

MAY 1999

THE

BARN



OWL

THE BARN

3820 Minton Road

Melbourne, FL 32904

Otis & Linda Lutz - Editors

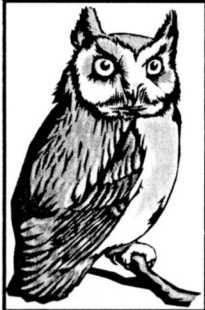
Jack & Zonie Taylor - Members of the Board

(407) 722-1664

(407) 727-7374 (FAX)

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"He sees all and gives a hoot"

STATE CONVENTION  
LAKELAND

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## FROM THE LOFT



So many things happened in the last month! Not the least of which was the 340 Brevard Square and Round Dancers that attended the 2nd annual All Brevard Picnic at the Wickham Park Pavilion. It was a great day with the weather perfect and the dancing and food equally good. A great big thank you to the Presidents'

Council and especially to Cecil Faulk and his gang in the kitchen and Asa Clark, Pres. And to Sharon Calvert who worked so hard as Sec. Treas. Of the Presidents Council. So many people and clubs pitched in to make this a great picnic.

The last New Dancers Dance at THE BARN was attended by one couple shy of 7 squares. Otis Lutz and John Swindle did the calling duties and a great time was had by all. The food and soft ice cream was really appreciated. The dance was scheduled to end at 4:00 PM but we finally locked the doors at 4:45!

The Earnest and Dallas Lutz Family Park is well under way. The first users were the Girl Scouts. 20 Scouts with 5 chaperones camped out at the park on April 10th. We currently have 8 picnic tables in place. Linda and I are very happy to report that all of these tables were donated to the park. Bill and Pat Ludwick donated 2 tables, Terry and Jude Zurutski, Phyllis Williams, Stan Crowhurst, Margaret Bonneville, Jack and Zonie Taylor and Mort and Helen Lee each donated one. The new Lowes Building Center on Minton Road has provided special pricing to anyone desiring to donate a picnic table to the new Lutz Family Park. The regular price on these tables is \$55.00. If you go into Lowes and see Scott Williams, the store manager, you can purchase one of these picnic tables for donation to the new Family Park for \$40.00 (plus tax). We need at least 12 picnic tables so the square and round dance clubs will have sufficient seating for their club picnics. If you want to donate a picnic table contact us at 722-1664 and we will make arrangements to pick it up at Lowes.

A gigantic garage sale is being organized to raise money to build a pavilion at the Earnest and Dallas Lutz Family Park. The cost of the first stage of this facility is over \$40,000 dollars. We are setting our goal at \$20,000

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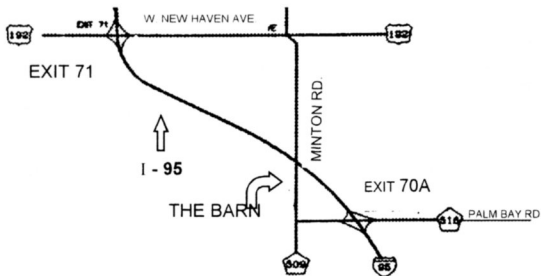
## SATURDAY AT THE BARN

May 29	State Convention
May 29	Swing Night 7:00 – 12:00 727-2457
June 5	Jerry Reed C1 Dance 7:30 – 9:30 PM
June 12	Contra Dance – Live Band – 7:00 – 11:00
June 19	Jerry Reed C1 Dance 7:30 – 9:30 PM
June 26	NEW!! Swing Night 7:00 – 12:00 Midnight Contact Laura Beers 727-2457 for information
July 3	Jerry Reed C1 Dance 7:30 – 9:30 PM
July 10	Contra Dance – Live Band – 7:00 – 11:00
July 17	Jerry Reed C1 Dance 7:30 – 9:30 PM
July 23&24	C1 Weekend with Tim Scholl
July 31	CFA PRESIDENT'S BALL – 5th Saturday Dance



### NEW CLASS!

We had a grand march to square up the new class at THE BARN. 10 squares in this class. Our class that started on Apr. 6 has 11 squares.



*(Continued from page 2)*

to get the concrete poured. We want a first rate park for the dancers of Brevard to have for their club activities. If you are interested in contributing in some way to this endeavor contact Otis or Linda.

The new 10 week free class started on April 6th. We had over 11 squares attending this dance. The new folks were great and we so much appreciate the angels from the various clubs that came and gave us a hand. John Swindle also was on hand to support the new class. Following the new class at 8:30 PM we had a Basic Dance and it was attended by 2 squares. We know the Basic Club, The Grand Squares, will be hard to get going but we did have two squares on the first night. We think as the word gets out to the general public that you can dance with minimal lessons that we will get a good group dancing at The Grand Squares. Jerry Reed will be supporting the 10 – 10 program on a regular basis now that the Silver Squares have closed for the summer.

Wednesday, the 7th of April at 7:00 PM, we started our Mainstream Class. We did have two squares for these lessons. Following the class at 8:30 PM we started the BARN DANCERS CLUB. We had one couple shy of 3 squares for this group. We feel that this club will become a large club in a short time. If you know someone who hasn't danced in a while, send them over this way. We have a place for them to dance.

Linda and I traveled to the Canaveral Squares on April 9th to celebrate with them on their thirty ninth anniversary. It was especially rewarding as Jack and Zonie were on hand to award Cecil and Jean Faulk the Circle of Service Award. Cecil and Jean certainly deserve this award for their years of service to not only the Canaveral Squares, but for their service to square dancing in general. It was a great evening of fellowship, dancing and eating. Congratulations to Cecil and Jean and to the Canaveral Squares. Their caller, Skip Cleland also deserves a great big THANK YOU for his contributions to this club. I think it is safe to say that without Skip the club may not have made it these 39 years.

More publicity for Square Dancing. On April 19th, we had a advertisement crew from a local ad agency come to THE BARN to film a commercial for the Texas Road House, a steak house. It will be shown many times on the local cable and will present Square Dancing to the general public. We hope that it will bring many new folks into square dancing.

Linda and I wish to thank the many folks that have subscribed to THE BARN OWL. We thank you and will double our efforts to bring you news of square dancing in Brevard. We do solicit your contributions and suggestions. Thank you to the Club Reporters who contribute monthly.



# **NATURAL ALTERNATIVES TO OVER THE COUNTER DRUGS**

## **World Hypertension League**

### **Non-pharmacological Therapy For High Blood Pressure (Hypertension)**

Many people with high blood pressure often wonder if there is anything they can do to reduce their blood pressure other than by taking medications. In fact, there are several changes a person can make which can reduce blood pressure. In a few people these lifestyle changes can substitute for medications and in many people, can result in a reduction in the amount of a drug or number of drugs required to control their high blood pressure. Several of the lifestyle modifications will also prevent increases in blood pressure over time which could lead to high blood pressure. Most of the changes will reduce the risk of your having a heart attack or a stroke. It is important that these changes be made in consultation with your health care provider so that medications can be appropriately adjusted and that the changes can be individualized to suit you.

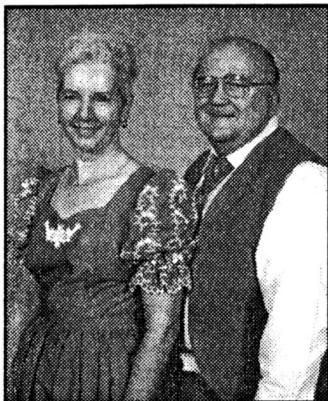
### **Overweight**

Being overweight is one of the most frequent causes of having high blood pressure and reducing weight is one of the best methods of reducing blood pressure without drug therapy. Weight loss should only be attempted by those who are overweight. To notice a reduction in blood pressure it is necessary to lose approximately 4.5 kg. Some people are more sensitive to weight loss than others. It is usually best to accomplish weight loss both by an increase in physical activity (see Physical Activity section) and by a reduction in caloric intake. It is important to maintain a healthy diet. A diet rich in fruit and vegetables and low in saturated fats is generally recommended. Reducing weight is difficult for many persons to accomplish. A change in dietary habits to healthier foods and a slow reduction in weight through an increase in physical activity and a modest reduction in caloric intake is likely to be more successful than a rapid and radical change which would be difficult to maintain over the long run.

*(Continued on page 10)*

## Give To Square Dancing (and Get A Tax Deduction)

May 1999



**Jerry & Del  
Reed**

Did you know there is a way to make charitable contributions to square dancing AND get a tax write-off for it? The CALLERLAB Foundation for the Preservation and Promotion of Square Dancing is a nonprofit corporation dedicated to preserving the heritage of the square dance activity. The Foundation was established in 1990 by CALLERLAB, The International Association of Square Dance Callers, as a way to safeguard the history and to promote the growth of square dancing.

The Foundation is a legal entity through which money is raised to carry out the specified goals of the organization. It is registered with the Internal Revenue Service as a 501(C)(3) corporation, and donations to the Foundation are tax deductible.

The mission of the Foundation is to "preserve and promote square dancing through the preservation of the heritage of square dancing, the establishment and enhancement of a positive perception of square dancing, and education regarding the benefits of square dancing to the general public."

Goals of the foundation are to "develop and maintain a national advertising campaign to promote square dancing, develop and encourage educational programs directed toward the mission of the Foundation, and provide funding through grants and loans to support the mission of the Foundation. A major goal is to promote the wholesome nature of the activity.

The Foundation has already accomplished much in support of its goals, such as; (1) published and distributed almost one million brochures to promote square dancing, (2) produced and distributed over 4000 promotional

*(Continued on page 7)*

video tapes containing TV public service announcements to be used in recruiting new dancers, (3) provided a grant to the New England Foundation for the preservation of square dancing, (4) provided square dancing educational materials to the Czech Republic, (5) funded an educational exchange between master dancer instructors in the Peoples Republic of China, and square dance leaders in the united States, and (6) in funding a variety of projects all aimed at promoting square dancing.

The Foundation has numerous future projects under consideration but funding is needed to make them a reality.

During the recent CALLERLAB convention in Dallas, Texas CALLERLAB members donated over \$10,000 to the Foundation by participating in a fund raising project featuring a special promotional recording of "God Bless The USA". This is a tremendous start in which all participants can be very proud.

Individuals, square dance clubs, dancer organizations, and caller associations may wish to consider making a tax deductible donation for this ongoing promotion and preservation of square dancing. Many businesses and corporations provide matching donations to help increase the value of your contribution. Checks may be made payable to the CALLERLAB Foundation.

A sample codicil for last will and testaments for those who would like to bequeath money to the Foundation has been developed and is effective in all 50 states and Canada.

To make a donation, receive the sample codicil, or receive additional information, contact the CALLERLAB Foundation, 829-3rd Avenue, S.E. Suite 285, Rochester, MN 55904. Phone: (507) 288-5121.

Bye for now and see ya in a square!!!

Extract reprinted from Northeast Square Dancer, October 1997.

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### Modern Square Dancing

Two articles in the January Bulletin of the AARP made me think of square dancing. The concluding paragraph in 'High Tech-Heart' urges us to adopt a healthier lifestyle. 'A Time To Dance' tells us over-50s have decades of dance time left. That is true, but the types of dance mentioned --Jazz, Ballroom, Ballet--all require a performance attitude that many of us don't have.

I have yet to find an activity to match the mental, physical, psychological and social benefits of modern square dancing -all at a reasonable price. It deserves more attention from the medical world.

Contributed by Stan Crowhurst

THE BARN DANCERS organization is looking for volunteers to work in the following areas, If you are interested in any area please contact us.

Demos & Exhibitions  
Publicity  
Classes  
Facilities  
Fund Raising  
Special Dances  
Decorating  
Clubs  
Barn Schedule  
Long Range Planning

We will be having an organization meeting soon. We have many wonderful dancers currently working in some of these areas. We can use more help. If you would like to know more please attend an organizational meeting at THE BARN on May 15th at 10:00 AM. We will have job description of all the above and where we want to go with DANCE WORLD. You can be a part of a very active organization that will see Square and Round dancing be a very active activity in this area. We are very fortunate to have Phyllis Williams with us and look for more participation by other callers and cuers.

---

## **TIME SHARE FOR SALE**

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**Third week in July.**

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**Oakmont Resorts.**

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## APRIL CANAVERAL NEWS



Iver & Mary Duedall

CANAVERAL SQUARES-Rockledge. On April 9th, we were honored by the presence of the Florida Federation of Square Dancers Past Presidents, Jack and Zonie Taylor, who came to present "The Circle of Service Award" to Cecil and Jean Faulk, our Presidents, at our Anniversary Dance. Cecil and Jean were honored with this meritorious award, given to square and round dancers, who give significant time and energy to our community and state activities to promote the square and round dancing movement. Some of their peers in attendance were: Linda and Otis Lutz, Rosalie Turner and

Asa Clark. Cecil's and Jean's generous contributions, over the years, are well known and greatly appreciated by all those who have worked and enjoyed the events they made happen. Our admiration and congratulations to both of you!

We had a great activity hour at the American Cancer Society's, 4th Annual "Relay for Life" Team Event keeping Volunteers and Participants entertained while they work on their pledge goals. Steve Crandall, Development Director, was proud to report their pledges have brought in \$143,388.00, as of April 1st. Our thanks to John Swindle for contributing his time to call some lovely tunes, for two squares, which included a couple from the Space Trackers, at McLarty Stadium, on March 20th.

Our April 2nd dance, with Guest Caller John Saunders and our cuer, Vince Furtado, included a variety of spirited calls and rounds to help us wish for April Showers. The Pirates brought a crowd for a raid to help us wish but no luck so far, just good dancing fun! We enjoyed our dance when the Allemanders raided us, March 19th. Retrieving our banner was such a treat on April 10th, when John Saunders, along and their guest cuer, Wayne Guice, gave us great tunes to enjoy with our friends the Allemanders. Still no April showers though!

In Celebration of our 39th Anniversary Dance, on April 9th, Asa Clark handed out a sentimental journey into our past through his article "Canaveral Squares Beginnings". Our thanks to Asa for carefully giving facts about our club that only he could recreate. Also, Skip Cleland, our caller, put together a fine program with a touch of Cajun tunes mixed in from his trip to Cajun country, with Jennifer, in March. Our caller, Vince

*(Continued on page 27)*

## **Alcohol**

Excessive intake of alcohol both increases blood pressure and causes hypertension. The increases in blood pressure are usually seen above 2 drinks per day (a drink is the equivalent of 12 oz of 5% beer, 5 oz of 12% wine or 1 oz of 40% spirits). Women appear to be more sensitive to the adverse effects of alcohol than men. It is recommended that drinking be less than 2 drinks per day and less than 14 drinks per week in men and 9 drinks per week in women. Those who drink more than these limits would benefit from a reduction in alcohol consumption. A reduction in alcohol consumption can also assist with weight reduction. Those who are unable to reduce their drinking on their own should consult a health care professional.

## **Exercise**

Inactive individuals can lower their blood pressure by increasing their physical activity. Physical activity is especially important for those who are overweight as an aid to weight loss. Vigorous physical activity is not necessary to lower blood pressure. Optimum reductions in blood pressure are achieved by as little as 1 hour of low intensity activity (e.g. walking) performed three or four times a week. It is important that the activity that you choose be one that is enjoyable to you. Even if you are not able to accomplish 1 hour of physical activity 3 or 4 times a week you should attempt to increase your physical activity during your daily routine. Simple measures such as walking rather than driving to close locations, using stairs instead of elevators and avoiding the use of electronic conveniences can be effective. If you have heart disease or other significant medical conditions consult your health care professional before changing your physical activity.

## **Salt (Sodium)**

Reducing sodium intake will usually reduce blood pressure in persons who have hypertension. This can be achieved. However, it is difficult to sustain a reduced salt diet because much of the salt is added in the processing of foods. It is recommended to avoid salty foods and not to add salt to food at the table. Also reduce or do not add salt in cooking. Eating a healthy diet high in fresh fruits and vegetables will help. If you are in a position where you can influence government or the food industry, apply pressure to have the addition of salt to food reduced.

## PALM BAY PROMENADERS MAY NEWS



**VONA BROWN**

Hello once again from the Palm Bay Promenaders. Where does the time go? Here we are writing May news. A few of our snowbirds are still with us, but soon they will be departing to return to their summer homes. The clubs will certainly miss them, we will have to keep busy with our Banner Raids and get in more visitors. These Raids benefit all clubs.

The All County Square & Round Dance Picnic held March 21 was a tremendous success. It was reported that 340 Ribbons were sold with a net profit of \$600.00 The best part of the Picnic seemed to be just socializing & seeing old friends and those that are physically unable to dance anymore. George Woodruff, former President of the Palm Bay Promenaders in his wheelchair, enjoyed the excitement of the music and being greeted by fellow dancers.

Our own Dale McClary & Otis Lutz did a super job calling. Cues were Vince Furtado, Phyllis Williams and Vera Smith.

Promenader's Special Dance for May -- There will be a Hobo Dance on May 13. Bring finger food, and dress in your Hobo attire.

Upcoming Banner Raids:

May 3 - Barefoot Bay Twirlers to Raid May 13 - Yellow Rockers to Raid

Congratulations to Dale & Carolyn McClary on their 39th Wedding Anniversary. The Promenaders honored them on March 19. Our best wishes to this Special couple.

Wayne Guice, our Cueser for the past 2 years will be offering a FREE INTRODUCTION to Round Dancing class starting May 6th. This will be held on your regular dance night from 6:30-7:30 PM. For many of you who have toyed with the idea now is your chance. This is strictly beginner's level. Angels will be provided for those without Partners. Wayne is a good teacher & loves what he is doing, also travels a long distance for our entertainment, so let's support him on this. A sign up sheet will be provided to see how many are interested. Everyone welcome.

*(Continued on page 29)*

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for

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with the

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**EVERY MONDAY**

- CLASS -

6:30 - 8:00 PM

- Plus Dancing with Rounds -  
8:00 - 10:00 PM

**EVERY FRIDAY**

ADVANCED LESSONS 6:00 - 7:30

- A2 Funshop -  
7:30 - 9:30 PM

1st, 3rd, 4th (last Sat is Swing Dance)

Watch this space for JUNE entry

**2nd SUNDAY**

**SATURDAY'S**

**2:30 - 4:30 PM**

**C1 Funshop**

Information:  
(407) 633-1306

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CALLERLAB

Licensed by:  
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## SWING

Swing Out a success!

If you missed our swing and country dance last month, you really did miss out! We had a great time and danced all night. We had a wonderful exhibition by Carol Naylor and Mark Traynor from Orlando. Don't miss us this month April 24th with Kal Branson. He is a UCWDC Worlds Champion Teacher, Competitor and Judge and the Host of the 4th of July Swing Bash in Ft. Lauderdale!

Kal will be exhibiting at the party and also holding 2 workshops in Beginner's West Coast Swing and Social West Coast Swing. You **MUST PRE-REGISTER** by April 22nd Thurs. by calling Laura Beers 407-727-2457. Please leave a message if there is no answer.

After the classes, we will all chip in for pizza and then start the dance at 7 PM with Beginning 2-Step lessons. The party starts at 7:30 – midnight!

Come and have a great time with us. Thanks for your support to all the people that came to our first Swing Out dance.

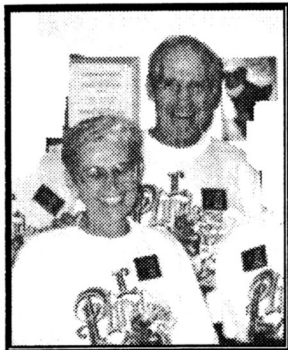
Keep on Dancing!

Laura & John Beers



Entrance sign to the new FAMILY PARK. Thanks to Mel Grenier for the letters and to Linda Lutz and Terry and Jude Zrutskie for labor.

## MAY Wagon Wheel Squares - St. Cloud



Most of the Snowbirds are gone for another year – the "Corner" is almost empty and we do miss them. Hopefully it was not as cold when they went home as it had been all winter.

April was another busy month for Wagon Wheels, with raids to Yellow Rockers in Melbourne and to Space Trackers in Rockledge. At least there have been a few improvements to the deadly 192, so it's not quite so hazardous to traverse east! Ernie Rollins called for us on April 30, and it was a 50's Night with some real "rock and rolling" going on. Ernie makes quite an Elvis!

We'll have several guest callers in May while our caller Dale McClary is away. John Swindle will be here on May 7 and John Saunders on May 14. Then on May 28 Ron Reardon will be filling in. It's always fun to dance to different callers.

Our Class graduated on April 23, with 14 persons ready to go out into the wide world of square dancing. Congratulations to each of you! The following new officers were elected at our Annual Meeting on March 31: Treasurer, Bill and Pat Haskell. Secretary, Bill and BettyLee Talmadge. Vice President, Bob and Diane Konikow. Remaining as President, Howard and Thelma Bitler. The new officers will take office in May. There were about 66 people attending this meeting, and all enjoyed the usual good food provided by the members.

Plans have been finalized for our New Year's Eve dance this year. Our caller Dale McClary will be joined by his "little brother" John Saunders, and Jan and Pete Shankle will be joined by Wayne Guice to provide the cueing. Attendance will be limited to 25 squares, so contact any member soon for more information and tickets. Don't forget State Convention coming up the end of this month. Square dancing needs the support of all of us.

Come visit the Wagon Wheels. We dance every Friday night at the Senior Center in St. Cloud, with our caller Dale McClary and cuers Jan and Pete Shankle.

Royce and Carol Arter, Secretaries

## **MAY Space Trackers**

This has been a busy and eventful year for the Space Trackers and the 30 plus students who enrolled in this year's class. The students continue to dance and to learn. They are especially grateful for the opportunity to dance outside of the classroom on the third Saturday of each month, when club caller ,Whit Brown makes it a point to call the majority of the tips at the students' level.

March saw two successful Banner Raids, when the Space Trackers visited first with the Dixie Squares in Daytona Beach, and then with the Wagon Wheels in St Cloud. The Garden Patch Squares from Lake Wales reciprocated by raiding the Space Trackers Banner in mid-March.

In an effort to create more camaraderie among the students, the Space Trackers came up with the idea of an old fashioned Scavenger Hunt. Students were encouraged to form themselves into teams, even using Square Angels if they wished to do so. A week before the event, the students were given a list of objects to be found for the Scavenger Hunt. Each team then had a full week to collect the items listed. Then, Monday evening, March 15 they were to show up with their items. A hilarious time was had by all, and the "Sparklers" were declared the winners. That team headed up by Joan and Dave Mullenbrock, who also composed a poem, for the occasion. (The poem is on page 25).

The Space Trackers held their annual "share the misery" dance on Saturday, April 17. It was, appropriately enough, a "tax party", called, "OH, I'm So Broke!" and featured good food provided by club members, and a costume competition for the best costumes. Participants enjoyed Round Dancing cued by Phyllis Williams, and Square Dancing, called by Whit Brown.

-Submitted by Phyllis Tritsch

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# WHERE TO SQUARE, ROUND A

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><b><u>MELBOURNE</u></b></p> <p>C-1 Dixie Diamonds  <b>THE BARN</b>                      3820 Minton Road                      2:30 - 4:30 PM                      Jerry Reed instructor                      633-1306</p> <p>CAMPFIRE DANCERS                      Chapter 082                      4th weekend                      (STARTS ON A FRIDAY                      EVENING)</p> <p><b>THE BARN</b>                      Class                      Rounds 6:30 - 8:00 PM                      Phyllis Williams</p>	<p><b><u>BAREFOOT BAY</u></b>                      BAREFOOT BAY                      TWIRLERS                      7:15-7:45 Early Rounds                      8:00-10:00 Plus Dance                      Dale McClary, Caller                      Jim Runnels, Cuer                      Information 254-0150</p> <p><b><u>ROCKLEDGE</u></b>                      SPACE TRACKERS                      McLarty Rec. Center                      Barton Blvd.                      7:30 - 10:00 Class                      Whit Brown, Caller                      Information 452-2679</p> <p><b><u>MELBOURNE</u></b></p> <p>YELLOW ROCKERS  <b>"THE BARN"</b>                      3820 Minton Road                      6:30 - 8:00 PM class                      8:00 - 10:00 Plus Dance                      Jerry Reed, Caller                      Vince Furtado, Cuer                      Information 722-1664</p> <p>LINE DANCING                      GPBSC 10:00-11:30 AM                      Glenda Ortiz, Instructor                      Information 253-1564</p>	<p><b><u>ROCKLEDGE</u></b>                      McLarty Rec. Center                      7:30 - 9:30 PM                      Phyllis Williams,                      Instructor                      Information 267-5236</p> <p><b><u>MELBOURNE</u></b>                      SILVER SQUARES                      1300 S. Airport Blvd.                      7:30 - 10:00 Plus                      Jerry Reed, Caller                      John Swindle Caller                      Vince Furtado, Cuer                      Information 768-2217</p> <p><b>"THE BARN"</b>                      Line dancing                      10:00 - 11:30 AM                      Glenda Ortiz                      Info 253-1564</p> <p><b>BARN DANCERS</b>  <b>New classes</b>                      7:00-8:30                      Class                      Otis Lutz, caller                      Information 722-1664</p> <p><b>BASIC DANCE</b>                      8:30 - 10:00 PM                      Caller: Otis Lutz                      407-722-1664</p>	<p><b><u>MELBOURNE</u></b></p> <p><b>"THE BARN"</b>                      Line Dancing                      Glenda Ortiz                      Information 253-1564</p> <p><b>"THE BARN"</b>                      Round Dance                      Wayne Guice                      2 - 3:30                      4 - 5:30                      PH II - III with</p> <p><b>MAINSTREAM</b>  <b>7:00 - 8:30</b>                      Otis Lutz In</p> <p><b>MAINSTREAM</b>  <b>8:30 - 10:00</b>                      Otis Lutz                      Caller</p>

*Closed for summer*

New square dance lessons start every 10 weeks on Tues

# AND LINE DANCE IN BREVARD

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>MELBOURNE</b></p> <p>10:00-11:30</p> <p>53-1564</p> <p>e Cuer</p> <p>n teach</p> <p>M CLASS</p> <p>structor</p> <p>M DANCE</p>	<p><b>BAREFOOT BAY</b></p> <p>BAREFOOT BAY SPINNERS Community Center 12:45 - 2:45 Mainstream Dale McClary, Caller Information 254-0150</p> <p><b>ROCKLEDGE</b></p> <p>Canaveral Squares McLarty Rec. Center Barton Blvd. Round Dance Class 7:00 - 9:00 PM Vera Smith, Cuer</p> <p><b>MELBOURNE</b></p> <p>PALM BAY PROMENADERS "THE BARN" 3820 Minton Road 6:30 - 7:45 class 8:00 - 10:00 Plus Dance Dale McClary, Caller Wayne Guice, Cuer Information 722-1664</p>	<p><b>ROCKLEDGE</b></p> <p>CANAVERAL SQUARES McLarty Rec. Center 790 Barton Blvd. Plus Dance/Rounds Lessons 7 - 8:30 PM 8:00 - 10:00 Plus/Rounds Callers Skip Cleland, Jennifer harmonizing Vince Furtado, Cuer Information 635-8125</p> <p><b>MELBOURNE</b></p> <p>"THE BARN" 3820 Minton Road A2 FUNSHOP/DANCE 7:30 - 9:30 PM Jerry Reed, Caller Information 633-1306 A1 Class 6 - 7:30</p> <p><b>ROCKLEDGE</b></p> <p>COUNTRY WESTERN DANCING KNIGHTS OF COLUMBUS HALL 3435 S FISKE BLVD. Line and Couples Dancing MC and Instructor Curt Wiyssel Teach 7:30 to 9:00 PM Requests 9:00 to 11:30 PM Phone 631-5759</p>	<p><b>ROCKLEDGE</b></p> <p>SPACE TRACKERS McLarty Rec. Center Barton Blvd. 7:30 - 8:00 Rounds 8:00 - 10:30 Plus Whit Brown, Caller Phyllis Williams, Cuer (1st &amp; 3rd Sat) Guest Caller 2nd &amp; 4th Information 452-2679</p> <p><b>SATELLITE BEACH</b></p> <p>ALLEMANDERS Satellite Beach Civic Center 8:00 - 10:30 Plus 1, 2 &amp; 3rd Saturdays John Saunders, Caller Vince Furtado, Cuer Information 676-5741</p> <p><b>MELBOURNE</b></p> <p><b>SATURDAY NITE LIVE</b> Special as set up by callers/cuers Call for information 722-1664 See page 3</p> <p>Last Saturday of the month is SWING NIGHT 7:00 to -</p>

day at 7:00 PM.



Terry Zrutskie and the new BARN sign. Thanks for the donation of the sign from Bob and Edna Pritchard and to the funds raised by Joe and Betty Mann for the lettering. Really looks great at night with the lights on. More improvements coming!



Some of the picnic tables that have been donated. We now have eight and need 12 for the clubs to use for club picnics. We still need help in policing the area to get up the small sticks and roots remaining. All help is appreciated.



There were 20 girls and 6 chaperones here for the Girl Scout Camp Out. They had their evening meal and breakfast here at the Earnest and Dallas Lutz Family Park.

When they left you could not tell they had been here. It was a real joy to work with this group.

We look forward to their return.

Time is flying. It will be NEW YEAR 2000 before we know it. If you are coming to our party and had a ticket last year, you want to get your 2000 tickets NOW. On July 1, 1999 we will open the tickets up for sale to all. We promised everyone that attended the 1999 party that they would be able to get 2000 tickets. We can not hold the offer open beyond July 1st. Act now, before it is to late. Thanks.

## **Stress**

Persons with high blood pressure who are under significant stress may be able to reduce their blood pressure by specialized stress counseling. Specialized stress counseling with "individualized cognitive behavior modification" is an effective means of reducing blood pressure but not usually available. If you are seeking stress counseling to lower blood pressure a referral to a qualified psychologist is required.

## **Smoking**

Smoking does not cause high blood pressure but markedly increases the risk of heart disease in persons with high blood pressure and can reduce the effectiveness of blood pressure lowering medication. Stopping smoking is an important step for persons with high blood pressure. Because the nicotine in tobacco is addictive, stopping smoking is difficult. The use of nicotine supplements makes it twice as likely to stop smoking. Identifying and avoiding activities that are associated with your smoking may also help. Most persons require several attempts at stopping before finally succeeding. Encourage your workplace and home to be smoke free. This will assist your ability to quit.

## **Failures?**

Most life style changes are difficult. If you try and do not succeed, do not be overly discouraged. Most persons require several attempts before achieving long lasting success. In fact, your chance of success increases with each attempt you make.

## **Quick Fixes**

A number of persons with high blood pressure believe there are quick fixes, crash diets, special herbs or remedies, that can lower their blood pressure. Some of these quick fixes can be dangerous, many are expensive and most are poorly tested both for ability to lower blood pressure and safety.

Following the above lifestyle changes can have a significant impact in preventing hypertension in those whose blood pressure is at the upper range of normal and can replace drug treatment in some people with milder levels of hypertension. Drug requirements can be reduced and overall health can be improved in those who continue to require drug treatment. Changes or alterations in drug therapy should always be performed in consultation with a health care professional.

## FROM THE BARN KITCHEN

### ECLAIR PUDDING-CAKE

1 lb. Box graham crackers  
3 1/2 cups sweet milk  
2 small pkg. Instant French Vanilla Pudding  
1 9 oz. Container Cool Whip

Butter bottom of 9 x 3 inch pan.

Line with Graham crackers.

Mix pudding with milk and beat at medium speed for 2 minutes.

Blend in Cool Whip.

Pour 1/2 of this mixture over crackers.

Place second layer of crackers over pudding.

Pour remainder pudding mixture over second layer and then cover with more crackers.

Then frost with chocolate frosting which is not to thick.

Refrigerate 24 hours before serving.



Contributed by Phyllis Williams

Send your recipes to:

THE BARN OWL  
3820 Minton Road  
Melbourne, FL 32904

FAX (407) 727-7374

Danceworld@net4u.net





## BANNER RAID CONTACTS

Allemanders	Bob & Terry Danza	407-723-3956
Barefoot Bay Spinners	John & Terry Kavorkian	561-664-5534
Barefoot Bay Twirlers	Georgia Gallo	561-664-6402
Buckles & Bows	Jean Gaskins	407-892-6420
Canaveral Squares	Asa Clark/Rosalie Turner	407-633-4447
Grand Squares	Otis & Linda Lutz	407-722-1664
	danceworld@net4u.net	
Kiss-A-Me Squares	Paul & Thelma Marx	407-933-4787
Palm Bay Promenaders	Bill & Pat Ludwick	407-723-7090
Pirates (Apopka)	Tony Brownell	407-568-6254
Saturday Night Steppers	Steve Ekin	561-567-2803
Silver Squares	Ed & Mary Litwhiler	407-676-9535
Space Trackers	Andy & Esther Folley	407-631-3820
Sunshine Strollers	George Springer	561-466-7923
Treas. Coast Squares	Charles & Joyce Sweeny	407-664-5221
Wagon Wheels	Phyllis & Bob Randall	407-892-9792
Yellow Rockers	Charlie Taylor & Conway Huie	407-724-5379

Please supply your E-Mail Address to include here.



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## BAREFOOT BAY TWIRLERS MAY REPORT



**Roberta Ballard**

We have sad news to report this month. A long and faithful member of our club passed on to the great hereafter. (Tony) Anthony Priori died on April 3rd. His present and support of many square dance and other Barefoot Bay activities will be sorely missed. A memorial service was held at St. Lukes Church on Friday April 9th at 11 a.m. and was attended by hundreds of Tony's friends.

April 17th was the date of the joint picnic of the Twirlers and Spinners Square Dance Clubs. Good food and friendship made the day an enjoyable one.

The slate of officers was presented at the Twirlers April 15 meeting and will be voted on at the May 3rd meeting. The officers for 1999/2000 are to be:

President's  
Vice President  
Treasurer  
Secretary  
Hospitality  
Membership  
Host and Hostess  
Historian  
Sunshine and Banner Chairperson

Joan & Fred Clements  
Tom Pepe  
Paul Frank  
Roberta Ballard  
Audrey Banfield  
Madeline Frank  
Ed and Lorraine Lilly  
Sue Page  
Georgia Gallo

Ed and Lorraine Lilly volunteered to represent our club at the Brevard County Square Dance Council meetings along with our presidents.

On April 17 we traveled to Satellite Beach to retrieve our banner from the Allemanders. We expect the Promenaders Square Dance Club to visit us May 3rd to steal are banner.

Submitted by  
Roberta Ballard

# DR. PAUL C. DURNEY

Fellow American College of Foot & Ankle Surgeons  
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## MAY YELLOW ROCKERS NEWS



**JIM AND JANE  
HART**

It's State Convention time! May 28, 29, and 30 are the dates and we hope everyone is planning to attend. If you don't want to stay the whole weekend, plan to go for just a great day of dancing or attending workshops. There is so much there to do for everyone, besides seeing people from other areas of Florida. The theme of the convention this year is Mardi Gras Time In '99 - so, we'll see you in a square at the convention.

It is good to have our caller, Jerry Reed back with us. We missed you Jerry, but Otis did an outstanding job while you were away and also it was nice to have John Swindle calling for us. Thank you Otis and John.

### Raids and Retrievals:

Charlie is keeping us busy this months too - thanks Charlie for all your hard work. May 1 we visit the Allemanders to steal their banner - thanks for a fun evening of dancing. May 17 the Promenaders are coming to steal our banner. On May 24 the Allemanders are coming to retrieve their banner.

If you want a copy of the Barn Owl, don't forget to fill out the information sheet and give it to Otis, so he'll know how many copies to print. The new park area that Otis and Linda are building is looking really nice. Thanks to Otis and Linda and all the volunteers who have worked so hard on this project.

### Birthdays

May 4 Vinnie Dallmann  
May 15 Pete Hoyos  
May 26 Dot Wiles  
May 31 Elaine Fero

### Anniversaries

May 22 John & Elaine Fero

See you in a square.

Jim and Jane Hart

## ODE TO THE SCAVENGERS

We used to think scavenger hunts were so much fun,  
When we were six or seven, or even twenty-one.

But now that we have reached the "older years"  
This crazy hunt has driven us to the brink of tears!

Looking here, searching there  
Find a live chameleon?? not a prayer!

Whose crazy idea was this anyway?  
To send these poor students on such a crazy play.

Trying to catch one live sandy crab,  
And then "bagging" it will drive you mad!

Well here we are with all our stuff.  
Finding it -was really tough.

I feel sorry for next year's dancing kind  
When it's OUR turn to make the list to find.

But came through all battered and bruised  
And we have to admit -- a little amused

So here's to Mary Boyd and their committee  
Next time there's a scavenger hunt, please have pity'

Please give us things in a nearby yard  
AND WE WON'T HAVE TO SEARCH SO DOG GONE HARD!



Cecil and Jean Faulk shown with the certificate for their Circle for Service Award. In the background is Zonie Taylor who along with her husband, Jack, presented the award.

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*(Colossians 6:2)*



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Furtado, treated his wife, Camille, to a "cruise" on April 9th, so they missed our great evening.

Spring flowers on cakes have us celebrating in May. First, we have our Mother's Day and Cake Night Dance, May 7th. On May 21st, at the Graduation Dance, we will be celebrating the completion of the class, Asa Clark has been coordinating. Remember, NO DANCE, May 28th since we'll be collecting beads at the 45th Florida State Convention. Come and join us Friday evenings

#### ROCKLEDGE - CANAVERAL SQUARES

McLarty Park Recreation Center: 790 Barton Blvd.

8:00 - 10:00 p.m. Plus Dance

Caller: Skip Cleland; harmony by Jennifer Cleland  
Cuer, Vince Furtado

Information: 407-635-8125

Asa Clark & Rosalie Turner, Banner Chairperson 407-633-4447



**The 39th Anniversary cake at the Canaveral Squares.**

As you can see there was lots of good food at the 39th celebration. It was a great dance with Skip Cleland. Jack and Zonie Taylor contributed much with their presentation of the Circle of Service Award to Cecil and Jean Faulk. Linda and I were glad that we attended this dance.

# BREVARD COUNTY CLUB PRESIDENTS

Club	President	Telephone
Allemanders	Ed & Laverne Miller	407-777-4418
Barefoot Bay Spinners	Hal & Marge Brooks	561-664-8372
Barefoot Bay Twirlers	Gus DuBois	561-664-4704
Canaveral Squares	Jean & Cecil Faulk	407-635-8125
Dixie Diamonds	Jerry & Del Reed	407-633-1306
Grand Squares	Otis & Linda Lutz	407-722-1664
Orange Blossom Sq	Betty Weckerle	561-562-5966
Palm Bay Promenaders	Don & Irene Stoderl	407-752-5737
Silver Squares	Richard & Doris Lukens	407-242-1953
Space Trackers	Giff & Shirley Crippen	407-752-5701
Yellow Rockers	Ben and Sue Johnson	407-452-4176

Please help us keep this information correct. When you change officers, or have a change for the summer, please call us with the information. We will gladly make the changes.

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*(Continued from page 11)*

It's great having our Ass't Treasurers Andy & Gerry Musante back with us after Andy's second eye surgery. Also nice seeing Jerry Aubrey back dancing again. Jerry has had his share of health problems lately. Welcome back Jerry.

Remember Carl & Louise Mills? They were formerly regular supporters of the Promenaders for many years. They moved to Roanoke Rapids, NC. They keep very much in touch with the happenings here at the barn by subscribing to the Barn Owl. They send their love and miss us all very much. They enjoy listening to Dale's tapes. We wish them well and look forward to a return visit in the near future.

Our Hat Dance held on May 8 was a lot of fun. There were 8 squares attending. D. J. even sang Easter Parade, along with Dale's help. First place prize was given to a surprised Vona Brown. Thanks to those that served as Judges.

Hollywood Square Dancers meet on the first Tuesday of each month at Homers Cafeteria, (formerly Stacys) at 12:00 noon. All Square and Round Dancers are invited. There were 42 attending the last luncheon. It's always nice visiting with these nice people again.

MAY BIRTHDAYS      NO ANNIVERSARIES FOR MAY  
03    Hazel Grannell  
26    Dot Wiles  
27    Wynona Dunlap

Please keep me informed of anyone who is ill, or in special need of a card. So many have told me how much our cards have meant to them, whether it be a get-well or sympathy cards. Having been there myself, I know that this is true.

Thank you.

VONA BROWN  
723-9467  
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Our Banner Raid Chairman and friends from WI. Kip and Linda Werner (from Tomahawk, WI) and Pat and Bill Ludwick (from Melbourne, FL).

# WORD STUDY OF THE WORD

## PRAYER

What is prayer?

Is it "God bless this food, for Jesus sake, Amen", or "bless this food to the nourishment of our bodies and our bodies to thy service." Maybe "Now I lay me down to sleep, I pray ye my soul to keep. If I should die before I wake, I pray ye my soul to take, is more interesting to God. Let us get real. God wants us to talk to him as we do, hopefully, with each other and with our parents.

If we are to pray as talking to our father, what would your dad think of you repeating the same "stuff" every time you talked to him? I can see it now. Are you for real? Don't you ever have anything else to say? Do you think he would appreciate such a conversation? Wouldn't he have a "favorite" that would actually carry on a conversation with him?

1Ti 4:5 For it is sanctified by the word of God and prayer.

**PRAYER – STRONG 1783 enteuxis {ent'-yook-sis}** from 1793;

AV - intercession 1, prayer 1; 2

1) a falling in with, meeting with 1a) an interview 1a1) a coming together 1a2) to visit 1a3) converse or for any other cause 1b) that for which an interview is held 1b1) a conference or conversation 1b2) a petition, supplication

Look at the meaning of the word "prayer" above. Sure looks like it is more than the mere repeating of a string of words that we memorized! Now, think of a boring person. Maybe what makes that person boring is he never has anything interesting to say! Now how many times a day do you think God hears the same words offered up to him in prayer? How would you like to hear the same thing so many times? I think I would go crazy! In fact I know I would.

Have our "prayers" become like "how are you" when we meet someone? We hear that when a telephone solicitor calls. "How are you Mr. Lutz?" While I am telling him that I am in the middle of a terminal heart attack, he says "good, you have been selected to receive this fantastic deal." Do you think he heard what I said? Of course not. It is a reaction to meeting someone that you say "how are you?? And never the answer is "fine – and you". There is not even expected a different response. It makes no differ-

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*(Continued from page 30)*

ence if there is one as the first person is not listening! They are ready for their next statement! Is it any wonder that prayers are not answered? Are we really "talking to God?"

We are even "taught" to close our eyes when talking to God! If He was to come and stand beside us we would not know it! I have been told that this custom came about when the "spiritual" leaders were reading their prayers and didn't want the "faithful" to see them reading a prayer! This is TRUE!!

I rather like the real meaning of prayer. A falling in with, meeting with, an interview and a visit! All of these really means a two way street. Can you imagine what would happen if you went to an interview with the same attitude that you pray with. Do you think you would get the job or position. What would be the results of a meeting where the same thing is said every time you speak? Maybe that is why some meetings are so boring! In prayer we really carry on a conversation with God. Are you listening for His response when you talk to God? If we are only saying the same things over and over I do not think we are praying – not when we consider the meaning of the word!

When you are out working have you ever felt the presence of God? Did you stop and talk to Him? Did you feel refreshed? Isn't it wonderful to actually feel the presence of God and to know that we can really "talk" to Him. To tell him our dreams? To thank Him for the good that is around us and for the things that we have accomplished? I remember when my car would not start and I thanked Him for the timing and place of the problem. It happened right in my garage! Could have happened a lot of "bad" places. There are thousands of these instances where I am convinced that God was in control and helped me out. I talked to Him about that. I also remember the many times that really good things happened and I know He is the One that caused that too. Prayer is the response that you give to those events. Sometimes when things are going bad we need a conference. God and I really need to talk about this! Sometimes the answer doesn't please me. When my dad was undergoing his last heart operation, all in my family were in a conference with God. The answer we got was not what we wanted. We all had peace that God gave dad exactly what he wanted. Dad was content with the answer. God may not always give us what we ask for but He will always give us what is good for us. He will also always give us peace with the answer. We all miss dad, but we are at peace with the answer. We all know that we will be with our loved ones some day.

Do you have conferences with God? Sometimes we really need to present a petition and sometimes we need to visit. Wouldn't it be nice to visit God or to have Him visit you?

**JULY 4th PICNIC  
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OTIS LUTZ**

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