

NEWSLETTER



NORTHWEST FLORIDA SQUARE
& ROUND DANCE ASSN., INC.

APRIL 1976
Vol. 2 No 4

NEWSLETTER

The NEWSLETTER, the official square dance publication for Northwest Florida, is published monthly by the Northwest Florida Square and Round Dance Association, Inc.

The Editor reserves the right to condense, omit or rewrite any part of material sent to the magazine for publication.

Not Copyrighted - We welcome the reprinting of any article from the NEWSLETTER by any other square dance publication. Please give us credit.

NEWSLETTER DEADLINE - The first day of each month. Club reporters please limit your news to 150 words or less. Send news to the Editor.

Editor: Joe & Doris Vaccari
127 Sotir Street
Ft. Walton Bch., Fl., 32548
Phone 242-6865

Staff: John & Marty Lackey
Carolyn Williams

Advertising rates to Member Clubs:
\$2.00 1/8 Page \$ 8.00 1/2 Page
4.00 1/4 Page 16.00 Full Page
Contact Editor for special rates for
insertion of flyers.

NEXT ASSOCIATION MEETING

MAY 8, 1976

1 PM. ELKS CLUB TALLAHASSEE, FL.

ASSOCIATION OFFICERS

President: Joe & Doris Vaccari
127 Sotir Street
Ft. Walton Beach, Fl., 32548

1st Vice Pres: George & Mary Bowie
1059 Bay Circle Drive
Panama City, Fl., 32401

2nd Vice Pres: Marvin & Olena Taylor
310 Edgewater Drive
Pensacola, Fl., 32505

Recording Secretary: Bill & Larrie Childress
212 South Gay Street
Panama City, Fl., 32401

Corresponding Secretary: John & Marty Lackey
5 Caswell Circle
Mary Esther, Fl., 32569

Treasurer: Marvin & Elaine Engram
916 North 6th Street
Chipley, Fl., 32428

State Delegates: George & Mary Bowie
Paul & Evalyn Smith
Marvin & Olena Taylor
Joe & Doris Vaccari
John & Marty Lackey-Alternates
Gene & Alice Sandy -Alternates

Educational Library: Marty Lackey
5 Caswell Cir., Mary Esther, Fl.

Insurance Coordinator: Fred & Leslie Joyner
3317 Old Bainbridge Rd., Tallahassee

Program Chairman: George & Mary Bowie
1059 Bay Circle Dr., Panama City

Publicity: Roscoe & Charlotte Hall
5117 Kendrick St., Panama City



CALLERLAB, the International Association of Square Dance Callers, represents a group of caller/leaders working closely together in setting guidelines for caller training, screening new movements, and improving caller standards. In its first few years, CALLERLAB has accomplished several major goals. Following are several Committees, their goals and accomplishments:

1. Quarterly Movements Committee: This committee is comprised of competent caller/leaders who take a careful look at all the new movements and then recommend ones which they feel have merit. The Committee selects a maximum of two movements a quarter for mainstream dancing (Mainstream dancing is defined as that plateau whose dancers average one dance a week or more and who know 75 Basics plus 10.) Much of the frustration caused by the unrestricted flood of new movements has been reduced.
2. Levels of Square Dancing: There are many different definitions of the various degrees or levels of dancing. In some areas high-level, low-level, fun-level, club-level, etc., may mean one thing while they may mean something entirely different in another area. Eventually CALLERLAB may come out with a universal code system for identification of levels to help avoid the existing confusion. Through some system of this type, it may be possible to let callers and dancers know exactly what is expected of them.
3. Accreditation of Square Dance Callers and Teachers: This is also a project of a CALLERLAB Committee. Eventually it may be possible to determine which callers have qualifications necessary to teach other callers how to call. It may also indicate other attributes that will make it a simple matter to select festival callers, callers for foundations, and etc. This is a big task, but its eventual solution can be of great value to the activity.
4. New Dancer Committee: This Committee is involved in a major study not only of methods of bringing new dancers into the activity, but in methods of indoctrinating them and providing them with a strong foundation of the basics. As in the case of many of the CALLERLAB Committees, this particular group is deeply concerned with finding answers to the "dropout" problem.
5. There are other equally important Committees which we will discuss in detail later on. Look in future issues for more information about this worthwhile organization.

** A number of Northwest Florida Callers will be attending the 3rd Annual CALLERLAB Convention April 12-14, 1976.

DO YOU NEED A CALLER FOR A SPECIAL DANCE?????????

The Editors have received a letter from Dan Nardbye. Dan is interested in setting up a tour down our way. If you are interested in booking him for a dance, contact him at:

Dan Nardbye
7615 Briggs #9
Omaha, Neb. 68124

THE RESPONSE TO OUR NAME CONTEST HAS BEEN VERY GOOD.

HAVE YOU SUBMITTED YOUR SUGGESTIONS FOR A NEW NAME FOR THE NEWSLETTER??? A PRIZE WILL BE AWARDED TO THE NAME SELECTED. GIVE YOUR SUGGESTION TO YOUR CLUB DELEGAT. OR THE EDITOR.

SPECIAL EVENTS

- APRIL 2-3 BIRMINGHAM Alabama Jubilee; Gary Shoemaker, Don Franklin
3 CRESTVIEW Spanish Trail Dance, Modern Squares, National Guard Armory; Elmer Sheffield
3 PENSACOLA 26th Anniversary, Swingsters, Bayview Com. Ctr.; Singing Sam Mitchell, the Samples
3 PENSACOLA NW FLORIDA 'QUARE ? ROUND DANCE ASSN. MEETING, BAYVIEW COMMUNITY CENTER, 12 NOON
5 FT. WALTON Flying Squares Weiner Roast, Liza Jackson Park , 7-10:30 PM
10 NICEVILLE AMERICAN ARTS FESTIVAL, Okaloosa Walton Jr. Co., 1-3 PM, A. Garlock, J. Sicuranza, Hoss & Kit Waldorf
17 PENSACOLA Seaside Squares Easter Dance, Buddy Andrews, Ragon Hall
23 PENSACOLA Seaside Fun Bunch 50 Basics Dance, Darryl McMillan
29 CHATTAHOOCHEE Benefit Dance for Chester Whiddon, Chat. Recreation Ctr, Area Callers, 3 River Twirlers
30-1 DESTIN Campout, Holiday Campgrounds, Ron Ray, Foley Wood
MAY 8 TALLAHASSEE Capital Squares Cotillion, Elks Club, John Saunders, Afternoon workshop, Night dance
8 TALLAHASSEE NW FLORIDA SQUARE ? ROUND DANCE ASSN. MEETING, ELKS CLUB, 1 PM
8 PENSACOLA Mothers Day Dance, Seaside Squares, Ragon Hall, Buddy Andrews
14-16 DAYTONA BEACH Festival, Americana Beach Lodge, Gary Shoemaker, John Saunders, Jim Deeter, The Dowdy's
15 TALLAHASSEE TASARDA, Allen Tipton
28-30 MIAMI BEACH 23rd Florida State Convention, John Hendron, Bob Fisk, the Stark's
JUNE 4-5 FT. WALTON Billy Bowlegs Festival, Ft. Walton Ech. High Sch. Sat. Jerry Helt; Fri. Mary Esther Elem. Sch. Darryl McMillan; Rounds Kit Waldorf
17-19 PENSACOLA 24th Annual Festival, Municipal Aud.; Thurs. Varner Maxey, Eurie Williams, Joe Robertson; Friday Elmer Sheffield; Saturday Jon Jones; Rounds by the Pierce's
24-26 ANAHEIM, Cal. 25th National Square Dance Convention

FUTURE FESTIVALS AND SPECIAL DANCES

- | | | | |
|-----------|---|---------------|------------------------------------|
| JUL 16-17 | Cal Golden Jamboree, Pensacola | OCT 16 | Peanut Festival, Dothan, Ala. |
| 24 | 14th Annual Bob Poyner Jamboree, Valparaiso | NOV 6 | Fall Festival, Chipley |
| AUG 6-7 | 14th Annual Festival, Piloxi, Miss. | 12-13 | NE Fl. Fall Roundup, Jacksonville |
| SEP 10-11 | 2ND ANNUAL ROUNDUP NW FL S/R DANCE ASSN. | '77 JAN 29-30 | 19th Annual Festival, Panama City |
| | | FEB 25-26 | 24th Azalea Trail Festival, Mobile |

****The above listing is a compilation of flyers and special notices received by the Newsletter. The Editor is not responsible for conflicts in schedules****



CLUB NEWS

TALLAHASSEE TWIRLERS, Tallahassee: Quite a few of the Twirlers have been on the go lately. Several couples of us attended the Florida Sunshine Festival in Lakeland, Feb. 26-28, 1976, of which our caller, Elmer, was a part of the staff. March 20th we traveled to Albany, Ga. for the Rebel Squares Bicentennial Dance, for which Elmer was the featured caller. March 26-27 found us in Gatlinburg, Tenn., for the Great Smokey Mountain Festival with Dick Jones, Ted Frye and Elmer on the staff. It was nice to have Elmer home calling our first Friday workshop in March. We enjoyed dancing to Steve Steverson, Tallahassee, Darryl McMillan, Panama City, and Curtis Stokes, Tallahassee, who filled in for us during March.....In April again, Elmer will be doing the first Friday Workshop. Elmer will call our Club Dances April 10 and 17. Darryl McMillan will be calling for us April 24th. Come dance with us.....

BELLES & BEAUX, Ft. Walton Bch.: The Belles & Beaux now have a new class started with a total of 44 students. We are planning an Anniversary and St. Patrick's Day Dance with a potluck supper to start things off on March 19th, at Annette P. Edwins Elem. School. Everyone is invited to attend this dance.....Plans are also underway for a weiner roast to be held at Liza Jackson Park on April 2 starting at 7:30 PM..... Dianna Germindson

SWINGING SQUARES of Panama City, where visitors are always welcome, elected the following officers: President, Charlie & Faye Myers; Secretary, Debbie Wood; Vice Pres., Jack & Joyce Fooshee; Treasurer, O'Neal Collier; Badge Committee, Helen Clark; Food Committee, Joyce Burchfield & Phyllis Griffin; Publicity, Helene Stevens; Sheriff, Bill Williams; Kops & Robbers, Pete & Sharon Pietro.....The half-way party in January was a huge success with visitors from many Association Clubs as well as lots of "snowbirds". Another caller/lab workshop is scheduled for Sunday March 21st. Work and fun combined help make square dancing better and better. Come see us. Time 2:00 PM, Place: The Ranch House.....Helene Stevens

FLYING SQUARES, Ft. Walton Beach: A candlelight graduation ceremony was held at the Flying Squares in honor of our 12 graduates. Those graduating were: Troy Stille, Virginia Harris, Lorraine Hawkins, Jack & Donna Morgan, Ewell & Elaine Clark, Jerry & Sonya Tuttle, Bill Henkener, Jan Dawson and "Mac" Davis who made a beautiful showing when they appeared in the Flying Squares official club dancing costume. It was a gala evening complete with refreshments, games and great dancing. Our caller Foley Wood has been drilling members and guests on popular mainstream movements in preparation for the round of upcoming spring dances. One versatile dancer in our group did a fine job with a new tip called "Substitute Your Partner". A group of Flying Squares visited the Belles & Beaux and brought back their banner in anticipation of them visiting our club to retrieve it. A St. Patrick's Day Party was held with the "wearin' of the green" greatly in evidence. Don't forget our second Weiner Roast at Liza Jackson Park, Monday, April 5th, starting at 7 PM. All are invited to join us.....R. Franklin

CASTOFFS, Valparaiso: We have enjoyed a month of fun filled square and round dancing. To start the month was the Mobile Festival which many of our members attended. The rest of the members kept up the good club spirit of dancing..... Later we enjoyed the makings of Shamrocks, refreshments and door prizes at our St. Patrick's Day Dance. We invite everyone to come dance with us...Donna Baker

ROUND-LS, Ft. Walton-Valparaiso: The Roundels Round Dance Club held graduation for the second round dance class of the area Saturday, February 28, with 7 students receiving diplomas and badges from Kit Waldorf, instructor. Refreshments with a special decorated cake and plenty of dancing made for a fun time for all.....Norma Koehler



OUR FEATURED CALLER FOR THIS MONTH:

CURTIS STOKES, Tallahassee

Curtis graduated from a square dance class in May 1970. In just a few short months the calling "bug" caught him. He had always enjoyed singing and listening to country music, so it was just natural that he would want to try his hand at calling.

With the loan of a couple of records and the encouragement of Randall Musgrove, who was caller for the Capital Squares at that time, Curtis began practicing to become a caller. He joined the Dixie Federation Caller's Association and began to call guest tips and an occasional club dance. By the time Randall resigned as club caller Curtis was ready to accept the offer to take his place.

Curtis has attended clinics and Caller's Colleges conducted by Jack Lasry, Sam Mitchell, Danny Robinson and Dick Ieger. These men who take their time to help new callers have meant a lot to Curtis in his development as a caller. He calls each week for the Capital Squares in Tallahassee and for the Kat Kickers in Valdosta, Georgia. He conducts two classes each year and calls for other local clubs and out of town clubs on weekends.

Curtis is a member of the Florida Caller's Association, President of the Dixie Federation Caller's Association and Secretary for the Northwest Florida Caller's Association.

His two daughters, Debbie and Ann, are square dancers and along with his wife Nelda, they enjoy square dancing as a family.

"DON'T WAIT - - - IT'S GETTING LATE"

register now
=====

23RD FLORIDA STATE SQUARE & ROUND DANCE CONVENTION

Miami Beach - - - Convention Center

May 28, 29, 30, 1976

Bob Fisk - John Hendron - Anita & Larry Stark

\$6.00 per dancer until 1 May 1976

\$6.50 per dancer after 1 May 1976

P. O. Box 61-1161, N. Miami, Fl., 33161

SUBSCRIBE TO BOW & SWING

Name _____

Address _____

City _____ State _____


1 Year \$3.50

2 Years \$6.00

BOW & SWING

P. O. Box 1076

Palmetto, Fl., 33561

Around the Square - by Marty Lacey 

will return in our May issue. Marty is in California with her daughter while she is recovering from surgery.

The following article was printed in May 73 and October 75 issues of the West Coast Dancer. We think that it is a very informative, interesting article.

DIET DANCING DEATH

There are many reasons why square dancing and round dancing have achieved such nationwide popularity. The wonderful association between people of similar interests is in itself enough to attract people. The obvious entertainment we enjoy helps keep us happy and entertained and interested in life. Perhaps the most important reason is the healthful exercise we receive. The chance to maintain a healthy and mobile body as we grow older is a matter foremost in all our minds. The energy we burn dancing helps to keep us young and active physically and the obvious need to be attentive to calls keeps us mentally alert. With all of these good points in favor of dancing one might assume that there are no problems associated with square and round dancing. There are many minor dangers inherent in our dance, but there is one which may lead to a dance of death. This I wish to discuss.

Several circumstances are common to most square dancers. First and foremost is the fact that most are over the age of 45. Secondly, we dance mostly at night, after a full day of activity. And lastly, we usually dance after eating dinner. It is this last fact that can be the "straw that breaks the camel's back". How? Let me explain. Most of us are already in the "coronary age"; most of us lead active daily lives and are proud and happy to be able to be active; and most of us enjoy eating. Coronaries and heart attacks occur when there is an inadequate blood supply to all or part of the heart muscles. This may come about in many ways but I want you to be aware of one particular way. Everything we do each day adds to the load on the heart. Mild coronary artery insufficiency is a condition of which a person is usually unaware. Now you take this person and a particularly active day and add to that a large meal, high in fat and starch and then put him or her on the dance floor and you will watch in horror as this person literally dances to his death.

We cannot blame anyone of these factors as the major cause because they each play their part. We can, however, do one thing to help break this possibly fatal chain of events. This is in the choice of what we eat prior to dancing and when we eat. I am sure you have never heard of a swimmer, or football player or any other athlete who consumed a large, hard to digest meal, just prior to his event. He would make sure that his meal was low in calories, high in protein, but low in fat..food such as beef, fish, fowl, or cheese and prepared by broiling, boiling or baking rather than frying. A low calorie vegetable, a minimum of bread and starch, and plenty of water plus coffee and tea if desired.

We all want to enjoy dancing, don't inadvertently bring disaster to the dance floor. Be active, be happy but sensible. Dr. T. S. Pennington
Bradenton

PRESIDENT'S COLUMN

Square and Round Dancing is booming in Northwest Florida! The 35 active clubs represent more groups than ever before. Beginner classes are reported to be larger than ever. Round dancing has been started in areas that never had round dancing before. Advance level groups have popped up throughout the Northwest. More and larger special dances and festivals are being held.

Since Colonial times, our activity has provided people of all ages a recreation that is wholesome and inexpensive. The increase in Square/Round dance activity is heartening and especially appropriate during this -the Bicentennial Year.

Happy Squares!!!!

Joe & Doris Vaccari



FIVE STAGES OF A SQUARE DANCER

1. Beginner.
2. Square Dancer.
3. Too good to dance with beginners.
4. Too good to dance with anyone.
5. Back to dancing with beginners in order to have a good time.

How do you grade yourself????????????????

17TH ANNUAL BILLY BOWLEGS FESTIVAL

SQUARE DANCE - FT. WALTON BEACH, FLA.

JUNE 4

FRIDAY

1976

SATURDAY

JUNE 5

Mary Esther Elem. School

Cor. Hwy 98 - Mary Esther Cut Off

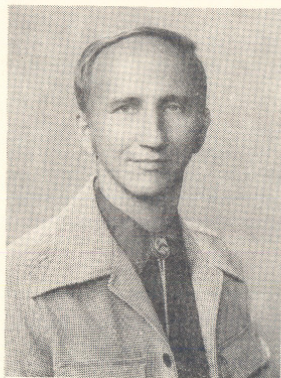
Trail In Dance - 8PM - 11PM

DONATION - Per Couple

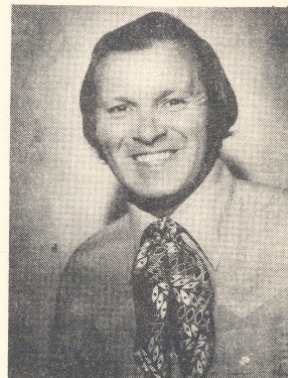
Friday ----- \$4.00

Saturday ---- 5.00

All events --- 8.00



DARRYL
McMILLAN
PANAMA CITY, FL.



JERRY
HELT
CINCINNATI, OHIO

Ft. Walton Beach High School

Cor. Wright Pkwy - Hollywood Blvd.

Round Dance 10AM - 12 NOON

Workshop
Square Dance 2PM - 4PM

Workshop
Square and Round 7:30 PM - 11 PM

Dance Festival
After Party - 11PM - ?



ROUNDS BY KIT WALDORF

Pensacola, Fl.

SPONSORED BY PLAYGROUND AREA SQUARE DANCE COUNCIL

Please Wear Appropriate Square Dance Attire