

DANCERgram

Square and round dance news for the west coast of Florida

Editor: Penny Green (sqdnxfan@aol.com)
www.squaredancefan.com

Volume 7, Issue 29

July 20, 2009

This entire newsletter can also be found at
www.squaredancefan.com

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This newsletter is published weekly and distributed electronically as a free service to the dancers on the West Coast of Florida. If you would like your own personal copy emailed to you, please notify the Editor either by email or in person.

July 20, 2009 – Deadline to submit nominations for West Coast Distinguished Service Award. For info: anndonslocum@yahoo.com.

July 22, 2009 – West Coast Folding/Business Meeting – Barksdale Center (home of Temple Twirlers and Spinning Wheels), 1801 N. Lincoln Avenue, Tampa –

Folding starts at 6:00 p.m. – Business Meeting starts as soon as the Folding is completed; usually around 6:45 – 7:00 p.m. All Officers, County Reps and Committee Chairman are reminded to forward reports to the West Coast Secretary (sqdance4944@gmail.com) when they will miss a meeting. Everyone is welcome and encouraged to attend these meetings. Every club is encouraged to send a representative. For info: brassy1012@aol.com or zurhn.shirley@verizon.net.

From the Editor



Today, Monday, July 20th, is the final day to submit your nominations for the West Coast Distinguished Service Award. If you haven't sent in your nomination, you better hurry!

★★★★★★★★★★
[Have you submitted your nomination for the West Coast Distinguished Service Award?](#)

I really needed a good laugh this weekend and I found it in The (Lakeland) *Ledger*; I wanted to share it with you.

★★★★★★★★★★

“Novelty Stops Being Fun at Bathroom Door”

By Bill Bair

The room was a little stuffy when we checked in. I fidgeted with the thermostat, and then called the desk to ask for instructions on use of the air conditioner.

In taking vacations, we often seek new places, new experiences – something different.

It can be a little startling when you find it.

‘We don’t have air conditioning,’ was the quick reply from the clerk.

There are basic assumptions we make in life. Motels may or may not have free Internet access and the levels of cable television service may vary, but all motels have air conditioning.

We definitely were not in Florida any more.

'Open a window,' the clerk suggested.

Duh.

The thermostat was for the heater. The high that day on the Olympic Peninsula west of Seattle was 65. When the high is 65 in June there is not much need for air conditioners.

But there are some new experiences that seem a bit unnecessary. The excitement over novelty stops at the bathroom door.

At some point the folks who design hotel chains decided that the way to demonstrate their superiority was to 'improve' the basic bathtub/shower control system.

For many years things were simple: cold on left, hot on right and a pull-up knob to control the shower.

In a fairly expensive hotel in downtown Seattle the bedding was wonderful, the pillows superb, the view spectacular and the shower incomprehensible.

One valve controlled water temperature and a second controlled volume. There was no indication of how to turn the shower on.

One does not want to have to read an instruction manual to take a shower. Of course, there was no instruction manual.

And you shouldn't have to wear glasses in a shower to figure out the control system.

It turned out that pulling a ring-type collar around the faucet diverted water from the tub to the shower.

So stand on one leg, face east, genuflect a couple of times and pray.

It doesn't matter. When the shower starts you'll either be scalded by hot water or have toes and other body parts shriveled by the cold.

The new experiences of travel can be fun. But the daily shower in a hotel should not be a new experience. Some things need to stay the same.”

Reprint from The (Lakeland) *Ledger* – Sunday, July 19, 2009

I still laugh when I read it!

I like to hear about things that are being tried in different clubs and associations. This week I received an email from Canaveral Squares in Rockledge about their weekend square dance classes. Yes, they have accelerated the lessons into weekend classes so the new dancers can start dancing with their club right away. They even advertise that no partner is needed!

The hours for the classes are 9:00 a.m. – 5:00 p.m. with a break for lunch on Saturday, and 2:00 – 5:00 p.m. on Sunday. They ask that everyone pre-register so they can fill the squares with experienced dancers. The cost is \$15 per person per weekend. I, for one, will be interested in hearing how this works out!

CORRECTION

In the July 13, 2009 issue of the DANCERgram I failed to give the proper credit for the article entitled “Styling, Timing & Casual Dress” by Ken Miller. The article was a reprint from *The Grapevine* Volume 56 Issue 3 – July, August, September 2009.

Health & Sympathy Updates

These postings, as well as any previous postings, and notices for dancers can be found at www.squaredancefan.com

Please be sure to also check the website for updates on dancers!

Shirley Barnes – wife of Caller Bob Barnes – I called Bob Sunday afternoon to see how Shirley is doing. She, of course, is not a happy camper having to stay in a nursing home for six to eight weeks! She has a boot on but can’t put any weight on her foot so she has to hop to get around. This means she can’t get in and out of the motor home they are traveling in. Bob explained that this mishap occurred while Shirley was walking the dogs in Franklin, KY. The grass was wet, with clay beneath it, and she slipped and fell breaking her ankle. It took nine screws on one side and six on the other to repair it. A week from Tuesday, she will go for x-rays to determine if it has healed enough for her to start putting weight on her foot. Bob is staying in the motor

home at a campground 16 miles away (the closest one), but several of Bob's children are within five miles of the nursing home. Several of her relatives have also come to visit her. It will be six to eight weeks before she is released to return home. If all goes well, they will be back in time to call for the West Coast President's Ball. Bob said she really enjoys receiving all the cards everyone has been sending her.

Jimmy Griffin – cuer in St. Petersburg – Carol reports that Jimmy is starting to walk on his repaired foot and ankle. Starting off slowly but the prognosis is good!

Bob Poyner – caller in Defuniak Springs, FL – Bob is on his way to Colorado for the funeral of his 23-year-old great-nephew who passed away from failure of an enlarged heart. If you would like to send cards, Bob's home address is 261 County Highway 1084, Defuniak Springs, FL 32433-0274.

Chriss¹ Buhrmester – clogging cuer and instructor in Lakeland and former member of Buttons & Bows of Lakeland – suffered a seizure last weekend while working in the yard. He was rushed to the hospital where they discovered he has a cancerous brain tumor. He is home now and is able to get out and about. He will be starting treatments soon. He had cancer a few years ago but in the throat. If you would like to send cards, his address is 1416 Dawn Heights Drive, Lakeland, FL 33801.

Dan Wilkerson – caller in the Tampa Bay area – had knee replacement surgery on the 15th at Brandon Regional Hospital. The large brace and bandages came off on Friday morning and he was to then start physical therapy. He is supposed to come home on Sunday or Monday. If you would like to send cards, his address is 1811 Erin Brooke Drive, Valrico, FL 33594-4004.

Kathryn Marshall – wife of Caller Henry Marshall – I received her obituary this week.

Kathryn Ellen (Lewin) (Williams) Marshall passed away unexpectedly early July 9, 2009 at her home in Fairhope, Alabama. Born in Presque Isle, Maine, on June 27, 1935, she was the firstborn child of Wilma (Tompkins) Lewin Goodall, and Roland (Earl) Lewin. Kathryn was a member of the 1953 class of PIHS. She had a love for life. After raising her family she attended Mobile Infirmary and earned her Registered Nursing degree with certification in cardiac care and chemotherapy. Her career included employment at the Mobile Infirmary Hospital in the cardiac unit. She later worked at the nursing home and in home care. Loving her job, she also volunteered at a local bible camp during summer visits in Maine.

Kathryn loved flowers which are her legacy; she planted flowers everywhere she went, many of which are enjoyed by family members today. She was predeceased by her first husband James Edward Williams, with whom she had four children, Marilyn and her husband Michael Brown of Easton, Steve R, Williams and his wife Wendy (Dyer) of Hickory North Carolina, Roger R. Williams and his wife Claudia of McKinney Texas, and Sherry and her husband Claude Sutherland of Presque Isle Maine. She was married 47 years to Henry William Marshall. They built fond memories traveling, square dancing, roller skating, camping, hiking and organizing family

¹ This isn't a typo!

gatherings. Kathryn and Henry have three children, Ellen Richelle Wright and her caring friend Ray Ward, of Fairhope, Alabama, Doreen and her husband Joe Frederic of Perkinston, Mississippi, and Henry Marshall Jr. and his wife Jill of Virginia Beach Virginia.

Kathryn leaves behind her husband Henry, her seven children (above), 24 grandchildren, 26 great grandchildren, her sister Rovvena Ranley, and brothers Nathan Lewin, of East Millinocket, and Curtis Lewin and his wife Sally of Presque Isle Maine, and her Aunt Florence Rogers of Dauphin Island, Alabama. She also leaves multiple cousins, nieces and nephews, and friends, including her wonderful friend Annie Martin.

She was predeceased by her parents, her stepfather, Hanford Goodall, her sisters, Roberta Woodcock of Presque Isle, Maine, Kay Miranda of Washington D.C, and Rita Lewin of Rhode Island. A memorial service will be held at her home in Fairhope, Alabama, TBA with a graveside service at Fairmont Cemetery in Presque Isle, Maine on August 1, 2009.

Penny Green is still suffering a lot of back pain which has moved to her hips and legs. She is now taking physical therapy and will be put on a TENS unit; another rhyzotomy is scheduled for August 17th.

Roland Blanchette – caller in Lakeland – His daughter, Jaye, had six more cancerous spots removed from her liver.

How do I get in touch with ...?

This contact list can also be found at
www.squaredancefan.com

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Florida Association of Single Square and Round Dancers (FASSRD) Penny Green 863-967-5004 sqdnxfan@aol.com

Florida Callers Association Ellis Lindsey 386-454-2872 lalecl@aol.com
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Suncoast Callers and Cuers Association Clyde and Mary Lou Stocker 863-293-5947 Stocker38@worldnet.att.net
Round Dance Council of Florida Lisa Wall 904-241-0384 ljwall@comcast.net
West Coast Blood Bank Accounts Hillsborough: #03151 (Chmn: Flo Byington) Pinellas: #06547 (Chmn: Flo Byington) Polk: WCSR (Chmn: Ann Slocum)
Bow and Swing Editor: Randy or Bill Boyd 407-886-7151 407-886-8464 (fax) rgboyd@earthlink.net

The Health Benefits of Dancing --

Including Specific Benefits of Different Dances by www.SixWise.com

If you secretly sashay across your living room when you're home alone or long to cha-cha with your significant other, you're in luck. Not only is dancing an exceptional way to let loose and have fun, but it also provides some terrific benefits for your health.

In fact, Mayo Clinic researchers reported that social dancing helps to:

- ◆ Reduce stress
- ◆ Increase energy
- ◆ Improve strength

And whether you like to kick up your heels to hip hop, classical or country, the National Heart, Lung and Blood Institute (NHLBI) says that dancing can:

- ◆ Lower your risk of coronary heart disease
- ◆ Decrease blood pressure
- ◆ Help you manage your weight
- ◆ Strengthen the bones of your legs and hips

Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. **This is especially stimulating to the mind, and one 21-year study published in the New England Journal of Medicine even found dancing can reduce the risk of Alzheimer's disease and other forms of dementia in the elderly.**

In the study, participants over the age of 75 who engaged in reading, dancing and playing musical instruments and board games once a week had a 7 percent lower risk of dementia compared to those who did not. Those who engaged in these activities at least 11 days a month had a 63 percent lower risk!

Interestingly, dancing was the only physical activity out of 11 in the study that was associated with a lower risk of dementia. Said Joe Verghese, a neurologist at Albert Einstein College of



Dancing the night away can burn more calories per hour than riding a bike or swimming.

Medicine and a lead researcher of the study, "This is perhaps because dance music engages the dancer's mind."

Verghese says dancing may be a triple benefit for the brain. Not only does the physical aspect of dancing increase blood flow to the brain, but also the social aspect of the activity leads to less stress, depression and loneliness. Further, dancing requires memorizing steps and working with a partner, both of which provide mental challenges that are crucial for brain health.

How Good of a Workout is Dancing, Really?

The amount of benefit you get from dancing depends on, like most exercises, the type of dancing you're doing, how strenuous it is, the duration and your skill level.

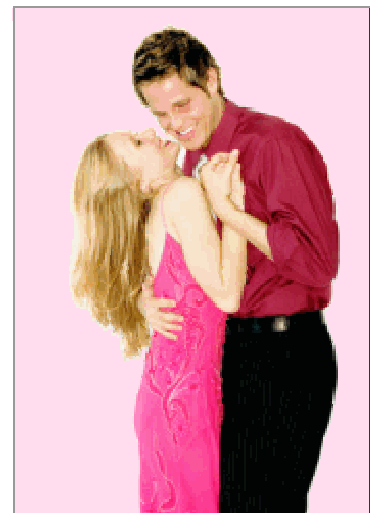
Says exercise physiologist Catherine Cram, MS, of Comprehensive Fitness Consulting in Middleton, Wisconsin, "Once someone gets to the point where they're getting their heart rate up, they're actually getting a terrific workout. Dance is a weight-bearing activity, which builds bones. It's also "wonderful" for your upper body and strength."

Plus, dancing requires using muscles that you may not even know you had.

"If you're dancing the foxtrot, you're taking long, sweeping steps backwards. That's very different than walking forward on a treadmill or taking a jog around the neighborhood ... Ballroom dancing works the backs of the thighs and buttock muscles differently from many other types of exercise," says Ken Richards, professional dancer and spokesman for USA Dance, the national governing body of DanceSport (competitive ballroom dancing).

Specific Benefits of Different Dances

If you're looking for specific health results, here's a breakdown of the benefits of some popular dances. Just remember that any type of dancing is better than no dancing at all!



Most people agree that social dancing gives them a more positive outlook on life.

Belly Dancing

- Improved posture and muscle toning
- Maintains flexibility
- Helps prevent lower back problems
- Tones and firms arms and shoulders
- Helps with weight loss
- Helps prepare women for childbirth
- Reduces stress

Ballroom Dancing

- Conditions the body
- Helps keep the heart in shape
- Builds and increases stamina
- Develops the circulatory system
- Strengthens and tones legs and body
- Increases flexibility and balance
- Helps with weight loss
- Relieves stress

Salsa Dancing

- Builds endurance and stamina
- Helps with weight loss
- Relieves stress
- Helps you release toxins via sweating
- May help lower blood pressure and improve cholesterol levels
- Can lead to a reduced heart rate over time

Square Dancing

- Provides cardiovascular conditioning
- May lead to a slower heart rate, lower blood pressure and an improved cholesterol profile
- Strengthens bones
- Helps you develop strong social ties
- Loosens and tones muscles

Physical benefits aside, dancing has a way of brightening up a person's day, says ballroom owner and operator Karen Tebeau.

"A lot of times, when people come into the studio, it's because there's been a change in their life: a divorce or they've been through a period of depression. They (continue) coming in, and

Dancing Off Those Calories

How many calories will you burn while dancing? That depends on the type of dancing. Here's a range of some of the most popular varieties, based on a 150-pound person, per hour:

- Swing dancing: 235 calories/hour
- Ballroom dancing: 265
- Square dancing: 280
- Ballet: 300
- Belly dancing: 380
- Salsa dancing: 420+
- Aerobic dancing: 540+

you see a big change. After a while, they're walking in with a sunny expression. You know it's the dancing that's doing that," she says.

Reprint from SixWise.com Newsletter, October 12, 2005

Music is a Must for Your Good Health

New Study Confirms It: Music is a Must for Your Good Health ... and Your Brain by www.SixWise.com

A new study in the journal *Heart* has good news for music lovers: whether you are seeking arousal and vivaciousness or calm and relaxation, music is a must. What's more, the researchers found that such reactions are good for your heart.

Participants in the study listened to raga (Indian classical music), Beethoven's ninth symphony (classical), rap (the Red Hot Chili Peppers), Vivaldi (fast classical), techno and Anton Webern (slow "dodecaphonic music").

When listening to fast music with complex rhythms (classical, techno, etc.), participants' breathing and circulation sped up--the faster the music, the greater the degree of physiological arousal. Meanwhile, slower music (raga, etc.) created a fall in heart rate and induced calm. The reactions occurred regardless of the individuals' musical preference.

During two-minute pauses in the musical sequences, all indicators of arousal fell below levels recorded before listening to any music. The researchers say these reactions could be helpful in heart disease and stroke.

Music for Stress Reduction and Job Burnout

Music is, of course, also an excellent tool for stress relief, as anyone who's ever zoned out to their favorite CD after a hard day can attest to. A sense of calm can be achieved not only from listening to music, but also from making it.

A landmark study published in *Advances in Mind-Body Medicine* found that a Recreational Music-Making (RMM) program, in which employees use percussion instruments together to create a sense of camaraderie, drastically reduced employee burnout and mood disturbances among long-term care workers. Long-term care is one of the most stress-prone industries, and it suffers from a high rate of employee turnover, burnout and dissatisfaction.

So researchers were pleased to find that RMM reduced total mood disturbance by 46 percent among this group. Plus, during the program many experienced "a refreshing sense of group nurturing and support, coupled with heightened interpersonal awareness and respect, which prompted ongoing meaningful dialogues."

Like Sleep? Try Music

A study published in the February 2005 edition of The Journal of Advanced Nursing found that older adults with sleep problems who listened to soft music at bedtime reported a 35 percent improvement in their sleep. The participants slept longer and better, and had less daytime dysfunction, after listening to 45 minutes of music before bed.

"The difference between the music group and the control group was clinically significant," said Hui-Ling Lai, lead author of the study. "The music group reported a 26 percent overall improvement in the first week and this figure continued to rise as they mastered the technique of relaxing to the sedative music."

Music and Your Brain

There's no question that music has a beneficial effect on your mind. A 2004 study in the journal Heart & Lung even found proof. **People who listened to music while they exercised, researchers said, performed more than twice as well on a verbal fluency test than people who listened to no music.**

Said the study's lead author, Charles Emery, " ... Listening to music may influence cognitive function through different pathways in the brain. The combination of music and exercise may stimulate and increase cognitive arousal while helping to organize cognitive output."

Music Therapy on the Rise

Music therapy, the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship, is a growing field. According to the American Music Therapy Association, music therapy can be used to help:

- Children, adolescents, adults and the elderly with mental health needs, developmental and learning disabilities
- Alzheimer's disease and other age-related conditions
- Substance abuse problems
- Brain injuries
- Physical disabilities
- Acute and chronic pain, including mothers in labor

As certified music therapists continue to pop up in psychiatric hospitals, rehabilitative facilities, medical hospitals, outpatient clinics, day care treatment centers and more all over the country, it's clear just how much impact music can have on our well-being.

You can find out what effects music has on you right from your own home--just pop in your favorite CD, sit back and listen.

Reprint from SixWise.com Newsletter, October 12, 2005

Source for Ribbons

This list can also be found at
www.squaredancefan.com

I carry ribbons and flyers for the following dances:

October 23 - 24, 2009 - **30th Annual Single-Rama** - Sebring, FL.

November 1, 2009 - **24th Annual MacDonald Dance** - Strawberry Square Dance Center, Plant City, FL

November 13 - 14, 2009 - **35th Annual West Coast Fall Fun Fest** - Bartow, FL

January 21 - 23, 2010 - **Florida Winter Festival** - Lakeland, FL

March 19 - 20, 2010 - **10th Annual Shamrock Swing** - The Villages, FL

What's Happening This Week?

This schedule can also be found at
www.squaredancefan.com

Week of July 20, 2009

NOTE: Yellow highlighting is a change from last week's issue.

Monday – *Bay Indies* – Indies Hall (first hall after entering park), 950 Ridgewood Ave. (off Venice Ave. E.), Venice – A2 10:00 a.m. – noon; Plus 1:00 – 3:00 p.m. – caller: Red Bates – casual attire. For info: 941-223-0987 or redbates@juno.com.

P FOR I

Temple Twirlers – 1807 N. Lincoln Ave., Tampa – ER 7:00 p.m. – Mainstream/Plus/Rounds 7:30 – 9:30 p.m. – caller: **Van Coble**, cuer: Charlie Lovelace – casual attire - finger food. For info: mlewis87@tampabay.rr.com or pwoodlief@tampabay.rr.com.

Kings Point Swingers – Kings Point Main Clubhouse Studio Room, 1902 Clubhouse Road, Sun City Center – A-2/Rounds 7:30 – 9:30 p.m. – caller/cuer: Mike Cox – casual attire. Visitors please wear your square dance badge and tell the guard at the entrance gate that you are attending the dance. For info: mc8152@verizon.net or 813-649-0754.

Tuesday – *J and C Spin-a-Rounds* – Pinellas Park Auditorium, 7690 – 59th St. N., Pinellas Park – Phase IV – V 6:30 – 8:15 p.m., Advance – Beginners Mixed Rhythms 8:30 – 10:00 p.m. For info: spinards@tampabay.rr.com or 727-525-7809.

P FOR I

Sun City Swingers – Sun City Center Community Hall, 1910 S. Pebble Beach Blvd., Room 3, Sun City – Mainstream 7:00 – 9:00 p.m. (caller will be “calling to the floor”) - caller: Van Coble – new dancers from any class are encouraged to visit and get some floor time over the summer months – casual attire. For info: gail3357@gmail.com or 813-633-1297 (Gail) or 813-633-8780 (Sue).

P FOR I

Suncoast Squares - Metro Center, 3170 3rd Ave. N., St. Pete, FL – Mainstream and Plus workshop 7:30 - 10:00 p.m. - Caller: Mike Cox. For info: suncoastsquares@yahoo.com.



Are you saving your pennies (or coins) for Pennies for Independence? Don't forget to bring them to the Collection Points, which are indicated in the DANCERgram with the P for I logo!



Wednesday – **Cultural Center Squares** - Centennial Hall, 2280 Aaron Street, Pt. Charlotte - 7:00 - 9:00 p.m. Mainstream/Plus/Rounds - caller: Wes Morris; cuer: Jennie Martin and Russ Collier. For info: 941-380-5336, mdow@cyberstreet.com, or 863-494-2749.

Thursday – **Strawberry Square Rounds** – Strawberry Square Dance Center, 4401 Promenade Boulevard, Plant City – **Phase II Rounds w/Workshop**: 12:00 – 2:00 p.m.; **Phase III/Intro IV**: 2:30 – 4:30 p.m.; **Phase II/Intro III Class**: 7:00 – 9:00 p.m. – cuer: Charlie Lovelace. For info: lurvds@embarqmail.com or www.floridadanceweb.com/strawberry. Dance Center: 813-752-0491. If you need further information and cannot reach the Dance Center office, you may contact: Nicki Horne 813-707-8905 or 813-727-6210.

NEW CLUB – Dr. William E. Hale Senior Activity Center, 330 Douglas Avenue, Dunedin – Beginners 6:30 – 7:30 – Squares (all sets) 7:30 – 9:30 p.m. - \$5 per person – caller: Allen Snell. For info: settarose1@verizon.net or 727-809-3429 or 727-862-4842 or 727-809-3429.

King's Point Swingers - Kings Point Health Room (main Clubhouse), CR. 674 (east of I-75), Sun City Center - ER 7:00 - 7:30 p.m., Plus/Rounds 7:30 - 9:30 p.m. - caller/cuer: Mike Cox. For info: 813-649-0754 or hlhtfh@yahoo.com.

Citrus Squares – First United Methodist Church, 21501 W. Highway 40, Dunnellon - 7:00 - 9:00 p.m. - caller: Ellis Lindsey. For info: lalecl@aol.com.

Friday **Dixie Grande Squares** – **NO DANCE**. For info: Carl Rod at 863-651-3292 or Penny Green 863-967-5004.

P FOR I

Spinning Wheels – 1807 N. Lincoln Avenue, Tampa, FL – ER 7:00 p.m., Mainstream/Plus/Rounds 7:30 – 9:30 p.m. – square dance attire preferred – caller: Mike Cox, cuer: Charlie Lovelace. For info: helenm720@aol.com or jbarnes73@tampabay.rr.com.

B & S Flutter Wheelers - Bayonet Point Enrichment Center, 12417 Clock Tower Parkway, Bayonet Point, Hudson - ER 6:30 p.m., Plus/Rounds 7:00 - 9:00 p.m. - AS tip at 9:00 - relaxed attire June to October - caller: Bob Bourassa, cuer: John Ayers. For info: Bob Bourassa 352-796-8254 or rbourassasr@tampabay.rr.com.

Snell's Bo's & Bell's – Largo Community Center, 65 – 4th Street NW, Largo – 7:30 – 9:45 p.m. – callers: Allen Snell, cuer: Pat Fiyalko - wear your brightest colors – please bring finger foods. For info: settarose1@verizon.net or 727-862-4842 or 727-809-3429.

P FOR I

Sun City Swingers – Sun City Center Community Hall, 1910 S. Pebble Beach Blvd., Sun City – Early Rounds 7:00 – 7:30 p.m., Plus/Rounds 7:30 – 9:30 p.m. – Caller: Van Coble, cuer: Pat Hagen. For info: gail3357@gmail.com or 813-633-1297 (Gail) or 813-633-8780 (Sue).

Saturday
Center, 502
7:30 – 9:30

P FOR I

– **Bay Area Twirlers (BATS) Luau** – Brandon Recreation Sadie Street, Brandon – ER 7:00 p.m., Mainstream/Plus/Rounds p.m. – caller: Roland Blanchette, cuer: Charlie Lovelace - dress

for a luau or casually – finger foods. For info: pattiwilkerson44@yahoo.com.

Palace Promenaders - Palace Square Dance Hall, 1647 North-East Floridian Street, Arcadia – Mainstream/Plus/Rounds 7:00 – 9:00 p.m. – caller: Sam Dunn, cuer: Jennie Martin. For info: Jennie Martin – 863-494-2749; Mary Dow – 863-494-6062; Sam Dunn – 863-382-6792 or samdunn@samdunn.net.

Sunday – B & S Flutter Wheelers - Bayonet Point Enrichment Center, 12417 Clock Tower Parkway, Bayonet Point, Hudson - A 2 workshop 5:30 - 6:00 p.m. - A 2 Dance - 6:00 - 8:00 p.m. - relaxed attire - caller: Bob Bourassa. For info: 352-796-8254 or rbourassasr@tampabay.rr.com.

Huggables - King of Kings Church, 10337 U.S. 19 (between SR 52 and Ranch Road), Port Richey - casual dress – lessons 1:00 - 2:30 p.m. – Mainstream/Plus 2:30 – 4:30 p.m. - caller/cuer: Allen Snell. For info: 727-809-3429 or 727-809-0323 or settarose1@verizon.net.

Orange Blossom Squares – **TEMPORARY LOCATION DUE TO RENOVATIONS AT LA HACIENDA CENTER:** Mulberry Grove Recreation Center, 8445 SE 165 Mulberry Lane (just south of Hwy. 42, off Buena Vista Blvd., The Villages – Plus/Rounds 7:00 – 9:30 p.m. – caller: **R. J. Hogan**, cuer: Joanne Helton. For info: willowhouse@msn.com or 352-753-2325.

West Coast Classes and Workshops

These classes are also listed at
www.squaredancefan.com

Please provide start date, start and ending time, level (beginner, Mainstream, Plus, etc.) exact address (with city) where class and/or workshop will be held, instructor's name, contact name, email address and phone number.

PLEASE KEEP IN MIND THAT THIS INFORMATION NEEDS TO BE COMMUNICATED OUT TO NEW DANCERS! IT'S NOT A SECRET!

July 9, 2009 – **Temple Twirlers Plus Class** – Forest Hills Park Community Center, 724 West 109th Avenue, Tampa – 7:30 – 9:30 p.m. - \$4 per person per session – for mainstream graduates and for plus dancers wanting to brush up on their dancing – caller/instructor: Roland Blanchette. Couples, singles and teenagers welcome. You do not have to bring a partner. For info: Merle Lewis or Phyllis Woodlief at 813-962-1861 or 813-961-0732.

July 14, 2009 – **Suncoast Squares Beginner/Mainstream Square Dance Lessons** - Metro Center, 3170 Third Avenue, N., St. Petersburg. The first three classes are open for beginners. The cost

is a requested donation of \$5 per class. The Mainstream class will meet from 7:30 – 9:00 p.m. Caller/instructor: Mike Cox. For info: www.suncoastsquares.com.

July 14, 2009 – **Suncoast Squares Plus Class** - Metro Center, 3170 Third Avenue, N., St. Petersburg. The cost is a requested donation of \$5 per class. The Plus class will be from 9:00 – 10:00 p.m. Caller/instructor: Mike Cox. For info: www.suncoastsquares.com.

September 10, 2009 – **BATS Beginners Class** - Brandon Community Center, 502 Sadie Street, Brandon – 7:00 p.m. – 8:30 p.m. – caller/instructor: Dan Wilkerson. For info: dr.danbob@yahoo.com, 813-571-7786 or Bob 813-689-5897.

October 13, 2009 – **Sun City Swingers Annual Open House for Beginners Class** – Sun City Center Community Hall, 1910 S. Pebble Beach Blvd., Room 3, Sun City – 7:00 – 9:00 p.m. **Beginner class will start October 20th**. Caller/instructor: Van Coble. For info: gail3357@gmail.com.

November 2, 2009 – **Strawberry Square Beginner Dance Class** – Strawberry Square Dance Center, 4401 Promenade Blvd., Plant City – 6:30 – 8:00 p.m. – caller/instructor: Roland Blanchette. For info: www.floridadanceweb.com/strawberry. Dance Center: 813-752-0491. If you need further information and cannot reach the Dance Center office, you may contact: Mary Lee Van Valkenburg 813-707-1702; Nicki Horne 813-707-8905 or 813-727-6210.

November 2, 2009 – **Strawberry Square Plus Workshop** - Strawberry Square Dance Center, 4401 Promenade Blvd., Plant City – 8:00 – 9:30 p.m. – caller/instructor: Roland Blanchette. For info: www.floridadanceweb.com/strawberry. Dance Center: 813-752-0491. If you need further information and cannot reach the Dance Center office, you may contact: Mary Lee Van Valkenburg 813-707-1702; Nicki Horne 813-707-8905 or 813-727-6210.

December 6, 2009 – **Ft. Meade Squares Plus Workshop** – City Mobile Home Park, 1046 Second Street, Ft. Meade – 2:00 – 3:30 p.m. – caller: Russ Young – casual attire. For info: FMRLyoung@aol.com.

December 6, 2009 – **Ft. Meade Squares Beginner Lessons** – City Mobile Home Park, 1046 Second Street, Ft. Meade – 4:00 – 5:30 p.m. – caller/instructor: Russ Young – casual attire. For info: FMRLyoung@aol.com.

Looking Ahead

The events listed below are new this week. The entire list of future events can be found at

www.squaredancefan.com

Links

**These links can also be found at
www.squaredancefan.com**

Associations/Organizations

<http://www.floridadanceweb.com/> (Florida Dance Web)

<http://floridasquaredance.com/> (Florida Federation)

<http://www.flcallersassoc.org/> (Florida Callers Association)

<http://www.usda.org/> (United Square Dancers of America)

www.iagsdc.org (International Assn. of Gay Square Dance Clubs)

www.floridadanceweb.com/fassrd (Florida Singles)

<http://www.callerlab.org> (CALLERLAB)

<http://www.americancallers.com> (American Callers Assn.)

<http://www.roundalab.org/> (ROUNDALAB)

http://floridadancing.com/html/west_coast_squares.html (West Coast Assn.)

<http://ssdusa.org> (Single Square Dancers USA[®])

<http://www.nsdca.org> (National Square Dance Campers)

<http://www.arts-dance.org> (Alliance of Round, Traditional and Square Dance [ARTS])

<http://www.58nsdc.com> 58th National Square Dance Convention - Long Beach, CA

<http://www.59thnsdc.com> 59th National Square Dance Convention - Louisville, KY

<http://www.60thnsdc.com> 60th National Square Dance Convention - Detroit, MI

<http://www.nsddirectory.com/> (National Square Dance Directory - information and contacts for clubs in the U.S., Canada and around the world)

Vendors

<http://usda.fundlinklic.com/> (online shopping mall)

www.suzieqcreations.com (Suzie Q Creations & SW Florida Location – Bob’s Engraving 239-354-2053; adamsBZ@msn.com)

<http://www.aronsquaredanceshopandpatterns.com/> (Aron's Square Dance and Western Wear Shop)

<http://www.calyco.com/> (CaLyCo Crossing - a full line square dance shop)

<http://www.tictactoes.com/> (Tic Tac Toes - shoe vendor)

www.sheplers.com (Sheplers - the world's largest western stores and catalog)

www.PerfectPetticoats.com (Perfect Petticoats)

<http://www.grandsquare07.com> (Grande Square.com – square dance clothes and accessories)

Square Dance Halls

www.floridanceweb.com/strawberry (Strawberry Square)

Callers/Cuers

<http://www.samdunn.net/> (Sam Dunn)

<http://home.rr.com/jcspin> (Jimmy and Carol Griffin)

www.2fwd2.com (Lisa Wall)

www.keithstevens.com (Keith Stevens)

This E-Newsletter is published by a square and round dancer concerned about the preservation of our dance activity. This is not a publication of the West Coast Square and Round Dancers' Association, Inc. The target audience is the dancers in the West Coast area of the state of Florida and contains dance information for the upcoming week in this area as well as major dances around the state and nation, and any other information of interest to the dancers. It is published weekly with addendums as needed. New information each week is highlighted. Permission is given to forward this newsletter to your membership or others interested in receiving a copy or to provide printed copies to your members and visitors to your club. It is also available on the West Coast page of the Florida Dance Web at www.floridadanceweb.com. If you would like a copy emailed to you or would like your club information added, please contact the editor at sgdnfan@aol.com. Please continue to support the West Coast Dancer, a publication of the West Coast Square and Round Dancers' Association, which is published bimonthly and is provided free of charge for all dancers. For circulation, listings, club news, ads and articles, contact Ed Henning at 813-659-4787 or evhenning@peoplepc.com.