

February, 1977
Vol. 10 No. 2

West Coast Dancer

Happy Valentine!



February

SQUARE DANCERS!!

This is YOUR magazine, if you have any suggestions or advice please let us know. Send in your articles!! Thanks to Jack Pierson who has been so kind in helping us to make this a better magazine.

24TH ANNUAL FLORIDA STATE SQUARE AND ROUND DANCE CONVENTION

MAY 27, 28, 29, 1977

CHRIS VEAR FROM GERMANY

LEE KOPMAN FROM NEW YORK

CHARLIE AND MARGE CARTER FROM OHIO

Square Dance Headquarters:

THE LAKELAND CIVIC CENTER

Hotel Headquarters " HILTON INN*QUALITY INN*RED CARPET*DAYS INN*HOWARD
JOHNSON

DO SI DO UNDER THE RAINBOW

REGISTER EARLY!!! NOW!!!

FREE ADMISSION TO THE TRAIL'S END DANCE MAY 27, 1977 AT THE CONVENTION
CENTER FOR THOSE WHO PRE-REGISTER

*SQUARE DANCE HALLS*ROUND DANCE HALLS*TEEN HALL*POOL PARTY*
AFTER PARTIES*SKITS

*EASY LEVEL DANCING*INTERMEDIATE LEVEL DANCING*CHALLENGE LEVEL DANCING*
SQUARES & ROUNDS

*WORKING CALLERS CLINIC

*ROUND DANCE STYLING CLINIC

*FREE FASHION SHOW

*RECEIPT OF REGISTRATION AND RIBBONS WILL BE FORWARDED FOR THOSE
WHO PRE-REGISTER

*COMPLETE PROGRAMS AVAILABLE AT CONVENTION CENTER AND IN MAY ISSUE OF
BOW & SWING

*AMPLE PARKING AT CONVENTION CENTER

*BLOCK OF ROOMS AVAILABLE IF REGISTERED EARLY AND TOGETHER

*DEPOSIT ADVISED ON MOTEL/HOTEL RESERVATIONS TO MINIMIZE WAITING AT
CHECK IN TIME

*OVERFLOW ARRANGEMENTS AT NEARBY MOTELS/HOTELS, ALL WITHIN A FEW MINUTES
DRIVE OF CONVENTION CENTER

*SPACE FOR 500 CAMPERS CONVENIENT TO CONVENTION CENTER

PRESIDENT'S MESSAGE

John and Susie Petrauskas, chairmen, have an article below, announcing that our blood bank is now in operational. We Strongly urge all members who can to donate to our bank. Blood will be available to members and their families up to the limit of credits we have in. If we should overdraw, immediate replacement is required, so let's build up a good reserve by donating as often as possible and convenient. Eligibility is limited to Association Members so that we may have some control over the benefits. Our county vice-presidents will be putting on drives in their areas to recruit donors and will have information to answer most questions. This is another service the Association is offering to its members and, hopefully, it will be a great success. We, with Hugh and Jean Fultz and West Coast Willie, have resumed our visits to clubs after the holidays. This is really a satisfying duty which we feel is most desirable. Renewal Dances are scheduled for March 6 at Sebring and March 27 at Sarasota. Further details on these will be given in the next issue.

Ken and Mae Ford

The West Coast Association has formed a blood bank for members and their immediate families. Donations to the account of the Association may be made at any blood bank which is a member of the American Association of Blood Banks and will be credited to the main program at the Community Blood Bank in St. Petersburg. Any member who has a need for this service must contact John Petrauskas, 5255 62St. No. St. Petersburg, Fla. phone number is 544-8168, this is for withdrawals ONLY. For any further information contact the above or any West Coast Officer.

Susie Petrauskas

FROM THE EDITOR'S DESK

Hi Dancers! We have more pages in the magazine this month! We are having the center pages reduced so we can have more room for the club news. If everyone likes this idea, please let us know and we can use 75 words for the club news. Send us a note and let us know if you like the new Calendar. The special events and coming events are on the same page as the calendar. Isabelle Ratliff has had urgency. She is home and doing fine. Hope to see you dancing soon. John and Susie has worked so hard to get us a blood bank. Let's all do our share and GIVE!! SOME OF OUR NEW CAME IN TO LATE IN THE MAIL LAST MONTH TO GET IT IN THE MAGAZINE. Our deadline is on the 10th but Please, mail it early to be sure we get it in time. I have to have the magazine finished and turned in the first thing on the 15th. Harold and Carolyn Mercer

NATIONAL SQUARE DANCE EXECUTIVE COMMITTEE MEETS IN OKLAHOMA CITY
APRIL 14-16.

They will hold their annual pre-convention meeting at the Sheraton-Century Hotel, according to Jim Irvine, Salt Lake City, 1976-77 Chairman of the group. At that time it will hold planning discussions with all members of the 1978 Oklahoma City Convention, 1979 Milwaukee and 1980 Memphis Conventions and review progress on the 1977 Atlantic City Convention. National Conventions are awarded four years in advance based on guidelines prepared by the National Executive Committee. At Atlantic City the site for the 1981 Convention will be selected from bids submitted to the Executed Committee at least 90 days in advance. A public presentation of these bids will be held Friday morning, June 24, at the Atlantic City Convention and all dancers are invited to attend. The committee has already completed plans to solve the sound difficulties, caller scheduling, registration badge pick-up, and other items which caused minor difficulty at Anaheim, basically caused by the unexpectedly record-smashing 39,796 attendance. Square Dancers nationwide have been extremely complimentary of the Anaheim Convention. Square dance callers, leaders and dancers are again invited to send their suggestions to the National Executive Committee, this time previous to its Oklahoma City meeting by writing Howard B. Thornton, Director of information, 2938 Bella Vista Midwest City, Oklahoma, 73110. Copies of the Policies for holding a convention, procedure for submission of bids, and complete convention attendance also may be had without charge on request.

26TH NATIONAL SQUARE DANCE CONVENTION

June 23, 24, 25, 1977 at Atlantic City, New Jersey. Hurry and get your reservation in early!! Plans have been made for all levels of dancing, for your dancing pleasure. Great callers have been lined up. Flyers are out so if you don't have one ask your caller for one.

NATIONAL ROUND DANCE FESTIVAL

July 28, 29, 30, 1977 at the Muehlebach Hotel, Kansas City, Mo. For information contact: Frank & Iris Gilbert 114331 113th Ave. N. Largo, Fla. 33540

WEST COAST WILLIE SAYS, "Let's be proud of our square dancing and wear proper square dance dress at all square dance functions. Wear a smile and let everyone know you are happy to be a dancer."

The 24th Annual State Square and Round Dance Convention in Lakeland brings you a couple of "firsts." One, Chris Veer and Lee Kopman will have afternoon workshops to acquaint the Dancers with new calls, and the Carters will spread New Dances on the Round Dance enthusiasts. A Surprize comes from the Swingin' "8"s of Clearwater who are building a Float depicting the Desisn, Color, Theme and dates of our State Convention in Lakeland. This bit of exposure will be viewed by at least 1,235,000 viewers on parade routes and Television in the West Coast Area. Be sure to see this Float and register for the C onvention in May at Lakeland. The Float Parade Schedule will be in the Feb. and March issues of the Bow & Swing your State S/D Magazine. The Parade schedule is: Feb.7-Gasparilla Parade-Tampa, Feb.28-Strawberry Festival-Plant City, Mar.5-Chasco Festival-New Port Richey, Mar.12-Pow Wow-Seminole, Mar.25-Sun "N" Fun-Clearwater, Mar.26-Desoto Celebration-Bradenton, Mar.29-Festival of States-St.Pete, April2-Parade of States-St. Pete, Day, April2-King Neptune-Sarasota-night-Live Television.

CLUB SPOT-LIGHT OF THE MONTH

BRANDON SQUARES

Brandon Squares is celebrating their sixth Anniversary this month. They invite everyone to come help them have a fun evening. Feb.11 at the Church of the Nativity in Brandon. PDR with Wayne Lundberg and sqs. Don Whitaker from Tulsa,Okla. Brandon Squares started with about eight squares of people, who were taking beginners classes. Their first caller was Gene Upton. Two couples in the club are charter members they are, Marvin & Lucy Grose and Marvin & Ellie Stalker. Jack Harris was their caller befor going back north. They now have George Hinkle. They had an exhibition at Eastlake Square Mall. A good time was had by all. Brandon Squares are well known in the area for their refreshments they serve at their dances. The Officers of the club are: Dick & Kathy Stevens-Pres, Harry & Earlene Combs-V.Pres, Karl & Hazel Smith-Sec.& Treas. They all want to extend a warm welcome to all dancers to come dance with them.

A new booklet, perhaps the first on this subject, has been published by American Square Dance Magazine, entitled "Wheeling and Dealing with Nursing Home Residents". The booklet was written by Mary Jenkins of Minerva, NY and describes ways to set up a program of square dancing on a very simplified scale for those in wheelchairs. It is based on actual programs of this type that Mrs. Jenkins is presenting in New York state nursing homes. Dedicated to Activity Directors and volunteers interested in "bringing happiness to others", the booklet sells for \$2.00 from ASD, donated to St. John's Children's Home in Carrollton, Ohio.

BANNER STEALIN RULES

1. In order to steal or retrieve a club banner, the visiting club must attend you club dance with at least one full square representing their club.
2. In cases where two or more clubs come to steal the banner, the first club having a full square present will take the banner. In cases, of a tie, the host will select, by lot, the club to which the banner will be awarded. To qualify, one full square from each club participating MUST be present for both the first and last tips of the evening.
3. Banners are not reserved for any visiting club.
4. Clubs may not call ahead to find out if the banner is available.
5. All clubs should have ONE banner to steal.
6. In cases where a club travels a distance of 50 miles or more one way to steal a banner and the banner is stolen by a local club, the traveling club may be given a secondary and ONLY in this case should a club have more than one banner out. Mileage to be measured from the visiting club's regular dance location to the host's club's dance location by the most direct route.
7. A secondary banner would be considered as a traveling banner which could be taken only by a traveling club referred to in Rule 6.
8. A couple who belongs to two or more clubs cannot represent one club and steal from another club to which they belong. The badge of the club he intends to represent should be worn.
9. A club can steal a banner or retrieve a banner on a visit to a club, but not both at the same time. It takes a visit to steal and a visit to retrieve.
10. The object of banner stealing is to promote friendly visits between clubs. Do not over patronize a select few-spread you club around. If you are going to be a good thief, be a good one, abide by the rules and make a practice of retrieving your banner before stealing someone else's.
11. A period of at least 3 club dances should pass before the same club steal's that club's banner again.

FALL FUN FEST

The 2nd Annual FFF is coming October 28 & 29, 1977 at the New Lakeland Civic Center. Mark you calendar and send in your reservation early!! Les Main will be doing the calling. He is from Airora, Colorado. Rounds will be by Marty & Byrdie Martin And Frank & Helen DuBois. After party dancing will be called by: Fred Christopher, Gil Crosby & Freeman Pettus.

The majority of square dancers feel that we have the ultimate in recreation--the finest entertainment. Enthusiasm has kept our recreation going and growing. It's a good idea, however, to stop and look at how things are going and how we can make sure things are being done the best way. For example, are we supporting our area association to the fullest to make sure that all of the advantages that we enjoy now will still be around in the future? Are we supporting our new callers and our callers association to make sure they are being encouraged? Are we pushing square dancing to the non-public? Are we letting our friends and neighbors know about all the fun and enjoyment we had at the last dance, weekend festival or camping out? Are we wearing our square dance clothing proudly and displaying to our friends that square dancing is a whole new experience even down to our wardrobe. Are we putting forth our efforts to help our club anyway possible to make sure that our own club will grow and prosper in the future? How about public relations in our own club? Do we make our new dancers feel comfortable and do we make our guests feel welcome so they enjoy our company? We have a tendency to take square dancing for granted, and to think it will take care of itself, but it could be even better if we were all helping a bit more. It's nice to know that you are needed-----and YOU are.

Chuck Kessler

THE 24TH FLORIDA SQUARE & ROUN DANCE CONVENTION

May 27,28,29,1977 at the Lakeland Civic Center. Chris Veer and Lee Kopman will do the squares and Charlie and Marge Carter will do the Rounds. A Trail Dance will be held Friday evening. There will be after-parties skits and exhibitions. Hurry and get your reservations in early.

HINTS FOR SQUARE DANCERS

Petticoats seem to be a big thing in problems. So here are two new hints to help with the problem.

1. Wash your petticoat in the soap you use in your dishwasher... this will brighten them and whiten them.
2. 3ozs. of Elmer Glue and three quarts of water will really perk up that limp petticoat.

When traveling use small plastic bags for your petti-pants, and towels, ties and badges. A glance will tell you whats where.

CLUB NEWS FOR FEBRUARY, 1977

DINKIE LOOPERS OF HUDSON had a busy month. We had a Christmas Party enjoyed by all members and guests. Also new officers were elected: Milton & Mary Payne, Pres.-Henry & Sophie Swanson, V. Pres.-Al & Jean Nagy, Sec.-and the good reliable Harts, Lou and Ginny, Treas. for another year. God Bless them all!!
Ed Kessler

HILLBILLIES OF ZEPHYRHILLS will entertain patients at the Zephyr Haven Nursing Home in Zephyrhills, December, 28. Jack and Maureen Harris was with us for the last time Dec. 29. Again "Good Luck" from us. Bob Barnes will be our regular caller beginning Jan. 5. His beginning class continues Saturday afternoons from 1-3:30, with club level workshop from 3:30-5.

Frances Briggs

HOLIDAY LAKE ESTATES CIVIC ASSOC. says "WELCOME" all ye round and square dancers each and every Friday at 7:30, with now and then "Guest Callers". What a surprise, to receive a visit with a full square from "Steeple Stompers".
Millie

T.N.T. chapter 081 had their Dec. campout at Pioneer Park, Solfo Springs, Fla. George Jabbusch called Fri. evening and Sam Allison called Sat. After the dances we had campfire singing. A gentleman joined us with his guitar, and this really rounded out our evenings. In Feb. 18-19 we will be at Placid Pines Safari Ranch, 6 miles So. Lake Placid on US. 27 & 70. Ya'll come...we always have a good time. Callers: Sam Allison-Fri. and George Jabbusch Sat.

BAY AREA TWIRLERS OF TAMPA enjoyed a gala New Year's Eve Dance. Guest callers Doc Gray & George Hinkle will be doing the calling in Fe. Jo Wilson is back in the hospital this month--hope she is doing fine now. Guest callers will be with the Twirlers until we can locate a club Caller.

M.L. Van Valkenburg

GATOR PROMENADERS--After a two week vacation for the Holidays we are back in full swing. Our Christmas Dance was fun as usual. We were happy to have some members of the Brandon Club join us to retrieve their banner at the dance. Thanks to George Dean, Santa paid us a visit. Congratulations to Tom and Dorothy Leavitt on the birth of their son in Nov. Also Best wishes to Lynn and Kathy Harrison on their Dec. Wedding. Don't miss our Sweetheart Dance the 11th of Feb.

SHOOTIN' STARS OD ST. PETE said good-by to the Tambourine Man and his Anna Bananna. Enjoyed all our guests and guest callers and George too. We knew you could do it. Dena you are next with a singing call. Looking forward to Monday dancing with Bob Barnes and Elmer Hicks.

Anny Vogter

CLUB NEWS FOR FEBRUARY, 1977

FLUTTERWINGS OF LAKE PLACID-Our Christmas Party was a truly beautiful experience. Decorations a credit to all who contributed. Thanks especially to Elsie and Fred Mathers for the beautiful palms and Christmas plants that decorated our hall. All the ladies contributed the food and punch-Delightful! Door prizes were a surprise and a good time was had by one and all. Our tree was pinned with \$64.00 for the Ridge Assoc. for Retarded Children.
Camille Kelly

OAKCREST SWINGERS' held their 4th Anniversary Dance Dec. 4. Thanks to all who planned, helped and attended to make it a great evening. We were sure swingin' at the New Years' Eve Dance at Stirling hall to the calls and music of Hank Schmakel on sqs. and Don Rand on rds-the dancing, food and merry-making-one word to describe it-"wun-er-ful".

Harold & Alice Peebe

TAMPA TAGGERS-Now that the Holiays are behind us, we are looking forward to a fun year of dancing. On March 11, we will celebrate our first anniversary as a club. To help us celebrate the occasion, we have invited Jack Hague from Pittsburgh, Penn to come help our own great caller, Chuck Kessler, to make it an evening of fun. Come join us.

Nancy Carroll

KATCH-ALL-8's OF DUNEDIN-New Year's Eve Dance "A Big Success", 35 Squares. Don Rand, Rounds upstairs, Hank Schmakel, Squares downstairs. Guest caller's Cliff Earl, Baby New Year. Wonderful food served by Eva Neargarder & her crew. After party skits and dancing 'till 3AM. Our thanks to "ALL"!!! Come visit us & see the beautiful hall. Happy, Happy New Year.

Fran S.

RIDGE ROLLAWAYS HAD THEIR ANNUAL Christmas Party Dec. 15. We wish to thank everyone who attended. Especially the McDonald's, Larson's and Hollbrook's for taking charge of decorations and the money tree. Proceeds of which were presented to the Salvation Army. We dance every Wed. 7-10PM. Our Valentine Party will Be Feb. 9. You all come.

Ursula Jenquin

LEFT ALLAMANDERS again had a huge successful "Snowbird" dance and we welcome all visitors to our first 3 Friday night dances. Recently 14 Purple Hearts were earned at one dance so watch for more fun badges coming up. We're also glad to have members and guests back from a variety of illnesses.

Hugh & Jean Fultz

TAMIAMI STEPPERS Round Dance Club's Christmas Party was a great success. Santa left a present for each dancer and a special gift for the Kastners. Our new Year's Eve Party at the Teen Club in Ft. Myers was held with excellent food and good dancing. Larry Butzlaff called squares between rounds by the Kastners.

Myrna Johnson

CLUB NEWS FOR FEBRUARY, 1977

MOBILE MAVERICKS had their usual good time. The Nesmith's who were in charge of entertainment, gave us a very enjoyable evening. Wonder what happened to some of those oranges? Thank you Charles and Phyliss. Our next camp-O-Ree will be Feb. 11 & 12 at Highland Hammock State Park, this will be the last one for this season, Easter comes on the April Camp-O-Ree so we voted to cancel the April one out. Wayne and Jim did an outstanding job of calling and cueing thank you both.

Jules & Gladys Broe

CAPE CORAL SQUARES are welcoming greater and greater numbers of Sno-birds, who are fleeing the frigid northern winter. On Jan. 3, caller Fred Christopher showed his appreciation of their southward migration by appropriately extending a workshop in its various directions. President "Web" Webster is very enthusiastic about the accomplishments of the club and extends an invitation to all visiting square dancers to come to "the best group in the area" for their dancing fun. Plans are now in the making for a Valentine Party.

Edith Juhel

SQUARE EM UP SAMS-Santa spent quite a while with us at the Alligator Park Campground Dec. 17. We really had a jolly old time, with music playing and singing, gift giving and tasty goodies. Madalyn Roberts was a super Santa and brought us much laughter. Our new members are Martin & Dolly Walters, Kenneth & Dottie Golden, Frank & Alice Knize and Pete & Marion Peterson. Our next meeting will be held at Alligator Park Campground on Taylor Road, off U.S. 41 south of Punta Gorda. Anyone with a recreational vehicle and familiar with the 50 basic square dance steps is welcome to join us. For information call Mrs. Roberts 542-1824.

Leroy Corcoran

GANDY DANCERS OF TAMPA have begun a workshop -Mainstream Plus on the 2nd, 4th & 5th Mondays. Regular dance on the 1st & 3rd Mondays. Our Valentine Dance will be on Feb. 14. Come visit us soon.

Dan Arnold

BUTTONS & BOWS OF MULBERRY-Our Christmas Dance was a huge success. The floor was packed, the food delicious and the decorations beautiful. Thanks to all of the committees who helped make it possible. Our New Year's Eve Dance is a sell-out and we are anticipating a great time with Frank Bedell calling. Don't forget the Valentine Dance Feb. 12.

Jo Dahl

YELL-O-ROCKERS OF ZEPHYRHILLS are beginning their eleventh year as a club and are looking forward to presenting some good dancing with excellent callers for the coming year. Officers selected for 1977 are Ray & Bunny Gaddis, Pres.; Ben & Hazel Hamilton, V. Pres.; Ragnat & Edith Peterson. Come dance with us the last Friday of each month! THANKS for "Spotlighting" our club in the December issue.

Edith Peterson

CLUE NEWS FOR FEBRUARY, 1977

CHARLOTTE DANCERS AT PORT CHARLOTTE enjoyed a free dance for members, a visit from dimiutive Santa, Mary Rossberg's homemade holiday goodies as well as a great dance by Tom Bean on Dec. 13. They look forward to a wonderful start in the year with Roger Chapman, Ron Schneider, Chuck Kessler and Doc Gray scheduled to call in January. A highlight of the season will be the SWEETHEART BALL Saturday, Feb. 5 at Port Charlotte Jr. High School. Ron Schneider will do the calling. On Thursdays there will be good dancing to the calling of Roger Chapman, Tom Bean, Chuck Kessler and the month will conclude with a "BE MERRY WITH JERRY" evening with Jerry Benoit of Mass.

Herman & Helen King

CXBOX-Mary & Ted Fasnacht's daughter, Kathy was married in the snow on Sandia Mountain in New Mexico during Christmas week-It was quite a different wedding. Ask Mary about it. Sounds wonderful. We all wish the bride and groom the very best in life.

Ginny Walther

SPINNING WHEELS OF TAMPA again invite all dancers to be initiated for the "PIRAT BALL" to be held later in Orlando. Harry & Betty Cassar will come down to do the rites. Wear an eye patch or one apparrell of Pirate attire. Feb. 4 with Art Springer calling, Marty Martin on rounds. Happy Dancing & Welcome.

I. Ratliff

KITCHEN KOLUM

by GINNY WALTHER

SPONGE LAYERS

4eggs (seperate) beat whites stiff and set aside ADD TO EGG YOLKS-ONE AT A TIME

1 cup sugar, 2tbsps. hot water, 1cup sifted flour, 1teas. salt, 1teas. vanilla Mix well and then add the beaten egg whites, bake in 2 8" or 9" layer pans-greased. 350 degrees for 12 to 15 minutes.

RHUBARB NUT BREAD

1½ cup brown sugar, 2/3 cup salad oil, 1egg and salt, 1teaspoon vanilla, ½ cup chopped nuts, 1cup sour milk, 1teaspoon soda, 1½ cup fresh diced Rhubarb.

Bake at 350 about 1 hour. Fran Schmakel

TURKETTE

1¼ cup RAW spaghetti (2In. pieces), 2 cup Turkey or chicken (cut Up), ¼ chopped green peppers, 1small onion, chopped, ¼ cup pimento, 1cup broth (can use canned broth or cream of Mushroom soup, any cream soup is good to use), 1cup cream of mushroom soup, ½teaspoon salt & pepper, ½lb. sharp grated cheese (save ½ cup for topping) Bake at 350 degrees for 45-60 minutes. Put the cheese on top while hot.

Carolyn Mercer

MANNERS FOR SQUARE DANCERS

1. I will introduce myself to at least one new couple at each dance.
2. I will not "sit Out" a tip if one more couple is needed to fill a square, at least not in view of the others.
3. NEVER walk away from a square until the tip is over!!
4. I'll have a pleasant word for the caller, and not ignore him until I have a complaint.
5. I'll remember that personal grooming is important to my acceptance in a square dance group.
6. I'll always wear proper attire to a square dance. Men please remember, long sleeved shirts. And ladies..no pant suits.
7. I'll smile pleasantly at my partner, and my corner, even if they make a mistake.. after all I make mistakes too.
8. I'll leave the instruction to the caller, unless I'm asked to help.
9. I'll remember that I was once a "beginner", and be willing to dance with people who have had less experience then I have.
10. I'll try to remember that "A STRANGER IS A FRIEND I HAVEN'T MET YET."

Elouiese Lackey is announcing the opening of a new print shop at 1095 1/2 56th Street N. Temple Terrace. Phone 985-4957. Printing while you wait. Village Printer for all your needs. 10% discount to all square dancers.

Hint for new dancers: If you are in need of shoes or petti-pants Byrdie Martin is selling them. See her at the dances or call her at 752-0491.

A SQUARE DANCER'S PRAYER

We honor You, Almighty God, our Father; You who gave the Ten Basics to Moses to circulate among allemande (all Men) as they pass thru this tip on earth, wheeling and dealing of their own free will. Motivate us to cast off red hot sashays, so that we swing thru this life to Your calls with a smile, not barge thru complaining.

When we slip the clutch, substitute, go the wrong-way thar and break-DOWN, HELP US TO TURN BACK, LEAD TO THE RIGHT, STAR THRU AND SCOOT BACK to your grand square.

Polstered by a red rock and a yellow rock, may we help weave the ring, of friendship and be found worthy to promenade home to You.

Thank you Dear God, for being such a wonderful, considerate and merciful CALLER.

The above was composed and delivered by Harry Mais of Galveston, Texas at the National Convention in San Antonio, Texas June 27, 1974.

THINGS OF INTEREST

BOW & SWING is the state magazine for square dancers. A subscription blank is carried in this magazine.

There are two National magazines, published monthly, they are:

Square Dancing
462 N. Robertson Blvd.
Los Angeles, California 90048

American Square Dancing
P.O. Box 788
Sandusky, Ohio

To secure a "Century Badge" obtain the autographs of 100 different callers. For more information write: Century Club
P.O. Box 57, Westfield, Mass. 01085

If you like to make your own dresses write for the patterns at:
Vee Gee Patterns, P.O. Box 73, Rigby, Idaho 83442

You can buy lace, trim, rick rack at reduced prices from the
Mill Store, Box 552, Palmer, Mass. 01609. Write for their price list.

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 us keep 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 keep us mentally alert. With all of these good points in favor of dancing one might assume that there are no problems associated with square dancing 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 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 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 or 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

THE WEST COAST DANCER

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or John & Susie Petrauskas
5255 62 St. No. St. Pete, Fla.
Phone: 544-8168

ODDS AND ENDS

by Irene McKowan

News of the Year!! Kriss Cross Square and Round Dance Club Inc. had their President's Dinner and instalation of new officers at the Ramada Inn, Jan 6, before their regular dance. You will be seeing all new faces. Pres. Joe Klock has a new slate of officers, which I'm sure he will enjoy working with (a new broom always sweeps clean). He had a very hard year in 76, with all the changes he made updating the club and making it a better club. One of his great problems was finding halls that would accomadate our crowds. We have been quite fortunate to have most of our winter dances at the Exhibiton Hall and Beautiful Seven Lakes. Dancing everywhere is just great. I've had the pleasure of visiting all the clubs around what crowds and FUN. They have every where you go-Larry & Dorothy Butzlaff and the Bayside Twirlers just celebrated their third Anniversary. What a crowd and what goodies on the table. Larry called a good dance!! Classes in Rounds and Squares have started call me for information at 334-0344. All of the new beginners from the north will not have to miss a single lesson. Think of all the new friends you will make. A big hand shake should be given to Lee & Earl Kastner for an outstanding job they did in promaoting the Edison Pageant of Light Square Dance. This is the most outstanding event of the year honoring our great inventor Thomas Edison, who gave to the world "light" and where would we be without light. His inventions were many-sound! Where would Square Dancing be without sound? I could go on and on. I happen to be the proud owner of many of his personal, such as one of the first phonographs that he invented and have it on display at my shop. Come to the Dances!!

WE FOLD MAGAZINES THE 4TH WEDNESDAY OF THE MONTH AT N. ELVD. REC. CENTER AT 7PM. ANYONE WISHING TO HELP COME ON DOWN. THANKS, TO ALL OF YOU THAT COME EVERY MONTH. If you have any questions about getting your magazine call Bill & Alice Laird at 935-7657. They have taken over the job of getting them mailed out etc. Our big THANK YOU goes to Bill and Alice, you are doing a great job.