

APRIL 1998

THE BARN OWL

THE BARN
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"He sees all and gives a hoot"



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From the Loft



Our family has been diminished again. On March 6th, 1998 Judy Frye lost her husband, Bob. Bob suffered for many many months before the Lord called him from our squares to his entrant home. We can not again dance with or to Bob in this earthly set. We can rejoice for Bob as he has been made whole and will be in the presence of God forever. While we will live with another missing link in

our squares, another set has been made in God's house. We pray for the Comforter to be with Judy as she learns to live without the comforter God gave her in this life. We have the Memorial Hall at THE BARN. We have a memorial light that is burning constantly in remembrance of all the square dancers we have lost. Connie Plummer has been faithful to add each new name to the plaque. We also have a Memorial Dance each February in remembrance of all our departed loved ones. Linda and I consider this one of the most important dances of the year. As you know, we have a Memorial Brunch before the dance where all the callers and cuers and spouses of the ones we lost in the previous year are invited to attend. All family members are invited to attend the Memorial Dance. They do not need to know how to dance to join us. It is a ticketed dance so we know how much food to purchase. Please plan now to join us at this Memorial Dance.

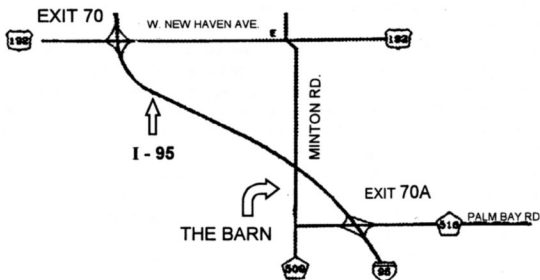
Many dancers are practicing for the 99 State Convention Kick-Off. The movements are truly beautiful and a lot of dancers are taking their performance seriously. Many dancers at THE BARN would like to form their own satellite (4 squares) so they can practice the full performance. If you would like to be part of a really fun and beautiful group, please let me, Jerry Reed, Jane Hart or Kay Couey know. You will certainly enjoy the practice and performance. Six more couples are needed to complete the 4 square satellite. Speaking of the 98 State Convention, we need to really support this dance. We present the 99 Kick-off at this dance. This is our first, and biggest, opportunity to advertise our 99 convention. Success of the 98 convention goes a long way to assuring success for the 99 convention.

Many of our friends are departing for the Northland. Seems early to me, but the time has flown by. With the bad weather here and the mild winter there, we lose our part time Floridians too soon. They will certainly be missed. We wish all of you a safe journey, a wonderful summer and an early return to our

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THE BARN'S SATURDAY NIGHT SCHEDULE - 1998

Mar.	20th, 21st	C2 Weekend - Lee Kopman
Mar.	28	A2 dance with Skip Smith A2 from 8:00 to 10:00 C1 Star Tips from 10:00 - \$4.00 donation per person
April	11th	Contra Dancing - Live band Scot Cambell 7:30 - 10:00 PM
April	18th	C1 Dance / Funshop 7:30 - 9:30 Jerry Reed
April	25th	C1 Dance / Funshop 7:30 - 9:30 Jerry Reed
May	2nd	C1 Dance / Funshop 7:30 - 9:30 Jerry Reed
May	9th	Contra Dancing - Live band Scot Cambell 7:30 - 10:00 PM
May	16th	C1 Dance / Funshop 7:30 - 9:30 Jerry Reed
May	30th	5th Sat. CFA Dance See flyers for location and caller & cuer for this dance.



Computers

I have been asked by a number of dancers to share the experience and knowledge I have on computers. I will attempt to do it in a column on computers here in THE BARN OWL. If you all don't want it in the BARN OWL, I will be happy to not put it in.

We will start with a real basic system overview.

What is a computer? It is best thought of as we think of our bodies. We have a heart, brain and senses. The computer's brain can be thought of as its memory. The human body has a heart that is the basic necessity. The computer's heart is its CPU, which consists of the processor and clock. Its senses can be likened to our eyes and ears. These senses in the computer are the keyboard, disk drives, CD ROM, mouse. Its outputs are the printer, speakers and screen.

CPU. The CPU is the Central Processing Unit. Here the CPU receives data from the memory. We have two types of memory in the computer. ROM and RAM. ROM is Read Only Memory. You can not easily erase or change it. It is only recently (last couple of years) that we had flash ROMS. With FLASH ROMS you can receive upgrades on a floppy disk or down load information from the World Wide Web to upgrade the ROM so we have the latest peripheral control from within the computer. An example would be the arrival of DVD's (we will discuss this device in a future article). In any case you will probably NEVER mess with your ROM. You can lose everything by doing this incorrectly! Do Not Touch this task!

RAM is the temporary memory that is used to run your operating system and programs. It is also used to temporarily store any thing you put into the computer. Today a computer needs at least 16 million bytes of memory to run the Windows operating system. A byte is 8 bits. A bit can either be a one or a zero. A one is high voltage and a zero is zero voltage. This one and zero is equivalent to a switch. It is either ON or OFF. Memory today last a long time and is very fast. Speed of memory is in the 10 nana seconds range on today's Pentium II systems. A nana second is one thousandth of a micro second and it takes one million microseconds to make a second. Thus you can see that a nana second is a very short period of time. If you are performing million of instructions a second you have to be very fast. Today's systems are very fast! To take care of your memory you have to feed it correctly. The way we feed memory, or any part of the computer is with very stable input voltage. One of the devices we should all have is a very good surge protector. A hair dryer on the same circuit as your computer will cause instant voltages of over a thousand volts! Not a good thing for your computer. Do not buy a 10 dollar unit. Spend extra and get a unit that guarantees your system against over voltage. It is money well

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NATURAL ALTERNATIVES TO OVER THE COUNTER AND PRESCRIPTION DRUGS

IMPORTANT: PLEASE READ

The information in this article is intended to increase your knowledge about natural remedies and by no means is intended to diagnose or treat an individual's health problems or ailments. The information given is not medical advice nor is it presented as a course of personalized treatment. There may be risks involved in connection with some of the natural remedies suggested in these articles, just as there may be risks involved in connection with prescription drugs. Therefore, before starting any type of natural remedy or medical treatment, or before discontinuing any course of medical treatment you may now be undergoing, you should consult your own health-care practitioner.

Diabetics

The word "diabetes" comes from the Greek meaning "passing through" (as in urination), and diabetes mellitus indicates excessive "sweet" urination.

Nutritional Deficiencies Put Diabetic Patients at Risk

Normally, glucose (blood sugar) and other water-soluble nutrients are reabsorbed by the body. When glucose rises to levels above 160 to 170, as it does quite frequently in even well-controlled diabetic patients, it acts as an osmotic diuretic, overwhelming the system, causing substantial, even massive, losses of water-soluble nutrients that pass out along with the urine. Consequently, diabetes and its complications are as much a result of nutritional wasting as of elevated blood sugar.

Think of it like this. If you gave a person a drug that acted as an osmotic diuretic and caused the same kind of nutrient losses, you would see the same complications that diabetics suffer: nerve degeneration, blood vessel deterioration leading to blindness and amputations, frequent heart attacks, and destruction of the kidneys.

Vitamin and Mineral Deficiencies Are Common in Diabetics

In an article in the American Journal of Clinical Nutrition, 247 studies were reviewed, and it was found that type I (insulin-dependent) diabetics generally had deficiencies in zinc, calcium, magnesium, and the more active form of vitamin D. In addition, many were also low in vitamins B-6, B-12 and D. Those with non-insulin-dependent diabetes, the more common type, generally were found to be low in zinc and magnesium, and often low in vitamins B-6 and C.

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BENEFITS OF SQUARE DANCING



**Jerry & Del
Reed**

We wrote the following article a couple of years ago for the BARN OWL. The information is just as true now as it was then. We would like to present this article again. Let us know what you think.

We are all aware of the social benefits of square and round dancing. It gives us the opportunity to enjoy friendships and to meet new friends in a pleasant atmosphere. We can enjoy the music and the satisfaction in the accomplishment of the dancing. In addition to the social benefits, there are many health benefits as well which we gain through dancing.

On January 10, 1995 the TODAY show on NBC, presented the calorie burning potential for several activities. The following activities

and times will burn approximately 100 calories:

Skiing	11 minutes
Square Dancing	13 minutes
House work	20 minutes
Round Dancing	28 minutes
Resting	80 minutes

From this information, if we assume an average tip to be 13 minutes, an evening of square dancing would burn approximately 600 calories. If we also round dance, we could burn an additional 200 calories for a total of 800 calories for the evening. Not bad, since we also had a great time with good friends!

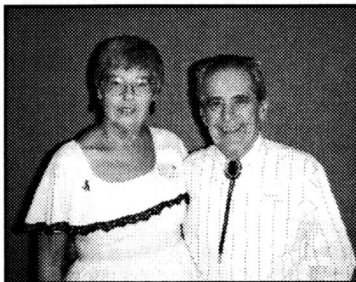
Some of the other health benefits of square and round dancing include improvement of the cardiovascular system and lower blood pressure. Regular exercise can also help strengthen bones and improve mobility through the side to side action of the dance steps.

Square and round dancing can be an enjoyable alternative to aerobic dancing or jogging to get the exercise we need. It also gives us the chance to be with good friends.

The social aspects of dancing provide an extremely positive element we do

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APRIL GRAND SQUARES



Colin & Peggy
WALTON

We're hoping everyone had a good time at the Student Dance March 22nd and also at the area Square Dancers Picnic at the Wickham Pavilion March 29th.

Our class is moving ahead steadily and making good progress, but sadly some of our students will be heading north fairly soon. We wish them all a safe journey to their summer location and when they return later in the Fall we hope they'll be ready to get back to square dancing.

April 16th is Colin's birthday, he's quit counting the years and

just enjoys the greetings and hugs. Birthday celebrants in the class and club include Joanne Fletcher on March 31st, Fran Powers April 25th and Richard Sorrell April 29th.

Brian and Joanne Fletcher said their visit to England was very pleasant but the weather was rather chilly and they were pleased that they had packed their ski wear. The highlight of their trip was Brian's mother's 90th birthday party, a gala event which lasted three days! Among our new students we welcome George and Vera Brown, now residing in Melbourne Beach, formerly from upstate New York. Both are retired now, George was an engineer with GE and Vera a chiropractic assistant. Locally they attend the Reform Presbyterian Chapel by the Sea and brought three other couples from the congregation to our class. They'll all make a dynamic contribution to our club membership.

Grand Squares will celebrate St. George's Day at our April 21st dance. He was the Patron Saint of England, noted for slaying dragons to rescue fair maidens. April 21st is also the 72nd birthday of Queen Elizabeth II. Come dance with us Tuesday evenings at The Barn.



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spent. If you really want to protect your system buy a UPS system. The extra hundred dollars will be well returned to you in a very short time. A UPS also provides for power to shut down your system in the (likely) event of a power outage.

When you shut your system off it loses all information in the RAM (temporary memory). You must transfer this to a permanent storage device prior to shutdown. A computer uses two types of storage systems; a fixed hard drive and a removable storage system. The floppy (now standardized as a 3 1/2 1.44 meg device) and the hard drive are the mass storage device we normally use. The hard drive can be as large as 9 gig. A gig is 1000 million; a lot of storage.

You can expect to spend \$2000.00 for a good system today. A good system will include 32 MEG of memory, a 2.5 GIG hard drive, a 15in SVGA color monitor and a 166 MHz Pentium processor. The type of printer you choose will be determined by the use you plan for your computer. A good color printer will cost about 250.00 (included in the above price), while desk top publishing will include a laser printer for sharp printing and good images with high through put. The BARN OWL is printed on a laser printer. A laser printer can be purchased for under \$700.00. Next month we will discuss an operating system.



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CANAVERAL SQUARES



**Iver & Mary
Duedall**

CANAVERAL SQUARES

Rockledge... We paid a richly deserved tribute to the memory of a zealous promoter of square and round dancing, our past caller/cuer, Bob Frye, who passed away on March 6th, just before the Benefit Dance for him. Bob taught our local youth his love for this art form. Bob is remembered for his boundless enthusiasm for rallying this young group and our members to participate in square and round dancing demonstrations at every opportunity. What a tribute we gave Bob Frye and his family when the Space Trackers and Canaveral Squares filled our hall,

March 8th, on his behalf. Everyone contributed to the great success of this fund raiser and Jean and Cecil Faulk would like to thank those able to participate in this tribute to a fine gentleman. We extend our sympathy to his beloved wife, Judy, and family.

Our brightly decorated hall was bustling at the Sweetheart Ball, February 13th. The Silver Squares', of Melbourne, goal was to retrieve their banner while the Kiss-A-Me Squares', of Kissimmee, goal was to snatch our banner. Our guest caller, Darrell Figg, and our cuer, Vince Furtado were delightfully startled at our St. Patrick's Dance, March 13th, when we were showered with Prince Edward Island, Canada dancers touring Florida. They added a touching note, especially for Iver and I who lived in Nova Scotia for six years, when the Canadians sang their national anthem "Oh Canada" immediately after we thanked our caller and cuer for a great evening.

We wished the Silver Squares a fond good-bye, just until next winter, when we raided their hall March 17th. We will miss them until their return in the Fall. Thanks for stopping by Yellow Rockers to snatch our banner on April 3rd and to help us celebrate our Anniversary Dance. Asa Clark and Rosalie Turner, our banner chairpersons, would like you to sign up for other outings scheduled in March and April.

See you all at the Carousal Mall in Cocoa, April 18th, when the Canaveral Squares will be putting on a demonstration to promote square dancing and having fun.

Jean and Cecil were proud of our turn-out at the Kiss-A-Me Squares 29th Rodeo Dance, February 15th, when we took home their trophy for being the

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SPACE TRACKERS



**Duke & Doris
McCleskey**

SPACE TRACKERS

As we begin our farewells to our departing Friends from the northern climes, we happily find that as each year passes, more of the former snowbirds decide to remain in the tropical portions of Florida, year 'round. To those who are returning to the upper reaches of the states, we send along our heartfelt friendship, may your roads be straight and your speeds be sane. We 'natives' anxiously await your return, comes Fall. May the Good Lord watch over you till you return to the bosom of your 'Florida Friends', At the same time, we offer a warm

welcome to those of you who have decided to remain among some of the wiser x-birds'. It is never too late to receive your mail in "The Sunshine State". We are happy for you, but even happier for ourselves, as we count you among 'Florida's Family of Dancers'!!

April brings forth early anticipation of The Florida State Square and Round Dance Convention. Room reservations are made and we eagerly look forward to the FUN and jocularly of the "dance weekend of the year"! As we have watched, under John/Johns instructions, the first two practices for the "Kick-Off" (better known as 'The Show Of Shows') how could there be anything but excitement building. Of course there is still more practices upcoming, but the 'show' is beginning to take shape. By the way, if you would like to have a part in the 'Kick-Off' be sure and come out to the next practice (Sunday March 22nd 3PM at the Deland Middle School 1400 Aquarius Avenue). Please wear soft sole shoes, as we will be moving 'round on a gym floor.

The Trackers have enjoyed many, many special 'happenings' these past months. To mention a few : - Mainstream Dances on the fourth Sundays (inviting ALL Dancers and Students throughout the area). Banner Raids and Retrievals, a great Benefit Dance honoring our own BOB FRYE

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YELLOW ROCKERS APRIL REPORT



**Bob & Janet
Boorum**

It has been another month of having 10 to 13 squares dancing with the Yellow Rockers on Monday nights. We have had many visitors from throughout Florida and, of course, our northern friends. We certainly will miss them as they again migrate north. Some have already left us.

We have been fortunate to have Jane Hart, Sue Johnson (our president), Linda Lutz and Kay Couey to take the time on the first Monday

of the month, at 10:00 AM, to decorate THE BARN with the theme for the month. They have been doing a great job. It would be real nice if other folks from the Yellow Rockers and the other clubs dancing at THE BARN could find time to help out with this monthly project.

On the temporarily "out of order" list we have Connie Plummer who just broke her wrist and Ida Wilson (a northern friend) who broke her hip. Both were the results of falls. Ida Wilson broke hers at a Canaveral Squares dance and Connie Plummer broke her wrist while with her daughter in Rockledge. We wish both a speedy recovery. Ida has traveled back to Canada for recovery.

We have a county wide picnic and dance coming up on Sunday, March 29th. The event will be held at the Wickham Park Pavilion up by the Melbourne Campus of Brevard Community College. The cost per person is \$2.50 and we are encouraged to bring a dish to pass (not required). The meat, rolls, fixings for the meat, paper products and drinks will be provided. We would like to have a real big turn out and make this an annual event. Looks and sounds like fun - let's all go!

It is nearly past time to get your 1998 Florida State Convention tickets at a discount. Do it now! We also need one more square to make our own satellite for the 99 Kick-off presentation. We rehearse every Monday night after our regular dance. Everyone doing the kick-off routine is really enjoying the special figures. Come join us.

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WAGON WHEEL SQUARES



**Carol & Royce
Arter**

Our hearts go out to all who suffered such loss in the recent tornado. Although we know of no members of Wagon Wheels who were directly affected, all of us have friends whose lives were affected in some way. Our prayers are with all of you.

The potluck dinner in February was attended by about 130 people, and the recycle sale following dinner brought out some wonderful bargains.

Jim and Joan Solomon were crowned King and Queen at our Sweetheart Dance, and ruled the night with a loving hand.

Over six squares trekked over to Space Trackers in Rockledge on February 21 to steal their banner.

March started out with a raid to the Merry Mixers in Haines City with over five squares there in their bright blue.

Our condolences go out to Allen Snell, their caller, for the loss of his mother. She was always there to greet us at their dances,

Dale McClary, our caller, and Royce Arter, our novice caller, both called at the benefit dance for Bob Frye at McLarty Park on March 8. Jan and Pete Shankle, our cuers, also joined the list of cuers. Our prayers are with his family now, in their loss. He will be missed by his many friends.

On March 20 we held our St. Patrick's Day dance. As usual, Bivian and Eddie Williford had the hall appropriately decorated. They do such a great job at this each month. The Annual Club dinner with election of officers for the upcoming year was held on March 25.

Already we're starting to feel the lose of the Snowbirds, as they start their annual trek back north. President Howard Hitler always recognizes the corner where they usually sit.

We dance every Friday night at the Senior Center in St. Cloud from 8 to 10:30 p.m. Come join us,

Carol and Royce Arter; Secretaries

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Let's take a closer look at one of the better-studied nutritional deficiencies in diabetes. The medical literature is replete with studies showing that diabetic patients invariably have lower blood levels of magnesium than normal, along with higher urinary losses. A landmark study titled, "Hypomagnesemia, a Risk Factor in Diabetic Retinopathy," also demonstrated that diabetics with the lowest magnesium levels had the most severe retinopathy, and that low magnesium levels were linked significantly to retinopathy more than any other factor. It only stands to reason then that if a diabetic patient is put on magnesium supplementation, blood and cellular levels of magnesium increase, and risk of blindness likely decreases.

Conventional Physicians Ignore Nutritional Supplements

It's obvious that if you have a disease that is proven to cause nutritional deficiencies, you must compensate by increasing your nutrient intake. Conventional doctors are not doing a very good job taking care of their diabetic patients because they are ignoring a central factor of the disease. The failure to treat the nutritional losses brought on by diabetes is an obvious and glaring error of omission. It's like sending young men off to war without helmets or guns. Consequently, diabetes is the #1 cause of blindness, the #1 cause of kidney failure, and the #1 cause of amputations.

It's strange that some physicians who worry about the "potential toxicity" of nutritional supplements and/or the lack of sufficient scientific documentation for water-soluble nutrients have no qualms prescribing oral diabetic drugs, even though the Physicians Desk Reference clearly states that the most common drug used for diabetes, an oral hypoglycemic agent, is associated with a 250% increase in cardiac death.

Some Nutritional Doctors put their diabetic patients on a wide range of water-soluble and fat-soluble nutrients and try to stay away from, or reduce, the oral hypoglycemic agents with their scientifically proven toxicity. Your body certainly can handle an excess of water-soluble nutrients far better than it can handle deficiencies of these vitamins and minerals.

As advertised in the Square Dance National and International Directory, Colloidal Vitamins and Minerals are an effective way to get your vitamins and minerals. If you are interested in obtaining these products, along with other natural supplements, Linda and I can supply you with the necessary information.

**DALE McCLARY'S
1998 CALLING SCHEDULE**

Barefoot Bay:

Monday 5:45 - 7:15 Plus Workshop

Monday 8:00 - 10:00

Thursday 12:45 - 2:45

THE BARN:

WEDNESDAY 6:30 PM PLUS DBD WORKSHOP

THURSDAYS 8 PM PROMENADERS -- ROUNDS

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with him at the

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and Jan Shankle

For additional information

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(Continued from page 2)
square.

Linda has been real busy making the dresses for the 99 State Convention. I think they are beautiful and the ladies will look wonderful in them. It is a wonderful part of square dancing to see all the ladies in their outfits. Reminds me of the high school May Day Dances in Ohio. The ladies all decked out in those beautiful May Day Dresses danced around the May Pole. I know it is time consuming to get all the finery on but I think all the men really appreciate your efforts ladies.

We now have the audio - video system installed at THE BARN. We can now present real time copy of club messages during a dance. We will be utilizing this system at the SEW and SAVE Hall at the 99 State Convention. It will be something new and will add much to our effort to make the 99 Convention the best ever. As you will notice elsewhere in this issue of THE BARN OWL, we are in need of talented seamstresses for the SEW & SAVE Committee. Please watch for the date of the next meeting.

As the summer season starts, we really need to support the Raids and Retrievals so clubs can remain financially viable during the time when our numbers are down.

WHERE TO SQUARE, ROUND A

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><u>TITUSVILLE</u> PARTNERS IN PROGRESS Sandrift Rec Center 6:00-8:30 C1 Dance & WS Skip Smith, Caller Information 267-8910</p> <p><u>MELBOURNE</u> C-1 Dixie Diamonds THE BARN 3820 Minton Road 2:30 - 4:30 PM Jerry Reed instructor 633-1306</p> <p>CAMPFIRE DANCERS Chapter 082 4th weekend (STARTS ON A FRIDAY EVENING)</p> <p>LINE DANCING The Dance Center 7:30-10:30 PM Glenda Ortiz Inst./DJ Information 253-1564</p> <p>THE BARN Class Rounds 6:30 - 8:00 PM Phyllis Williams</p>	<p><u>BAREFOOT BAY</u> BAREFOOT BAY TWIRLERS 7:15-7:45 Early Rounds 8:00-10:00 Plus Dance Dale McClary, Caller Jim Runnels, Cuer Information 254-0150</p> <p><u>ROCKLEDGE</u> SPACE TRACKERS McLarty Rec. Center Barton Blvd. 7:30 - 10:00 Class Whit Brown, Caller Information 452-2679</p> <p><u>MELBOURNE</u> YELLOW ROCKERS "THE BARN" 3820 Minton Road 6:30 - 8:00 PM Class 8:00 - 10:00 Plus Dance Jerry Reed, Caller Vince Furtado, Cuer Information 722-1664</p> <p>LINE DANCING GPBSC 9:45-11:15 AM Glenda Ortiz, Instructor Information 253-1564</p>	<p><u>MERRITT ISLAND</u> PARTNERS IN PROGRESS Presbyterian Church Cone Road 7:30 - 9:30 A2 Dancing Skip Smith, Caller Information 267-8910</p> <p><u>ROCKLEDGE</u> McLarty Rec. Center 7:30 - 9:30 PM Phyllis Williams, Instructor Information 267-5236</p> <p><u>MELBOURNE</u> SILVER SQUARES 1300 S. Airport Blvd. 7:30 - 10:00 Plus Dance Jerry Reed, Caller Otis Lutz, Caller Vince Furtado, Cuer Information 768-2217</p> <p>"THE BARN" Line Dancing 10:00 - 11:30 AM Glenda Ortiz</p> <p>SQUARE DANCE LESSONS Class 7:00 - 8:30 Sq. Dance Class Colin Walton, Instructor</p> <p>GRAND SQUARES 8:30-10:00 All level through Plus Dance Colin Walton, caller Information 254-8139</p>	<p><u>MELBOURNE</u> "THE BARN" Line Dancing Joe & Maggie Information 722-1664</p> <p>"THE BARN" PLUS Dance/ 6:30 - 8:00 PM Dale McClary Information 253-1564</p> <p>THE BARN Round Dance Wayne Guice 678 Wickham 8:00 - 10:00 PM PH II - III with t</p>

New square dance lessons start every 10 weeks on Tuesday at 7:00 PM.

AND LINE DANCE IN BREVARD

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>DURNE</u></p> <p>10:00-11:30 O'Connell Inst 2-1664</p> <p><u>WORKSHOP</u></p> <p>4-0150</p> <p>Cuer Rd. M teach</p>	<p><u>BAREFOOT BAY</u></p> <p>BAREFOOT BAY SPINNERS Community Center 12:45 - 2:45 Mainstream Dale McClary, Caller Information 254-0150</p> <p><u>ROCKLEDGE</u></p> <p>Canaveral Squares McLarty Rec. Center Barton Blvd. Round Dance Class 7:00 - 9:00 PM Vera Smith, Cuer</p> <p><u>MELBOURNE</u></p> <p>PALM BAY PROMENADERS "THE BARN" 3820 Minton Road 7:30 - 8:00 early rounds 8:00 - 10:00 Plus Dance Dale McClary, Caller Wayne Guice, Cuer Information 722-1664</p> <p>C/W LINE DANCING "THE BARN" 10:00 - 11:30 AM Glenda Ortiz, Instructor Information 253-1564</p> <p>"THE BARN" Round Dance Lessons Wayne Guice 3:00 - 5:00 PM</p>	<p><u>ROCKLEDGE</u></p> <p>CANAVERAL SQUARES McLarty Rec. Center 790 Barton Blvd.</p> <p>Plus Dance/Rounds 8:00 - 10:00 Plus/Rounds Callers Skip & Jennifer Cleland, Vince Furtado, Cuer Information 635-8125</p> <p><u>MELBOURNE</u></p> <p>"THE BARN" 3820 Minton Road A2 FUNSHOP/DANCE 7:00 - 9:00 PM C1 CLASS 9:00 - 10:30 PM Jerry Reed, Caller Information 633-1306</p>	<p><u>ROCKLEDGE</u></p> <p>SPACE TRACKERS McLarty Rec. Center Barton Blvd. 7:30 - 8:00 Rounds 8:00 - 10:30 Plus Whit Brown, Caller (1st & 3rd Sat) Guest Caller 2nd & 4th Information 452-2679</p> <p><u>SATELLITE BEACH</u></p> <p>ALLEMANDERS Satellite Beach Civic Center 8:00 - 10:30 Plus 1,2 & 3rd Saturdays John Saunders, Caller Vince Furtado, Cuer Information 676-5741</p> <p><u>MELBOURNE</u></p> <p>SATURDAY NITE LIVE Special as set up by callers/cuers Call for Information 722-1664 See page 3</p>

(Continued from page 10)

(there were nineteen Callers invited to share a tip). Our Annual Fish Fry, featuring the ocean 'catchings' of our very Own Nubar and Ruth Najarian (they catch 'em, clean 'em, cook 'em, and serve 'em!!!!). We sure appreciate these fine Dancers from Ohio and Central Florida. Then there is the county-wide Square Dancers Family Picnic on March 29th, hamburgers and hot dogs with all the trimmings mixed with plus and mainstream dancing. What a great way to enjoy the Fun and Fellowship of the Dancers from throughout Brevard County. Lots of FUN!! Togetherness at it's best.

A word to the wise.....If you have not made your room reservations for the State Convention on May 22, 23 and 24.....best get a move on. Randy Poole (CFA's Room Clerk) has already reserved 70 at the Quality Inn, with very few openings remaining. There are always the famous CFA After Parties every nite of the convention at the Inn. A second word to the wise.....The price of Convention ribbons goes UP after April 30th!!! Now is the time for Action!

nukeduke

(Continued from page 11)

I did not get any input on the birthdays and anniversaries for this month. We will just say Happy Birthday and Happy Anniversary to all of you and will acknowledge your special day at our dances. Please let me know the Special Event in your life. We do care and want to share the day with you.

We also need to know the dates and places for the banner raids. Announcement of these events will lead to better attendance as we do like to dance with the folks from the other clubs. If we can get a list of the special dances for the Yellow Rockers we would also like to list them in this section of THE BARN OWL. Special dances will also lead to better attendance not only from our Yellow Rockers, but from other dancers as well.

Please take a moment to let me know what is happening in your life and within the club. People do like to hear about it. It also makes for a better club as we are afforded an opportunity to get to know each other better and to share in those special events and moments of your lives.

We wish each and everyone of you a glorious Easter Season.

See you in a square.

Bob and Janet

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FOR INFORMATION WRITE OR CALL

Linda and I are the Sew and Save chairman for the 1999 State Convention and we are looking for folks to help on this project. We need all sort of talent. We need greeters, decorators, models, demonstrators and stuff I don't even know about. If you would like to be part of the 99 convention, please contact Linda Lutz. We need a good number of workers for this project. We hope that many of you will find time to help us. The SEW & SAVE clinic will have a complete hall for us to utilize.

I let go and let God bless me.

Even when I think I've done all that I can to accomplish my goals, there is still one thing left to do: I let go and let God work in and through me to bless me and all that I do. I let go worry and doubt, for they have no place in my life. I recognize that these types of feelings create unnecessary stress in me, so I gladly let them go. Instead, I focus my thoughts on positive outcomes and look for the good in everyone and everything around me. I let God by getting my personal will out of the way and letting God's will be done. My life unfolds in a smooth and an orderly fashion. I am open and receptive to the bountiful blessings that God has in store for me. As I let go and let God, I open the way for unlimited good to come into my life.

Contributed by Jude Zrutskie

WORD STUDY OF THE WORD

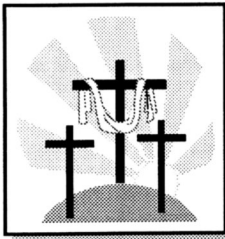
EASTER

Easter - The word "EASTER" only appears once in the whole Bible, and then only in a newer Bible. It is not in any of the original manuscripts! The word in Acts 12:4 is correctly interpreted as "Passover"!

Certainly the day for "Easter" is not a day that you will find to have any religious significance - the first Sunday after the first full moon after the solar equinox! Even the symbols used for Easter are not of any religious significance - rabbits, chickens, eggs - they are symbols of fertility! As many of you know, the name and date was chosen to be of political use of the old Roman Empire. To bring the masses into a common religion, to unite the country. But, Easter is much more than that - It is the fulfillment of the Passover!

Passover - which means to escape, skip over, spare, exemption. Looking up the meaning of the word "Easter" in Strong's Exhaustive concordance will yield "Passover"! The word "Passover" is used many times in the Bible and always means that we have been delivered. We have escaped the judgement we are due, we have escaped the penalty we are due, we have escaped death! Easter is a word that was used by man to try to unite people into one common cause which was meant to make a nation strong. The Passover, on the other hand, is used to unite all into life everlasting.

Passover means that we have escaped from the clutches of death. The Bible in 1 Cor. 15: 55 states "O death, where is thy sting? O grave, where is thy victory?" This is our hope. This is the truth that makes us what and who we are. We are a species that can love deeply and completely because we know that all that we are will continue after this body is destroyed. A beautiful picture of this victory is the three crosses below. The beauty is not



in the crosses, but in the fact that they are empty. Death has lost its grasp. We are no longer held in its grasp. Our loved ones who have gone before us are not in the throngs of death and defeat. They have risen in victory over death. As the word "Passover" states, we have been spared from death, we are exempt from its penalty. Our loved ones are free forever and will never taste of death again. Do I believe in Hell? NO!! Do I believe in any punishment after death? NO!! We have been spared all consequences of death. We are victorious in death! Praise God!

FROM THE BARN KITCHEN

COCONUT CAKE

1 box white cake mix

Bake according to directions in a 9 x 13 pan.

While hot punch holes in it.

Pour a small can of cream of coconut over it.

Pour a can of Eagle Brand milk over the cream of Coconut.

Let cool.

Ice with Cool Whip

Sprinkle with cocunut.

Freezes well.

From Connie's Kitchen

Please send your recipes to:

THE BARN OWL
3820 Minton Road
Melbourne, FL 32904

FAX (407)727-7374
E-MAIL danceworld@net4u.net



(Continued from page 6)

not get from more individual activities such as golf. The music and sociability can provide a very positive outlook.

When we talk to friends about square dancing we can stress the positive health and social benefits of this great activity.

Keep dancing' and SMILE!!!!

See ya in a square!!

Jerry & Del Reed (April 1998)

(Continued from page 9)

highest percentage (65%) of any club participating in this annual event. We are proud to have been a part of the Rodeo Dance and having won, seven consecutive times! You can see our trophies at the Anniversary Dance!

LOOKING AHEAD-SPECIAL DANCES: Old friends will be stopping by for our 38th Anniversary Dance, April 3rd please join us. John Swindle will assist our Cuer, Vince Furtado in making two evenings in April memorable dances: On April 10th, the Bunny Hop Dance and on April 17th . Come sample the cakes and celebrate May 8th our Mother's Day & Cake Night Dance. **NO DANCE** on May 22nd when we are off to the 44th Florida State Square and Round Dance Convention.

We would love to have you all explore the world of square and round dancing and friendship in McLarty Park Recreation Center, on Friday evenings, with us!

Mary Duedall, Secretary



Congratulations Canaveral Squares, SEVEN STRAIGHT! Keep up the good work. You give other clubs something to shoot for. As I remember, Jean Faulk deserves a LOT of the credit for her requirement tactics!

DR. PAUL C. DURNEY

Fellow American College of Foot & Ankle Surgeons
Diplomate American Board of Podiatric Surgery
Board Certified in Foot & Ankle Surgery



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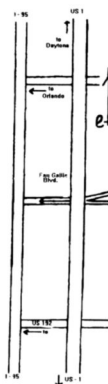
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PROMENADERS SUNSHINE CORNER



VONA BROWN

Spring is in the air. We see the beauty of it all around us. Here we are starting the month of April. It soon will be time to bid our snowbirds Good-bye as they migrate back North. All the clubs will miss them very much. We wish them a great summer and a speedy return in the Fall.

The Promenaders continue to have good attendance. On Feb. 19, we had a mid-winter dance featuring Recording Artist, Larry Cole and Moe Brewer from Indiana, along with our own Dale McClary; Mac McCall was also here. There were 12 squares attending. The Callers were great and a fun-filled evening was enjoyed by all. **SPECIAL DANCE - April 16.** This will be a Hobo Dance. Get busy now making your Costumes. We will be serving Beans & Franks.

DID YOU KNOW? In a study, scientist attached Pedometers to square Dancers and found that each person covered nearly 5 miles in a single evening (add on those extra miles in Round Dancing). During 30 minutes of sustained dancing, you can burn 400 calories, plus all that fun doing it. Another reason to keep up your square dancing.

Dale & Carolyn McClary recently had a streak of bad luck. They were returning home from Kissimmee on 192 and a car rear-ended them causing extensive damage. While they were moving the cars off the road, the car at fault drove away. But Dale kept his senses and copied down his license number, so he was picked up. Thank God they were not hurt. Count your blessings Dale. There were no injuries to you and Carolyn.

Our heartfelt sympathy is extended to Tom Monforte in the loss of his Mother. Tom had gone to Syracuse NY to be with his Mother on her 102nd Birthday. Three days later she passed away while Tom was still there. We missed you, Tom.

Sympathy also goes out to the Bob Frye family. Bob passed away March 6. Bob was a former Promenader and served as a Guest Caller & Cued on many occasions. He was well known in all the local clubs. He will be sadly missed.

(Continued on page 25)

(Continued from page 24)

We still have some members on our get well list: GEORGE WOODRUFF continues to recuperate at home.. Hannalore hopes to get him back to the Barn soon for a visit. VIRGIL MOORE has finished all his treatments and now doing much better.

BANNER RAIDS AND RETRIEVALS April 7 - Buckles & Bows-- Retrieval. Make Hilda & Bill happy, sign up for this one.

Remember Wayne Guice Round Dancing classes that are held Thursdays from 3-5PM, and Wednesday Phase III from 8:00 -10:00 PM here at the Barn.

APRIL BIRTHDAYS

07 Al Maxwell	09 D. J. Mitchell
19 Tony Ciccone	17 Dorothy Braski
21 Wayne Guice	23 Madeline Dolcie
20 George Gaffney	

ANNIVERSARIES

15 Bill & Pat Ludwick

PLEASE call me with your news. It would make it so much easier. Thank you.

VONA BROWN
723-9467

THE CLOCK OF LIFE

The Clock of Life is wound but once
And no man has the power
To tell just when the hands will stop.
At late or early hour.
Now is the only time we own - so
Love, live, toil with a will.
Do not wait until tomorrow
For the Clock may then be still.

Submitted by: Tom Monforte - Author unknown

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MAY 22, 23 and 24, 1998

BREVARD COUNTY CLUB PRESIDENTS

Club	President	Telephone
Allemanders	Bob & Pat Earl	407-676-5741
Barefoot Bay Spinners	Fred & Joan Clement	561-664-4705
Barefoot Bay Twirlers	Ed & Lorraine Lilly	561-664-9480
Canaveral Squares	Jean & Cecil Faulk	407-635-8125
Chain Reactors	Dale & Carolyn McClary	407-254-0150
Dixie Diamonds	Jerry & Del Reed	407-633 1306
Grand Squares	Colin & Peggy Walton	407-254-8139
Orange Blossom Sq	Betty Weckerle	407-562-5966
Palm Bay Promenaders	George & DeLoris Gaffney	407-728-8516
Silver Squares	Charles and Doris Boyer	407-951-2431
Space Trackers	Jim & Jan McConnaha	407-452-2679
Yellow Rockers	Ben and Sue Johnson	407-452-4176

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

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TO: Dixie Diamonds, Chain Reactors, Grand Squares, Palm Bay Promenaders,
and Yellow Rockers Square Dance Clubs

FROM: Otis and Linda Lutz, President BARN DANCERS

SUBJECT: Attendance at square dances in THE BARN

In 1992 Linda and I began taking square dance lessons with the Yellow Rockers at the Greater Palm Bay Senior Center. Upon Graduation, we were asked to serve as the President of the club. We gladly accepted this task even though we had just graduated. No sooner had we accepted than the director of the center informed us we could no longer have anyone under 50 years of age attending a function. Further, we were told that we should not wear the "silly" costumes, have the competitive banner raids, or pay a caller as folks had been dancing since the earth cooled. Many of you remember the evening we were told to remove some students from the class because they were "too young" to dance there. We did not want this to ever happen again.

Linda and I had known Johnny Harper, Principal of the Meadowlane Elementary School for many many years and were able to secure temporary facilities while we built THE BARN. This was no small or inexpensive task for which Linda and I continue to thank the many volunteers who worked diligently to complete the facilities in only a little over 3 months. We wanted a place to dance without the arbitrary rules that we were being subjected to.

It is the policy of The BARN DANCERS that the only criteria for anyone to attend a dance at The Barn is that they must be able to dance the program being called. That is, dancers who can dance Mainstream are welcome to attend a Basic or Mainstream dance. Dancers who can dance the Plus program are welcome to attend a Basic, Mainstream, or Plus dance. We have established this policy because of the arbitrary rules and restrictions placed on the clubs when they danced at other facilities.

The reason we are writing is to ask each club to review the policy of the club regarding who can dance at a club dance. We encourage each club to follow the policy of The BARN DANCERS and allow all dancers who are capable of dancing the program being called to attend the club sponsored dances.

We understand that minors should not be involved in the governing of the club and should not be a voting member. We also understand that some dancers are reluctant to dance with young dancers. There is a provision in square dancing etiquette to handle this situation. A dancer that does not object to dancing with young dancers wears a little frog on their badge. This is a National Square Dance Symbol used all over the world to handle this situation. Linda and I have a supply of these "frogs" available, at no charge, for any of the clubs which dance in The Barn.

It is our desire to encourage and welcome all who CAN dance to join our square dance family. We request each club to respond concerning that club's desire to join in the spirit of The BARN DANCERS and allow any dancer, regardless of age, to attend club dances in The Barn. It should be pointed out that any club which does not allow any capable dancer to attend a club dance is in violation of the policy of The Barn and

(Continued on page 30)

LINE DANCING AT THE BARN



BETTE WITYAK

A Blessed and Happy Easter to you and your families!

Glenda's Tuesday Morning Class at THE BARN from 10 to 11:30 is stomping away to the new dance "Hardwood Stomp." And "Turn Me On" is another new one we are adding to our list! It was choreographed by Toni Purnell, one of her Thursday morning dancers. Thanks Toni! We have been having fun reviewing many dances, too.

Joe and Maggie continue to teach their Wednesday morning class at THE BARN from 10 to 11:30. "Cuba" is a new favorite and snappy number, the "Irish Dance Reel" keeps us buzzing, and "Waltz Across Texas" warms

our hearts, along with many others. After our morning break, some of us join our Meadowlane friends for the "birdie Dance" and "YMCA". What fun!

Glenda's Thursday morning class meets from 10:00 to 11:30 at THE BARN. They are happily dancing to Toni Purnell's "Turn Me On" and lots of others that keep them stepping.

Thanks Ed, for filling in for Glenda in March when her voice was lost! It was much appreciated.

Angel's been busy. Saw Sammy Kershaw perform. Got his new autographed CD "Labor of Love", a bandana and a shirt. Then her mother, sister and she were off to the Strawberry Festival in Plant City, where they saw Neal McCoy, Tammy Wynette and Tracy Byrd perform. They enjoyed the delicious strawberries too. What a great way to get your vitamin C.

Happy Easter, Bette Wityak

(Continued from page 29)
the BARN DANCERS.

Thank you for your consideration of our request and we await your response.

Respectfully,

Otis and Linda Lutz

SILVER SQUARES

Silver Squares will have their last dance of the season on March 31. We feel we had a successful year. We have a class ongoing with Otis instructing. We have had good cooperation from our members in stealing and retrieving banners. Our club is small and the banner raids have allowed us to have a good attendance at our dances.

New officers were elected in March. Charles and Doris Boyer will be our new presidents. Stan Crowhurst and Margaret Bonneville will serve as vice president. Dick and Carrie Smith will continue on as treasurer and secretary.

We will resume dancing on November 3, 1998. The dancers in the area are invited to dance with us again.

Carrie Smith, Secretary

I appreciate the Silver Squares allowing me to call for them this winter. I know it was a real learning experience for me and I WILL do better next year! Have a good summer.

Otis P. Lutz

Lynda's

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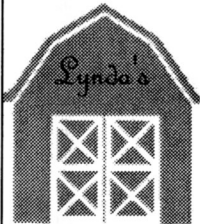
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