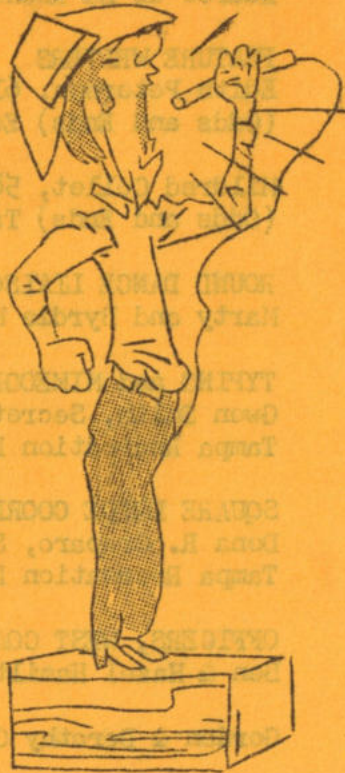


# WEST COAST DANCER

MAY, 1973  
Volume 6, Number 5



## WEST COAST SPREE IN "73"

20th FLORIDA STATE SQUARE AND ROUND DANCE CONVENTION  
May 26 and 27th, 1973  
Trail Dance May 25th  
Curtis Hixon Convention Center

The  
WEST COAST DANCER

Published monthly by the West Coast  
Square & Round Dance Association

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\* WEST COAST DANCER \*

\* 310 20th Street \*

\* Zephyrhills, Fla. 33599 \*

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MAGAZINE DEADLINE

The tenth of each month for callers,  
calendars and news.

Club Reporters-Please limit your  
news to 150 or less words, typed  
(if possible) and please use 8 $\frac{1}{2}$  x  
11 size paper. This helps those  
who must retype the articles.

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Who would like their name here?

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Dena R. Craparo, Supervisor  
Tampa Recreation Department

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Ben & Hazel Hamilton, Pres.

Gordon & Dorothy Carter, Vice-Pres.

SEND ALL NEW MEMBERSHIPS & RENEWALS

TO: Ernie & Sally Powell, Secretary  
108 Douglas, Dunedin, Fla. 33528

John & Susie Petrauskas, Treas.

Printed in cooperation with the City  
of Tampa Recreation Department.

FROM THE EDITOR'S DESK

PRESIDENT'S MESSAGE

We have many people we wish to thank. First of all, Edith Peterson  
 Thanks to the wonderful dancers who turned out for the 5th Saturday dance  
 at North Boulevard, on March 31st. Skeeter Chauvin did a great job of  
 calling the squares and the rounds were done by Frank DuBois and Bob  
 Walther. This magazine can subsist awhile longer because of the generosity  
 of callers such as these. Now on to "The Great One", the State Convention  
 to be held at Curtis Hixon in Tampa in May. The West Coast Association is  
 the host and we must go all out to put on a good show for state square  
 dancers. Then in June we have another very important dance for this  
 magazine to be held at the Clearwater Auditorium. Details are elsewhere in  
 this edition. These dancers are all important, as they are the main source  
 of income for the West Coast Dancer Magazine. We are STILL looking for an  
 editor for this publication. If interested call 782-7473, Zephyrhills.

\*\*\*\*\*  
 Ben and Hazel Hamilton

P.S. We would like to say a special "THANK YOU" to Ken Cucore and to  
 George and Lee Wood who have made generous donations to the West  
 Coast Association during the past month. We appreciate your support  
 more than words can say.

JOIN THE WEST COAST ASSOCIATION

RENEWAL	Single	\$1.50	Couple	\$3.00
NEW	Single	\$1.75	Couple	\$3.50

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 CODE \_\_\_\_\_

FROM THE EDITOR'S DESK

PRESIDENT'S MESSAGE

We have many people we wish to thank. First of all, Edith Peterson who so generously donated her time to type for us this month. Thank you, Edith. And to all those kind people who came down and helped us fold magazines, thank you! Many of you got away before we had a chance to thank you in person, but please know that we appreciate your help VERY MUCH!

We would like to remind all club reporters that the address for news and schedules is 310 20th Street, Zephyrhills, Fla. 33599. This is inside the cover of the magazine. If you do not find your news or schedules, you will know that it did not reach us by the deadline. We regret this, but we must have a cut-off date in order to get the magazine done on schedule.

Hazel and Ben

\*\*\*\*\*  
Ben and Hazel Hamilton

KITCHEN TALK

CABBAGE SOUP (WEIGHT WATCHERS)

- 1 LARGE CAN OF TOMATO JUICE (14 oz.)
- 1/2 HEAD CABBAGE (CUT UP-NOT TOO FINE)
- CELERY LEAVES
- ONION FLAKES
- LITTLE LEMON JUICE
- 2 TEASPOONS ARTIFICIAL SUGAR
- SALT & PEPPER (MAY ALSO ADD IF DESIRED-CARROTS, STRINGBEANS, ETC.)

(WEIGHT WATCHERS DRESSING)

- 1 PIECE TOAST (BROKEN UP)
- 4 oz. TUNA
- 1 CUBE CHICKEN BOUILLION + 1/2 CUP HOT WATER
- CELERY (ALL YOU DESIRE)
- ONION FLAKES
- POULTRY SEASONING, SALT & PEPPER TO TASTE
- BAKE 325° FOR 35 MINUTES

FRAN S.

ROUND DANCE NEWS FOR MAY, 1973

LAKELAND ROUNDETTES-have been busy this past month, learning many new dances, some of which are If Tears Were Roses, Funny Face, Tender Waltz, and Sweet Ethel. We also celebrated two birthdays, Grace Randall who was 39 plus, and Henry Haapala who is a young 80 plus. We hope they have many more years and that we can all help them celebrate. On Thursday, March 29, we celebrated our 5th Anniversary of Byrdie & Marty Martin's Roundettes and we had over 44 couples and several out of town guests to enjoy our Anniversary Strawberry Festival. The berries were picked by Byrdie and a select group of Roundettes and prepared by them as well. They were served over short cake and whipped topping. Marty called many of the older dances and of course the new ones. We all had a good time and are looking forward to a wonderful new year.

Vance & Miriam Bateman

TAMIAMI STEPPERS-March 11th, from 2 to 5 P.M. found us at 7 Lakes in a cooperative dance with the 7 Lakes Roundaliers, a new group sponsored by our own beloved instructors, Earle & Lee Kastner. Oscar & Fran Schwartz came to visit and teach us their new dance "Rhumba Royal". Also, we were happy to have John & Vic Laverty Dance with us and enjoy the well-known hospitality of clubs in our area.

On Tuesday, March 27th we held our 3rd Anniversary dinner and dance in Bonita Springs with 54 members present. The tables were beautifully decorated by Minnie Goeldner and laden with delicious food brought in by the members. A wonderful time was had by all - "We could have danced all night"! Our "Snowbirds" were especially pleased that we held our anniversary dinner early this year so they could attend.

The Kastners have started another basic class at 7 Lakes Auditorium on Wednesday nights, 6:30 to 8 P.M., followed by easy rounds 8 to 10 P.M. Guests are always welcome.

Treva Pahuski  
Bonita Springs, Fla.

Bob and Ginny Walther are teaching a beginner basics class at the Dunedin Beach Campgrounds in Dunedin every Thursday at 8 P.M.

7:30-10:30 (503 N. Mass Ave.)  
Agr. Building  
6:30 P.M.  
Agr. Building  
8:00 P.M.  
Int. Rm.

4 ROUND DANCE DIRECTORY FOR MAY, 1973

MONDAYS

Pinellas Pk.	Easy Every Monday	Ox Bow, 1 P.M. 8451 49th St., No.	Fred & Emily Leach
Pinellas Pk.	Intermediate Every Monday	Ox Bow Hall 10 A.M.	Fred & Emily Leach
Clearwater	Advance Every Monday	Y. W. C. A. 7:30-10 P.M.	Frank & Iris Gilbert
Palm Harbor	Pre.Dn.Rds. Every Monday	Lk.Tarpon Bob.Vil. 7:30-8 P.M.	Joe & Flo Zahorka
Lakeland	2-3-4 & 5th Intermediate	Moose Lodge 7:30-10 P.M.	Marty & Byrdie Martin
Tampa	Every Monday Intermediate	Grant Park 7:45-10 P.M.	Charles & Madeline Lovelace
Venice	Every Monday Basics-6:30	Civic Center-8:30	Bill & Bertha Leonard

TUESDAYS

Tampa	Every Tuesday Basics	Webb Act. Center 8-10 P.M.	Frank & Helen DuBois
Plant City	1-2-3-4 & 5th Easy Rd.Wksp.	Plant City	Marty & Byrdie Martin
Seminole	Every Tuesday Pre.Dn.Rds.	Lake Seminole, No.	Fred & Emily Leach
Bradenton	Each Tuesday Class-6:30	Golf Lake Est. Advance-8:00	Bill & Bertha Leonard
Clearwater	Each Tuesday Intermediate	Y. W. C. A. 7:30-10	Ed & Kay Mack and Don & Donna Teufel
St. Peter	Invitational Intermediates	Town Rounds Town Apts., North	Fred & Emily Leach (1:30-4:00 P.M.)

WEDNESDAYS

Palmetto	Beg.Rds.-2-4 U.S. Hwy.41, N.	Winter Set Travel Trailer Park	F. Caulkins
Largo	Each Wednesday Adv. Challenge	Recreation Center 7:30-10 P.M.	Frank & Iris Gilbert
Sarasota	Each Wednesday Workshop Dance	Windmill Village 4000 N.Tuttle-8 P.M.	Bill & Bertha Leonard
Seminole	Every Wed. Pre.Dn.Rds.	Seminole, North 7:30-8:00	Ed Mack
Ft. Myers	Basics-6:30-8	7 Lakes Audit. Easy 8:15-10:15	Earle & Lee Kastner Phone: 992-4751

THURSDAYS

Lakeland	Every Thurs. Easy Rounds	Rec.Ctr.-Downtown 7:30-10:30 (203 N. Mass Ave.)	Marty & Byrdie Martin
Sarasota	Each Thurs. Int. Workshop	Agr. Building 6:30 P.M.	Bill & Bertha Leonard
Sarasota	Each Thurs. Int. Rds.	Agr. Building 8:00 P.M.	Bill & Bertha Leonard

ROUND DANCE DIRECTORY FOR MAY, 1973

THURSDAYS (continued)

Tampa	Open Easy Workshop	Grant Park 8-10 P.M.	Charles & Madeline Lovelace
Clearwater	Every Thurs. Beginner Basics	Y.W.C.A. 7:30-10 P.M.	Frank & Iris Gilbert
Dunedin	Every Thurs. Beginner Basics	Dunedin Beach Campground, 8 P.M.	Bob & Ginny Walther

FRIDAYS

Seephyrhills	4th-Sq.Dn.Rds.	Municipal Bldg. 7:30	Marty & Byrdie Martin
Tampa	1st & 3rd Sq.Dance Rds.	Grant Park Spinning Wheels	The Martins
Sarasota	1-2-3 & 4th Beginner-7 P.M.	Agriculture Bldg. Intermediate-8:30	The Leonards
N.Pt.Richey (7:30-7:55)	2 & 4th Pre.Rds. 1 & 3rd Pre.Rds.	Shuffleboard Club Shuffleboard Club	Fred Leach Walthers
St. Pete	Every Friday Pre.Dn.Rds.	Ox Bow 7:30-Reviews & New	Lou & Adeline Somers
Ellenton	Beg. & Pre.Dn.	Tidevue Estates	John & Vic Laverty
Clearwater	1-2-3 & 4th Pre.Dn	Y.W.C.A., 7:30-8	Ed Mack
Sun Cty Ctr.	1-3 Easy & Inter.Rds.		Gay & Jerry Carroll

SATURDAYS

Sarasota	Beginners-6:30 Interm.-8:30	Sarasota M. Hm. Pk.	Bob Dawson
Tampa	2nd & 4th	Bay Area Twirlers	Emma Jean Parker
Bartow	1st & 3rd Pre.Dn.Rds.	Civic Center 7:30-10 P.M.	The Martins
Lakeland	2nd & 4th Pre.Dn.Rds.	Women's Club, 8-10	The Martins
Belleair	Each Saturday Pre.Dn.Rds.	Civic Auditorium 2:00 P.M.	The Hendricks
St. Pete	Each Saturday Pre.Dn.Rds.	Ox Bow Reviews & New	Jim & Norine Pearson
Clearwater	1-2-3 & 4th Pre.Dn.Rds.	Y. W. C. A. 7:30-8 P.M.	Ed Mack
Sebring	Beg. 9:30-12 Easy Rds. 1-3	Sebring Tourist Cl. Sebring Tourist Cl.	The Martins The Martins

SUNDAYS

Lakeland	1st Sun. 1:30 Pre.Dn.Rds.	Women's Club 2-5, Sing-A-Long	The Martins
Bonita Spgs.	Every Sunday Int. Rds.	Community Center 7:30-10 Tamiami Steppers	Lee & Earle Kastner Ph: 992-4751
Sarasota	3rd (2 P.M.)	Agriculture Bldg.	Bill & Bertha Leonard
Seminole	1-2 & 5th (2-5)	Ridgewood Act.Ctr.	Edna Lenier & Jack Stevenson
Largo	4th (2-5)	Largo Recreation 400 Highland Ave.	Fred & Emily Leach

SQUARE DANCE CLASSES

<u>SUNDAYS</u>	<u>Ox Bow-8451 49th St., No., Pinellas Park - 7:30</u> <u>Pt. Charlotte Country Club-off Conway Blvd.-7:30</u>	Wood Winter
<u>MONDAYS</u>	<u>Lakeland Citrus Center Colony-1111 W. Beacon Rd.</u> <u>Sarasota Agricultural Building-Hi-level, 8 P.M.</u> <u>Ft. Myers-Orange Harbor, Palm Beach Blvd., 6-8 P.M.</u> <u>Tampa-Webb Activity Center-6035 Hanley Rd.</u>	Allard Jabbusch Sauls Taylor
<u>TUESDAYS</u>	<u>Dunedin Recreation Center-Beginners, 7-8:30 P.M.</u>	Thompson
<u>WEDNESDAYS</u>	<u>Holiday Shores-104th Ave., Beginners, 6:30</u> <u>Cape Coral-Sportsmen's Y &amp; S Club-7:30-10</u>	Taylor Hacking
<u>THURSDAYS</u>	<u>Palmetto Winterset Trailer Park-U.S. 41, Beg., 10-12</u> <u>Lakeland-Lakeside Hills Estates</u>	Caulkins Kegley
<u>FRIDAYS</u>	<u>Bradenton-Cosa Loma Mobile Park-111 52nd Ave., E.,</u> <u>beginners, 10-12 A.M.</u> <u>Zephyrhills-Sleepy Hollow Mobile Park, 8-10 P.M.</u>	Caulkins Kegley

SQUARE DANCE WORKSHOPS

<u>SUNDAYS</u>	<u>Cape Coral-Sportsmen's Y. &amp; S Club-7 P.M.</u>	Hacking
<u>MONDAYS</u>	<u>St. Pete-Ox Bow, 75 Basics &amp; Workshop-8 P.M.</u>	Wood
<u>TUESDAYS</u>	<u>Lakeland-Sterling Pr. Comm. Bldg., WS &amp; Dance, 8-10</u> <u>Largo-Imperial Point, 75 Basics, WS &amp; Dance, 7:30-10</u>	Kegley Hales
<u>WEDNESDAYS</u>	<u>Auburndale Municipal Building</u> <u>Ellenton Tidevue Estates-9:30-11 A.M.</u> <u>Sarasota Oakwood Manor-Fruitville Rd.</u> <u>Largo Open Squares-400 Highland Ave., Cl. Level, 8 P.M.</u> <u>Englewood Recreation Dept.-Orange St., Basics, 7:30-9:30</u>	Chapman Jabbusch Chris Winter
<u>THURSDAYS</u>	<u>Sarasota-So. Winds Tr. Pk., Basic &amp; Fun Level, 8 P.M.</u>	Jabbusch

SQUARE DANCE NEWS FOR MAY, 1973

THE STOMPIN' STUMP JUMPERS are no longer dancing on Monday nights. We will resume again in the fall. In the meantime we are busy with plans for the state convention. We will be hosts for the teen party at the convention, and are happy to know that this year we will have our own hall at the convention for all the teenagers to dance in. We graduated another class and added four squares of new dancers to our club. We also had our First Anniversary Dance in February. We are looking forward to seeing all our friends at the convention.

Melissa Petrauskas

SQUARE DANCE CALENDAR FOR MAY, 1973

SUNDAYS

Sarasota Sing-A-Long Dawson  
 Pt.Charlotte Sing-A-Long Livingston  
 Madeira Bch. Auditorium Kennedy  
 Cape Coral Sunshine Sqs. Hacking  
 N.Ft.Myers Carters Orphanage Richards  
 t.Charlotte "U" Winter

1st Only-5/6/73

Lakeland Sing-A-Long Kegley

MONDAYS

Sarasota Mobile Home Park Dawson  
 Lk.Wales Tower Swingers Chapman  
 Cape Coral Squares Chris  
 Lehigh Acres Triple L Livingston  
 Belleair Suncoast Cardinals Hendricks  
 Palmetto Colonial Manor Caulkins  
 Palm Harbor Lk.Tarpon M.Pk. Cucore  
 Ft.Myers Orange Harbor Sauls

2nd & 4th-5/14/73 & 5/28/73

Fedhaven Nalcrest Swingers Kegley

TUESDAYS

Lake Seminole Springer  
 Plt.Cty Strawberry Strlrs. Parrish  
 Sun City Center Swingers Chris  
 Cape Coral Caloosa Sqs. Hacking  
 Venice Country Cl.Estates Dawson  
 Englewood Rec. Center Winter  
 Palmetto Winterset Tr. Pk. Caulkins  
 Tarpon Springs Buena Vista Skeeter

\* WEDNESDAYS

\* St. Pete Woodchips Wood  
 \* Lake Seminole Springer  
 \* Auburndale Sunshine Shuff. Chapman  
 \* Venice Country Cl.Estates Dawson  
 \* Sebring Ridge Rollaways Livingston  
 \* Ellenton Tidevue Caulkins  
 \* Seminole Holiday Shores Taylor  
 \* Belleair Friendship Sqs. Hendricks  
 \* Holiday Dixie Loopers Cucore

\* 1st & 3rd Only-5/2/73 & 5/16/73

\* Nalcrest Swingers Kegley

\* 2nd, 4th & 5th Wed.-8-10:30

\* Dunedin Beach Campground Baker

\* THURSDAYS

\* Arcadia Squares Livingston  
 \* Ft.Myers Kriss Kross Sqs. Springer  
 \* Pt.Charlotte Promenaders  
 \* Sarasota Mobile Home Park Dawson  
 \* Sarasota S. Winds Tr. Pk. Jabbusch  
 \* Clearwater Open Squares Chris

\* FRIDAYS

\* Bradenton Casa Loma M.H.Pk. Caulkins  
 \* St. Pete Ox Bow Somers  
 \* Ellenton Tidevue Estates Guests  
 \* Pt.Charlotte Swinging Sqs. Allison  
 \* St. Pete Left Allamanders 4 Harris;  
 \* 11 Baker; 18 Skeeter  
 \* Brandon Squares 11 Harris  
 \* St. Pete Mainlands Taylor  
 \* Naples Happy Twirlers Richards

\* 1st & 3rd-5/4/73 & 5/18/73

Tampa Spinning Wheels Springer

Lakeland Swinging Gingham Kegley

\*\*\*\*\*

SQUARE DANCE CALENDAR FOR MAY, 1973

FRIDAYS (continued)

2nd & 4th-5/11/73 & 5/25/73  
 Sun City Swingers Jabbusch \*  
 Tampa Grant Park Skeeter & Guests \*  
Last Friday Only-5/25/73  
 Zephyrhills Yell-O-Rockers No Dance \*  
 Cancelled in support of the 20th  
 State Convention in Tampa. \*  
1-2-3 & 4th Friday  
 Clearwater YWCA Open Harris \*  
 Saunders, Chapman & Springer--  
 These callers will rotate their  
 dates according to their avail-  
 ability. \*

\* SATURDAYS (continued)

\* Tampa Basic "75" Club 5 & 18 Springer  
 \* 2nd & 4th-5/12/73 & 5/26/73  
 \* Clwtr. 2 x 4's INVITATION 12 Chapman  
 \* ONLY--5/26 cancelled in support  
 \* of 20th State Convention  
 \* St. Pete New Graduate Hoedown Wood  
 \* 5/26 cancelled in support of  
 \* the Convention  
 \* Tampa Bay Area Twirlers Harris  
 \* Lakeland Buttons & Bows 12 Cucore  
 \* 5/26 cancelled in support of  
 \* the Convention  
 \* Clwtr. Ranch Mobile Open Sqs. Chris.  
 \*  
 \*

SATURDAYS

\* Englewood Buttons & Bows Guests \*  
 \* Ft. Myers S. Rec. Center Sauls \*  
 \* Naples Sunshine Shufflers Guests \*  
 \* Sarasota Grand Squares 5 Chapman; \*  
 \* 12 Jabbusch; 19 Pres. Choice; \*  
 \* 26 John Sherley \*  
 \* Arcadia Square Dance Club Livingston \*  
 \* Ft. Myers Bch: Women's Club Livingston \*  
 \* 1st Only-5/5/73 \*  
 \* Brandon Squares Harris \*  
 \* 1st & 3rd-5/5/73 & 5/18/73 \*  
 \* Bartow Circle 8 Taylor \*  
 \* Clwtr. Y. W. C. A. Saunders \*  
 \* St. Pete Ox Bow 5 Frye \*  
 \* 19 Sheffield \*  
 \* Largo Open Squares Chris \*  
 \* Lakeland Imperial Sqs. Allard \*  
 \*

JUNE JAMBOREE - June 30, 1973

CLEARWATER CIVIC AUDITORIUM

CALLERS: SKEETER CHAUVIN

JIM BAKER

FRED CHRISTOPHER

ROUNDS: FRED LEACH

This is the biggest dance of the  
 year for the WEST COAST  
 ASSOCIATION! Plan now to attend  
 and bring another couple or two  
 with you. Better yet - make up  
 a square and come have fun!!

Let's make this the outstanding  
 dance for 1973 in the West Coast.

\*\*\*\*\*

<u>ARCADIA</u>	<u>Arcadia Squares-Women's Club Building</u>	Livingston
O. Thurs.	<u>Square Dance Club-Old Armory, Off Hwy. 17</u>	Livingston
O. Sat.		
<u>AUBURNDALE</u>	<u>Sunshine Swingers-Municipal Building</u>	Chapman
O. Wed.		
<u>BARTOW</u>	<u>Circle 8 Square Dance Club-Civic Center</u>	Taylor
O.Sat. 1 & 3		
<u>BRADENTON</u>	<u>Casa Loma Mobile Park-111 52nd Ave., E.</u>	Caulkins
O. Every Fri.	<u>Fun level, 6-8 intermediate, 8-10</u>	
<u>BRANDON</u>	<u>Brandon Squares-Ft. Methodist Church</u>	Harris & Guests
O. Fri.	<u>Workshop &amp; fun level</u>	
<u>CAPE CORAL</u>	<u>Cape Coral Squares-Yacht Club, Knothead</u>	Chris
Mon.Int.Hi	<u>groups invited, contact 995-5059</u>	
O.I. Tues.	<u>Caloosa Squares-Sportsman's Y &amp; S Club</u>	Hacking
O.F. Sun.	<u>Sunshine Squares-Sportsman's Y &amp; S Club</u>	Hacking
<u>CLEARWATER</u>	<u>City Civic Center-cont. before 5 446-2424</u>	Chris
OV Thurs.I.Hi	<u>Clearwater Y.W.C.A.-222 South Lincoln</u>	Bedell & Saunders
O.Sat. 1 & 3	<u>2 x 4's Y. W. C. A.-222 South Lincoln</u>	Chapman
Sat. 2 & 4-Inv	<u>Friendship Squares-Belleair Civic Center</u>	Hendricks
I. Wed.	<u>Ranchmobile Park-6800 150th Ave., N. at U.S. 19</u>	Chris
O. Sat.	<u>Int.-Hi Contact 726-4441</u>	
2, 4 & 5th	<u>Suncoast Cardinals-St. Cecelia School</u>	Hendricks
O. Friday	<u>Hillcrest Rusty Hinge-6:30; Dance-7:30</u>	
O. Friday	<u>Clearwater Y. W. C. A.</u>	Harris, Saunders, Chapman, Springer
Monday	<u>Belleair Suncoast Cardinals 7:30</u>	Hendricks
<u>ELLENTON</u>	<u>Tidevue Mobile Home Park</u>	Guests
O. Fri.		
<u>ENGLEWOOD</u>	<u>Englewood Rec. Center-Orange St. 7-9:30</u>	Winter
Int.Tues.	<u>Buttons &amp; Bows-Lemon Bay School, Rds. 7:30</u>	Guest Callers
O.I.Sat.	<u>Squares &amp; rounds, cont. J. Prairie-426-2315</u>	
<u>FEDHAVEN</u>	<u>Nalcrest Swingers-Fedhaven Aud., 8-10, Fun level</u>	Kegley
Wed. 1 & 3		
<u>FT. MYERS</u>	<u>Orange Harbor-Palm Beach Boulevard</u>	Sauls
O. Mon.	<u>The Swingers-South Recreation Center-Golf Ave.</u>	Sauls
O. Sat.	<u>Kriss Kross Squares-Lake Auditorium</u>	Guests
O. Thurs.	<u>Ft. Myers Bch. Women's Club-In. Wks. &amp; Dn.</u>	Richards
O.Sat.7:30		

HOLIDAYO.Wed.-8-10:30 Dixie Loopers-Beacon Square, 75 Basics, plus WSKEYSTONE (for Keystone, contact Danny Coffin)O. Tues. Keystone Kuzzins-Civic Center, Gunn HighwayLAKELAND (for Buttons & Bows contact Vance Bateman, Lakeland)O.Fri. 1 & 3 Swinging Gingham-Women's Club, Lake MortonO. Tues. WS Sterling Park Community BuildingO. Sun. 1st Sing-A-Long-Garden Club, 802 East OrangeO. Sat. q Buttons & Bows-Women's Club, Lake MortonO.Sat. 1 & 3 Imperial Squares-Women's Club, Lake MortonLAKE WALESO. Monday Tower Swingers-Church of the Good ShepherdLARGO (for Largo contact Chris, St. Pete, 896-8819)O. Sat. 3rd Largo Open Squares-Rec. Complex, Sqs. and Rds.LEHIGH ACRESO. Int. Mon. Triple L Club-Community BuildingMADIERA BEACHO. Int. Sun. Madiera Beach Auditorium-150th Avenue, 8-10 P.M.NALCREST2 & 4 Mon. Nalcrest Swingers-Nalcrest Auditorium (fun level)NAPLESO.Fri. Cl. Lev. The Happy Twirlers-Recreation Center, 8-10O. Sat. Sunshine Shufflers-Avalon SchoolPALMETTOEvery Mon. Colonial Mobile Manor-Hwy. 301, E. -7:30-10Every Tues. Winterset Trailer Park-U.S. 41, 7:30-10PALM HARBORO.I.A. Mon. Lake Tarpon Mobile Village-Hwy. 19PINELLAS PARKALL OX BOW LISTINGS UNDER ST. PETERSBURGPLANT CITYO. Tues. Strawberry Strollers-Dort St. Recreation CenterPORT CHARLOTTEO.Sun. Hi-Int. Charlotte Promenaders-Sing-A-Long, Comm. Bldg.O.Int. Thurs. Charlotte Promenaders-Peace River SchoolO.Int. Fri. Swinging Squares-St. Charles Parrish HallO.Sun. Every Port Charlotte "U" SR Lounge-Aaren St.Thurs. Port CharlottePUNTA GORDAO.Wed. Int. Punta Gorda Women's Club-Hwy. 41 & Beneva Road

Cucore

Coffin

Kegley

Kegley

Kegley

Guests

Allard

Chapman

Chris

Livingston

R. Kennedy

Kegley

Richards

Guests

Caulkins

Caulkins

Cucore

Parrish

Livingston

Winters

Allison

Winters

Chris

SARASOTA

O. Sun	<u>Sing-A-Long-Beginners 6:30 8-11</u>	Dawson
O. Mon & Thurs	<u>Sarasota Mobile Home Park</u>	Guest Callers
O. Sat.	<u>Grand Squares-2900 Ringling Blvd.</u>	Guest Callers

ST. PETERSBURG

O. Wed.	<u>Woodchips-Ox Bow Hall</u>	George Wood
I. CV. Fri.	<u>Squares &amp; Pairs-680 Mirror Lake Drive</u>	Guest Callers
O. Fri.	<u>Left Allamanders-St. Savas Aud.-530 77th Ave.</u>	N Guest Callers
Sat. 2 & 4	<u>Beaux &amp; Bells-Ox Bow Hall</u>	Pearson
Sat. 2 & 4	<u>Mr. Sun Sets-Ox Bow Hall</u>	Pearson
O. Sat. 2 & 4	<u>Sing-A-Long-Ox Bow Hall</u>	Pearson
O. Fri.	<u>Workshop &amp; Dance (sqs. &amp; rds.)-Ox Bow Hall</u>	Somers
O. Int. Sat.	<u>Ox Bow-8451 49th St., No. (1 &amp; 3)</u>	Guests
Friday	<u>Mainlands-Hwy. 19, Hall #2, 7:30 Fun Level</u>	Taylor

SEBRING

O. Wed.	<u>Ridge Rollaways-City Pier</u>	Livingston
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SEMINOLE

Int. Wed.	<u>Holiday Shores-104th Ave., 8 P.M.</u>	Taylor
O. Wed.	<u>Lake Seminole Hall-110th Ave. &amp; Lake</u>	Springer
O. Int. Tues.	<u>Lake Seminole Hall</u>	Springer

SUN CITY CENTER

Tues. Int.	<u>Swingers-Town Hall, Squares &amp; Rounds</u>	Chris
Fri. Int.	<u>Swingers-Town Hall, 2nd &amp; 4th</u>	Jabbusch

TAMPA

O. Fri. Int.	<u>Spinning Wheels-Grant Park Rec. Center</u>	Springer
1 & 3	<u>(contact Charles Todd, 621-3194) 8-11</u>	
Tues.	<u>Hunt Center-Fun level</u>	Harris
O. Fri. 2 & 4	<u>Open Dance &amp; Workshop-Grant Park, 8-11</u>	Skeeter & Guests
O. Sat. 1 & 3	<u>Basic "75" Club-214 North Boulevard</u>	Guests
O. Sat. 2 & 4	<u>Bay Area Twirlers-214 North Boulevard</u>	Harris

TARPON SPRINGS

O. Every Tues.	<u>Buena Vista-Orange St., 7:30-10:30</u>	Skeeter
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VENICE

O. Tues.	<u>Country Club Estates (Int-Hi)</u>	Dawson
O. Wed.	<u>Country Club Estates (Easy)</u>	Dawson
Every Tues.	<u>Bay Indies-Ridgewood Ave., off #41 by-pass</u> <u>(Squares &amp; EZ Rounds), 7:30-10</u>	Winter

ZEPHYRHILLS

O. Last Fri.	<u>Yell-O-Rockers-Municipal Building</u>	No Dance
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SQUARE DANCE NEWS FOR MAY, 1973

BUTTONS & BOWS of Lakeland enjoyed a wonderful month of dancing to some delightful calling, first Dick Reisinger, the Singing Auctioneer, then our final dance for the month when we welcomed a newcomer to our area, Les Chewning and his wife Mary from Maryland. His calls were varied & unusual. We all had a most wonderful month.

Our club members also attended many dances in & around the area: the Spinning Wheels with Art Springer & Marty, the Strawberry Strollers, who had Roger Chapman & our own Marty on the rounds; and a final special dance for the month, the Ridge Association in Auburndale with Jack Harris & Marty doing the calling. If you haven't signed up for the State Convention, this is it, your last chance, see you all at the Convention. (Vance & Miriam Bateman)

SPINNING WHEELS are so happy with the great crowds that come each time we dance. This is the first & third Friday nights of the month. Art Springer will continue to call for us & the Martins will continue their great cueing. The only exceptions will be our 3rd Anniversary Dance the 4th of this month, when we will have Don Belvin from Manchester, Tenn. on the squares and the 17th of August we will have George Hinkel calling. The Martin's will be on rounds for both of these events. I think that you all know our Anniversary Dance will be held at Temple Terrace Rec. Center. We are selling our tickets quite rapidly, so be sure & get in touch with some of our members to get yours. We are anticipating a real Whing-Ding-don't get left out...Our ladies are in the process of getting their dresses ready for the Convention & I feel sure that some of them will pop up at the Anniversary Dance with their new dresses...(You'll get a preview of our club dresses, which we had planned to unveil at the State Convention.) Speaking of the State Convention, hurry with your reservations. Time is short & fun is near. Send your reservations to Ida Polmanteer. If you don't have the regular blank-don't let that stop you, send your name & check to her. She will do the rest. We will look forward to seeing a huge crowd at Temple Terrace the 4th of May and then seeing lots of friends at the Convention that we only see at Conventions. Happy dancing and visit us. We love all you dancers.!

WOODCHIPS were exuberant over the response of dancers who turned out for their 1st Anniversary celebration. Pete Sanson's lively calling & Fred Leach on favorite rounds kept everyone in a joyous mood, and the delicious refreshments provided by club members added to the festivity. Our caller acknowledged the 18 original Woodchips with charter member bars. During the evening Jim & Norine Pearson officially turned over the key to the Ox Bow to George & Lee Wood, complete with notarization of terms by our own Woodchip, Judy Clark. George & Taw are most grateful for the 30 plus members (and kiddies) who gave so freely of their skills & time on the previous Sunday to give the Ox Bow a "new look". Negotiations have been initiated for improved air-conditioning in order to assure us of comfortable dancing for the on-coming summer. A variety of programs are planned for all levels of dancers. Guest callers from near & afar are being scheduled. Monday evening dancers will graduate April 23rd after faithfully attending classes since September. Lee Wood

SQUARE DANCE NEWS FOR MAY, 1973

LAKE SEMINOLE RESORT NORTH—Our monthly birthday & anniversary celebration was held on April 4th. Those honored on their birthdays were: Inez O'Donnell, Joe Gelardi, Jack Taber, Wanda Whiting & Dick & Vange Veiheffer. Congratulations were extended to the following on their anniversaries: Walter & Marge Amfalden, Rolland & Esther Charpentier, Al & Pat Dexter & Frank & Pat Pouder. We are looking forward to celebrating two Golden Anniversaries later this month! Cy & Emma Reed & Don & Ethel Scott are the happy couples who tied the knot at 50 years ago. We were happy to welcome so many visitors this month from New York, Massachusetts, New Jersey, Ontario, & Crystal Beach, Fla. See you at the State Convention!

CAPE CORAL SQUARES—What a wonderful turnout we had to our dinner-dance to honor our snow birds on March 19th. Ben Schuessler spoke the blessing for the delicious ham dinner that served 10 tables of people. This reporter and her husband were chairmen of the affair, but without the help of our many willing members we could never have had it run so smooth. Our thanks to all who came, and our special thanks to Bob Hand for the beautiful table decorations, they really dressed things up, to Flora Trapp who made the darling little snow birds that were hanging on the tree, and let us not forget our own V.P. Lillian West who must have made a trip up north to get the snow that was hanging around. Our thanks to John & Irene Zoeller for helping with the dinner & last but not least our hard working Pres. & wife, Richard & Alvina Cahill who helped wherever needed. If I missed anyone I am truly sorry. We had 12 squares plus to dance to the calling of Fred Christopher, our own club caller, who made the evening enjoyable with his songs from all the different states. We were honored by an out-of-state caller, Les & Mary Chewing of Maryland, the Chewnings are long time friends of 4 of our members, the Smiths & the Schuesslers. Les honored us by calling a tip, long to be remembered by all. To our snow birds a safe trip home & hurry back to your second home at Cape Coral Squares. Yours for happy dancing. (Eleanor Biltoft)

SUN CITY SWINGERS have scheduled 3 special events for the balance of April. A black cat dance on Friday, April 13, the traditional Easter Bonnet Parade & dance on April 17, and graduation of the class of '73 on Tuesday, April 24th. All Swingers who have black cat pins are urged to wear them on Friday, the 17th, to ward off any bad luck that might befall them. The Easter Bonnet Parade and dance, always one of the highlights of the year, features homemade creations based on ingenuity and imagination. On Tuesday, April 24th, diplomas will be awarded to the graduating class in appropriate ceremonies. All class members are requested to come a little early so that class pictures can be taken. On Tuesday, April 3rd, the Swingers welcomed guests Bill & Marie Frank from Albany, New York. Hosts for the evening were John & Leda Davies.

SQUARE DANCE NEWS FOR MAY, 1973

SUNSHINE STATE, NSDCA (continued from page 16)-Elton & Nella Cole, Pot-Luck suppers; Steve & Billie Ball, Printing. Others to be announced later. If you would like to participate by taking a job, let Frank DuBois know. He will appreciate it. (Edith Peterson)

LEFT ALLAMANDERS of St. Pete-Here it is May and our northern friends are leaving. It was interesting meeting and exchanging notes. "Oh, I have a daughter in St. Louis"... "Are you anywhere near Kalamazoo?".. "We have cousins in Livonia".. "We used to live in Maryland". Speaking of coincidences, we had an Ed Ellis from Michigan come to dance with us and our square had 4 Ellises (no relation). March was a "whole lot of something". First, Friday was a smash with Cliff Hendricks-his melodious calls had everybody up & going. We enjoyed his squares & rounds & when the big friendship circle was over, we just hated to leave! Maxine (David's mother) and Jean Curry dispensed the finger-lickin' goodies which our gals sure know how to bake. Second Friday, Jack Harris (what happened to the tambourine, Jack?), made real good sounds & everybody felt the vibrations. We celebrated Jim Baker's birthday (now that he's joined the 39 year olds, we hope he'll start acting his age!). Third Friday, Skeeter was in rare form and his arky-style was the greatest! Sure a little bit of Ireland was there that night. The "Kiss me, I'm Irish" gals & guys looked colorful in their greens & they made us all feel a little bit more Irish, I'm sure! We missed our mascot, Little Dave Johnson who went fishing with big Ed (Marion said she didn't mind). The Hallases & the Lambs graciously hosted the last two business meetings. The club voted to install round dancing on second Fridays (if it's popular we'll continue it). Among our visitors we enjoyed dancing with the Bay Area Twirlers, Friendship Squares, Suncoast Cardinals & the Yell-O-Rockers, who came to retrieve their banner. Our energetic members danced around & visited other clubs. Many of us attended the Woodchips 1st Anniversary Dance at the Ox Bow. Come join us. Remember rounds every 2nd Friday. (Anne & Ed Ellis)

SIGNAL COVE SQUARES of Hudson-Altho all meetings (dance & covered dish suppers) are fun, an especially good time was had at the final dance of this season as there was more to celebrate starting with all that good square dance calling by Fred Christopher, who also is tops in cue-ing the rounds. Next there was the announcement of the up-coming marriage of 2 of the nicest people we know, Clarence Look & Marge Reynolds. Sorry, I did not know the wedding date. The appearance of the members of the 8 Ball Squares of Kissimmee, the Wagon Wheel of St. Cloud, who came by car & bus to earn their Florida Knothead Badges was a surprise. They all followed their leader, caller Bill Price & his Taw, Mary. The Knothead trip was planned by Mr. & Mrs. Don Lotz of Orlando who in reality are Son & Daughter-in-law to Rudy & Tillie Lotz, organizers of the Signal Cove Squares. After 2 & 1/2 hours of the best square & round dancing & a tip called by Bill, the men set up the tables & did we have a feast on all that good food only a square dancing gal can prepare. The ladies all did themselves proud as they always do with baked beans, waldorf salad, meat loaf, jello molds of all colors & flavors, baked ham, spaghetti, chop suey by Tillie Lotz, etc. plus desserts. Coffee & tea by Signal Cove Sqs., fresh squeezed orange juice by John & Gladys Cook. After supper we all waved a farewell to the new Florida Knotheads. They also became Turtles so watch for them.

SQUARE DANCE NEWS FOR MAY, 1973 (continued)

SIGNAL COVE SQUARES of Hudson-(continued)-Signal Cove Squares will resume their regular one Sunday a month get-together including dance and covered dish suppers in October. Plans are to meet on the 1st Sunday of the month instead of the 2nd, as in the past 3 years. We extend an invitation to any club level square dancer who likes and enjoys getting together for a friendly afternoon of fun, fellowship and dancing. First dance meeting and feasting of the 1973/74 season is October 7, 1973. Y'all come, have fun with us. (Hazel Christopher)

SNAPPEROOS of St. Pete-are sorry to announce the closing of it's Saturday night "Get-Togethers". Due to an increase in hall rent and the 'different' set-up of the club, we cannot make ends meet. We have met and danced with some mighty nice people to some excellent callers in the year we've been in existence. We wish all of you happy dancing wherever you may go and we'll B-C-N-U around the area from time to time. (Helen Abell)

NAPLES SUNSHINE SHUFFLERS-The winter season has been a very eventful one for our club with record attendance and excellent callers. One of the highlights was our bus trip to Port Charlotte, February 16th to Sam Allison's club with 38 dancers aboard.

March 3rd our Gay Nineties Costume Ball was our greatest! The committee of 8 couples, plus one, were identically dressed in colorful costumes and the hall artistically decorated in keeping with that memorable era. Prizes were awarded after the Grand March for the best costumes. Entertainment and music throughout the evening added to the enjoyment of all. Jim Baker was caller for the day with an afternoon workshop and Earl Kastner was on hand for the rounds. At 5:30 dinner was served to approximately 175 guests, followed by the evening dance at 8 P.M. Much credit for the success of this event goes to our Chairman of Special Events, Prosser and Ruth Speer and their committee: Mardella & Bob Coe, Mildred & Len Dahlgren, Catherine & Harold Glazer, Clara & Dee Schumaker, Freddie & Don Clawson, Carolyn & Bob Meyer, with their little daughter Ruth Ann. Also in matching dress, Theresa and Tony Gerbec with daughter Mary Lou. 'Twas a night to long remember! M. Dahlgren

STRAWBERRY STROLLERS of Plant City-Thanks to our retiring officers for a job well done. Best wishes to our new officers. May we all have a year filled with happiness and friendship to the fullest. Our new officers are Al & Catherine Adams, President; George & Hazel Shannon, Vice-President; Roy & Mary Gaul, Treasurer; & Shirley Moore & Jon Gaul, Secretary. We all enjoyed the dance on March 6th, called by Roger Chapman. We would like to thank Donie McEwen for making the Strawberry Shortcake. Many thanks to Dean & Jim with the help of Howard & Evelyn, the club was able to put on an exhibition of square dancing in the entertainment tent at the annual Strawberry Festival to a crowd of over 500. Shirley Moore and Jon Gaul

(continued) SQUARE DANCE NEWS FOR MAY, 1973  
 (continued) SQUARE DANCE NEWS FOR MAY, 1973

YELL-O-ROCKERS of Zephyrhills are enjoying the attendances at their dance. There were 23 squares at their February dance with Les Chewning doing the calling. Their March dance had Gene Webster calling and 22 squares dancing. Ray & Bunny Gaddis served as refreshment chairmen. Roger Chapman called for the April dance on the 27th, but we have cancelled our May dance for the State Convention. Come dance with us in June to the lively calls of Jack Harris!

The Yell-O-Rockers' Float in the Zephyrhills Founders Day Parade won the judges 2nd place award. Skeeter Chauvin called for the dancers with spectators calling for more whenever they stopped to change tips. Joan and Willard Barrentine and Louise and Cecil Lucas were responsible for the float decorations, done in red & yellow, with club members assisting with the labor. We were saddened to learn of the death of a former member, Thelma Stambaugh, in Canada. She will be missed by all of us & the many square dance friends she made during her years of dancing. Our sympathies goes to her husband, Del.

(Edith Peterson)

DIXIE LOOPERS-This new square dance club was organized by Ken Cucore's graduating class of March 28th. The group was fortunate in securing Ken as instructor with their home to be the beautiful Beacon Square Recreation Center on Bradford St., Holiday. This is one of the finest halls on the west coast; well air-conditioned and accoustically excellent. Classes will be held every Wednesday, 8 P.M. and will be a "75 Basics Plus" Workshop type of dance. President Harold Adams and club members extend a cordial invitation to all who have had instruction in the complete "75 Basics" and who would enjoy an opportunity to improve their dancing skills while having a FUN evening. May will be devoted to looking at all "Eight Figures" and all "Four Couple Movements". If interested in learning and understanding a call you'll find Ken most explicit, teaching not only by walking it thru but also calling it from many positions.

SUNSHINE STATE CHAPTER 018, NSDCA had over 75 units camping at their March Camp-O-Ree with Jack Harris calling the workshop & dances. Frank DuBois cued rounds for our pleasure. St. Patrick's green was everywhere in beautiful dresses, shirts & ties. Even the caller turned up as a Leprechaun in knee-pants & silver buckled shoes. We welcome the new members who joined us and know they will enjoy each camp-out. We continue to grow so please make it a habit of wearing your Chapter Badges at every camp-o-ree so we can all get acquainted. We will meet at Camp-A-Wyle, Weeki Wachee Springs, May 18-19th. They have reduced their rates so plan on attending if you are a square dance CAMPER. New officers elected at the March meeting are: Frank & Helen DuBois, Presidents; Joe & Ruth Plankey, Vice-Presidents; Ragnar & Edith Peterson, Secretary/Treasurers. Committee chairmen already appointed are:

SQUARE DANCE NEWS FOR MAY, 1973

DIET - DANCING - DEATH (continued from page 18; the rest is on page 19)  
keep us young and active physically and the obvious need of being attentive to the calls helps 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.....(continued on page 19)

FRRIENDSHIP SQUARES-Belleair Civic Auditorium

"A HEALTH SPA"

Square dance people sure have a lot of fun  
They work at what they're doing, and are proud of what they've done.  
They have a code, it's standard  
No matter where you go.  
A welcome hand shake, a great big smile, not just a grin  
It shows all over that it comes from within.

When the caller hollers square "em up"  
You better make your move  
Don't be caught hanging around that door  
If you want a spot on the floor  
'Cause these "young un's" are raring to go  
With an "allemande left" or a "do sa do".

If you're willing to try, and feel a little shy  
Join a club, don't delay, don't wait another day  
Don't be afraid, we'll help you on your way  
And in no time at all you'll be having a ball.  
These people know how to make you laugh and dance  
Well! Who knows, could also lead to a Happy Romance.

Mildred Barth  
Submitted by Alex Burnside

OAKCREST SQUARES-A new club has been formed called "Oakcrest Squares" at Oakcrest

Mobile Home Park, 1001 Ulmerton Road, Largo, will caller Hank Schmakel and taw Fran. Dancing from 7:30-10 P.M. Graduation Party was held March 27th, with 42 couples having their green badges, little hats, and diplomas, 114 couples attended the party. It is a fun level and "75" Basics Club. We had 7 "angel" couples who were really wonderful. Next month we will have a reporter for the news. For further information, contact Hank Schmakel, 447-7836.

A DANCER LOOKS AT SQUARE DANCING. . . . by Mildred Collet

Your reporter has received many requests and letters on the following subjects of Courtesy. So again we take up our challenge and call your attention to.....

COURTESY ON THE SIDELINES

At a square dance you meet your friends with kisses, hugs and cries of joy. Whether you saw them last week or a year ago. These are square dancers among the most bubbling and merry a group today. We would not have it any other way. It is wonderful and lots of fun. HOWEVER..THINK A MOMENT..are you being fair to the round dancers and leaders? Are they attempting to teach or even just to hear the cues above the sideline noise? BE FAIR. It is important that you greet and hear all the latest news, but remember the others paid the same as you did and are entitled to a little consideration. There are many dancers who truly enjoy the rounds, but find it next to impossible to hear the cues. So next time...Sh-h-h..keep it down a little, please.

Everyone has the choice of dancing or not. However, if you do sit this one out please keep your feet out of the way of the dancers. Better yet--move to another seat, in the second row or in a corner, where you may cross your knees in comfort and know a dancer won't step either on you or trip over you.

Many callers have again asked us to remind you--ONE CALLER TO A HALL, not in every square during workshops. If everyone would be QUIET, everyone could hear.

Webster defines CONSIDERATE as attentive, thoughtful and kindly. Let us be CONSIDERATE toward one another. Attentive to the callers, thoughtful of other dancers, and kindly toward each other. SMILE, YOU'RE A SQUARE DANCER!

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The following was submitted to us by George Jabbusch:

DIET - DANCING - DEATH

There are many reasons why square dancing and round dancing have achieved such a 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 healthfull exercise we receive. The chance to maintain a healty and mobile body as we grow older is a matter foremost in all our minds. The energy we burn dancing helps to

There are several circumstances common to most of our dancers. First and foremost is the fact that most of us are over 45 years of age. Secondly we dance mostly at night after a full day of activity. And last, 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, 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, high in liquids and timed to give him at least two hours to digest it. We can do no less if we are to be sensible. A heavy meal requires more energy from the body and heart than several tips of dancing. Don't add this strain to your heart. Let's all dance to health and happiness. A good typical meal would be as follows: A green salad with a light dressing; a high 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 (tomatoes, young string beans, squash, asparagus, etc.); a minimum of bread and starch, and plenty of water plus coffee or tea if desired. This meal should have 500 to 1000 calories depending upon age, weight and caloric needs of the person eating.

We all want to enjoy dancing, don't inadvertently bring disaster to the dance floor. Be active, be happy but most of all be sensible and you will enjoy many years of dancing.

Dr. T. S. Pennington  
 Bradenton, Florida

LATE ARRIVALS TO THE EDITOR'S DESK

This news arrived too late for placing in the regular schedule:

SQUARE DANCE CLASSES

- Mondays Largo Oakcrest, beginners, 7:30-10:00 Schmakel
- Thursdays Pinellas Park Springwood, beginners, 7:30-10:00 Schmakel

SQUARE DANCE WORKSHOP

- Tuesdays Largo Oakcrest, "75 Basics" and Fun Level, 7:30-10:00 P.M. Schmakel

SQUARE DANCE CALENDAR FOR MAY, 1973

- Tuesdays Largo Oakcrest Squares "75" Schmakel

SQUARE DANCE DIRECTORY FOR MAY, 1973

- Tuesdays Largo Oakcrest Squares, 1001 Ulmerton, Fun Level, 7:30-10:00 P.M. Schmakel

SQUARE DANCE WORKSHOP

- Wednesdays Holiday Ranch Mobile Park, 2300 East Bay Drive, 65 Basics, 7:00 P.M. Hart

WEST COAST SPREE IN "73"

Curtis Hixon Convention Center

May 26, 27, 1973 Trail Dance May 25

Manger Motor Inn-Headquarters \$3.00 per person  
 Holiday Inn-Co-Headquarters \$3.50 per person after May 1, 1973

Information: Convention Committee, P. O. Box 11675, Tampa, Fla. 33610

Keys available from Ron Van Valkenburg--50¢ a piece

20th ANNUAL FLORIDA STATE SQUARE AND ROUND DANCE CONVENTION

ODDS and ENDS  
By Irene McKown

Bye, bye, Snow Birds! We really hate to see you go back north. You have helped make square dancing a great pleasure and we are going to miss you a lot. Hope that you have a wonderful summer and will be just as anxious to get back next fall, as we will be anxious to have you.

Kriss Kross Squares' Anniversary Dance was one long to be remembered. There was a lotta reminiscing. Newell Hogan (he and his wife, Dottie) one of the very few charter members told the history of "Kriss Kross Squares This is Your Life." Our club is one of the oldest in the state. When we started we were told that we would not last. We have had many club callers, George Campbell, Les Gocher, Jay Fennimore, Bedell and many, many others. Roger Chapman was and still is one of our first callers. When Bob Dawson was teaching a class in '62, Harold and Joyce Sauls were "bitten by the bug" and became a caller and teacher himself, and we all know how much Harold and Joyce have contributed to "Kriss Kross Squares." He is still doing a wonderful job!

Our present club callers, Skeeter Chauvin (when he first started calling he was very shy - not now, though), can he really call! Jack Harris had only been calling six months when he started calling for us, and now he is bringing up another "Little Jack" to take his place. That's progress!

Roger Chapman, as I said before, has been with us the longest-continuous for over 12 years. Danny Robinson had to put on a wig to have long hair, now what beautiful hair he has! His antics while calling could stop the floor-or many dancers but oh! what fun. In all our years of dancing the club has only had "two foul-ups." One night we had two callers, and the other night, none. One of the visiting winter guests came to our rescue, and it turned into a very fun evening.

In the years we've been dancing we have only had 13 presidents-some have had to serve more than one year. Newell and I being one of them that did. Among the presidents that are still with us are: Tom Atkinson (who has done much for the club), he was not afraid to venture and we took on the Big Exhibition Hall to have our Christmas Dance. What a success it was; Paul Caldwell, Al Foreman, and our present president Earle Kastner. In the years with our 13 presidents we have had only five secretary/treasurers and the gal that has served the longest is none other than Irene McKown. She took over in '66 when the Ralph Scotts moved away.

Over the years we've only danced in five halls. The armory (where we started), The Garden Center, The Teen Club (for many, many years), Cypress Lake School, and this beautiful auditorium Seven Lakes, which was through the efforts of hard working Don Haue and his sweet wife, Gert.

## SPECIAL DANCES

### WEST COAST SPREE IN '73"

Curtis Hixon Convention Center  
May 26 & 27, 1973  
Trail Dance May 25th

### SUNSHINE STATE CHAPTER 018, NSDCA

Camp-O-Ree, May 18th & 19th  
Camp-A-Wyle, Weeki Wachee Springs  
Caller: Jack Harris

### SPINNING WHEELS 3rd ANNIVERSARY

May 4, 1973, 7:30 P.M.  
Temple Temple Recreation Center  
Caller: Don "The Hat Man" Belvin  
Rounds: Marty Martin  
Refreshments, door prizes,  
fellowship and fun, fun, fun.

## COMING EVENTS

### JUNE JAMBOREE

West Coast Association Dance  
Clearwater Civic Auditorium  
June 30, 1973  
Callers: Skoeter Chauvin, Jim Baker  
and Fred Christopher  
Rounds: Fred Leach

### BAY AREA TWIRLERS

July 28, 1973, 8 P.M.  
North Boulevard Recreation Center  
Caller: Jack Lasry  
Rounds: Emma Jean Park

### NATIONAL SQUARE & ROUND DANCE CONV.

June 28, 29 & 30, 1973  
The Salt Palace, Salt Lake City, Utah

### NATIONAL SQUARE DANCE CAMPERS CONV.

July 19, 20, 21 & 22, 1973  
Clay County Fairgrounds  
Spencer, Iowa

### CITRUS-LAND SQUARE UP

July 20 & 21st, 1973  
Lakeland Civic Center  
Callers: Roger Chapman, Harry Lackey,  
and John Saunders  
Rounds: The Lovelaces  
50 Square Limit-Full registration only

### ODDS and ENDS-by Irene McKown (continued)

NOW, it's all these and you that has made the club what it is today and one that we are very proud of. This is Our Club's Life, by Newell Hogan (and by the way it was Newell that kept the club going through the scarce years from the secretary that knows).

The State Convention is coming up - don't forget "West Coast Spree in '73", May 26 & 27th at Tampa, Fla. See you there.

P.S. Roger Chapman was our caller for our Anniversary Dance. He was presented with a mail box and key and he did his record "The Key is in the Mail Box, Come on In!" and dedicated it to the "Kriss Kross Squares."