as golfing, tennis, and bowling," he says. "Square dancing is kind of unique in that it involves touching hands -- we turn, we swing, and that seems to bring us closer together."

And the touching in itself can be beneficial to health, according to studies conducted at the Touch Research Institute in Miami, which showed that regular touching can reduce stress and depression and enhance immune system function.

What to Expect "A typical evening is about two hours long and in that time we dance six 'tips,'" Reed says.

A tip includes a "hash calling" -- where the caller calls out some moves, which the dancers execute in smooth, choreographed routines -- and a "singing call," which can include all types of square-dance moves timed to fit popular songs. On any given evening, dancers will twirl across the floor to the music of John Denver's "Take Me Home, Country Road," the Bee Gee's "Stayin' Alive," Donna Summer's "She Works Hard for the Money," as well as songs by the Beatles and Elvis Presley.

Reed calls about four dances a week. Today's square dancing is hipper than what most people see in movies, he says, and more thera-

peutic than you might think. "It takes your mind off of the day-to-day problems," he says. "All those other worries and thoughts disappear when you are dancing."

Ready to Sashay Your Way to Fitness?

You say you're tempted, but not sure if you've got what it takes? Don't underestimate yourself, says Reed. "Square dancing is not as complex as it looks, he says. "We just learn one move at a time and go from there."

So what's stopping you from joining in all the fun? Square dance clubs are popping up all across the world, and they want you. Ask at your local community center or check your local Yellow Pages for information on square dancing clubs and events in your neighborhood.

West Coast Association Fall Fun Fest

Hope you are all planning on being in Lakeland the weekend of Nov. 8th & 9th, 2002, for the

28th annual FALL FUN FEST we are planning on you for a great time. Don't dance yourself into the ground because we want to have a good after-party. We would like a skit or performance from each club in the West Coast area and if you are from another Assoc. and want to contribute we would be glad to hear from you. It will be held at our Host Motel: Best Western Diplomat, 3311 US North 98, Lakeland, Fl. 800-237-4699, please request FALL FUN FEST rooms.

Starting Fri. night we will be having a full program from Mainstream to A1, and rounds phases II,III,IV. This is a great place for the new dancers to get their feet wet, in attending a festival, why don't you encourage them and even better yet get them to come along with you. We have great Callers - Don Hanhurst and Larry Letson and on Rounds, Cuers- Ruth & Des Cummingham & Sharon Roberts. Don't forget to check the board to see if you won a Door Prize.

The committee has been meeting regularly, headed up by Ken &

Sue Brown, so you know that all the details are going to be taken care of. We would appreciate hearing from you if we could put an Ad in our program booklet, any of the committee persons can help with this: Ken & Sue Brown, Penny Green, Elvin & Dolores Mahan, or Don & Ann Slocum.

Ann & Don Slocum, Sec.



JEB BUSH
GOVERNOR OF THE STATE OF FLORIDA

Square Dance Month

WHEREAS, square dancing is one of the oldest recreational heritages of the American people; and

WHEREAS, this folk art has enjoyed a sustained and widespread popularity through the centuries, and interest is still intense today; and

WHEREAS, folk and square dances are an integral, important, and expressive part of American art and culture; and

WHEREAS, square dancing eased the danger and hardships of life on the frontier; and

WHEREAS, the outgoing social exercise of this wholesome physical and old-time cultural activity offers a valuable antidote for the tensions and pressures created by the conflicts of modern American life; and

WHEREAS, the various square dance associations throughout the United States and Canada, including the Florida Federation of Square Dancers and the Florida Callers Association, will celebrate the month of September as National Square Dance Month;

NOW, THEREFORE, I, Jeb Bush, Governor of the state of Florida, do hereby extend greetings and best wishes to all participating in *Square Dance Month*, September 2002.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the state of Florida to be affixed at Tallahassee, the Capital, this 27th day of May in the year of our Lord two thousand two.



Jeb Bush
GOVERNOR

Central Florida Square & Round Dance Association



5th Saturday Dance

Caller: **John Saunders**
Cuer: **Phyllis Williams**

Saturday, November 30, 2002

**The Dixie Squares Hall
City Island Recreation Center
108 East Orange Avenue
Daytona Beach, FL**

Early Rounds 7:30 PM
Alternating Mainstream & Plus 8:00 to 10:30 PM
For more information call:
Dan & Anna Foust
352-669-6812

Members \$2.00 - Others \$3.00

Keepin' Posted
Eivor & Tom Brown,
Editor
670 Caribbean Drive
Satellite Beach, FL
32937

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