

NEWSLETTER
for Members of
CALLERLAB

direction



The International Association
of Square Dance Callers

Box 679, Pocono Pines, PA 18350

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Business At Hand - New Orleans 1987

The 14th Annual Convention will be called to order on April 12, 1987 at 9:00 AM in the beautiful Hyatt Regency New Orleans. Several important items will come up for a vote by the membership and this issue of DIRECTION provides notice of those items. For those who are unable to attend, please see to it that your ideas and opinions are given to those who are planning to attend.

1. Change in the By-Laws to permit the formation of the CALLERLAB Foundation For Preservation and Promotion of Square Dancing. The proposed changes were previously submitted to the membership. To date, no objections have been received in the office. This vote will be taken at the opening session.
2. Vote of selected Quarterly Selection Moves. Scoot & Relocate is eligible to be voted on as well as a review of other quarterly selections.
3. Vote on new definition of Scootback. This is needed to comply with the approval of the starting formation of $\frac{1}{4}$ Tag for the call Scootback.
4. Vote on moving Spin Chain & Exchange the Gears from the Plus QS to the Plus Program and removal from the Plus QS.
5. Vote on the Bold Faced/Italics Mainstream List.
6. Vote on the Experimental 25 Week Learn to Dance Program combining some of the Mainstream and Plus Calls.
7. Vote on the Community Dance Program (CDP).
8. Other committee business as determined at the convention.

PLUS QUARTERLY SELECTION - Period beginning May 1, 1987

Mac McCall, Chairman of the Plus QS Committee, is pleased to announce that the call COMPRESS TO A COLUMN has been selected as the Plus QS call for the period beginning May 1, 1987. Please note that this call is not to be used as the PQS selection until the week of April 27, 1987. The complete description, timing and sample calls are listed on the following page.

COMPRESS TO A COLUMN by (No Author Given)

Starting Formation - parallel two faced-lines.

The centers facing in Extend (the Tag) to meet each other in the very center and Trade; the centers facing out step ahead and Fold toward the other center; and the ends slide together and Trade. Now all Extend (the Tag) to form a column.

Comments: This is an easy teach and feels similar to a Triple Scoot to some dancers. Half sashayed and left handed arrangements seem to offer little difficulty after a walkthru.

Timing - 6 Steps

Dancing Example: Heads Square Thru, Swing Thru, Boys Run, COMPRESS TO A COLUMN, Boys Run, All Eight Circulate, Coordinate, COMPRESS TO A COLUMN, Boys Run, Star Thru, Pass Thru, Wheel & Deal, Dixie Grand, Left Allemande.

Singing Call Figure: Side Ladies Chain, Heads Pass the Ocean, Extend the Tag, Swing Thru, Boys Run, COMPRESS TO A COLUMN, Boys Run, Allemande Left, Swing, Promenade.

Mac also reports that a large majority of those voting felt that Scoot & Relocate should be on the Plus QS if it is dropped by the MSQS Committee.

PLUS EMPHASIS CALL - 2nd Quarter 1987

Darryl McMillan, Chairman of the Plus Committee, announces that the Plus Emphasis call for the 2nd quarter or the period beginning April 1, 1987 is CROSSFIRE.

ADVANCED QUARTERLY SELECTION - 2nd Quarter 1987

Mike Jacobs, Chairman of the Advanced Quarterly Selection Committee, is pleased to announce that the AQS Committee has selected both OPEN UP THE COLUMN and COVER UP for the quarter beginning April 1, 1987.

The current Advanced Quarterly Selections are Change Lanes, Checkover, Cover Up, Mini Busy and Open Up The Column.

CONTRA OF THE QUARTER- 2nd Quarter 1987

Mona Cannell, Chairman of the CALLERLAB Contra Committee, announces that SHADRACK'S DELIGHT has been selected as the Contra of the Quarter for the period beginning April 1, 1987.

"Shadrack's Delight"

By Tony Parkes

Formation: Improper Duple, 1,3,5 etc., couples active and crossed over.

Prompts:

Intro -- -- -- --, One below (corner), Do Sa Do
 1 - 8 -- -- -- --, Right hand to corner, Balance four (OW)
 9 - 16 -- -- Turn Half by the Right, -- -- Balance again (OW)
 17 - 24 -- -- Men turn Left, -- -- Swing your own (partner)
 25 - 32 -- -- -- --, Put her on the Right go Down in Fours
 33 - 40 -- -- Wheel turn, -- -- Come Back to place
 41 - 48 -- -- Cast off, -- -- Right and Left Thru (across)
 49 - 56 -- -- -- --, Same two Ladies Chain Across
 57 - 64 -- -- -- --, Face New Corner, Do Sa Do. Repeat the above beginning with 1-8.

CORRECTED DATE: Please note that the correct date for the 1990 Convention is April 9-11, 1990. The last issue of DIRECTION listed the date incorrectly.

WEATHER IN NEW ORLEANS - WARDROBE FOR THE CONVENTION

When you plan your wardrobe for the New Orleans Convention, plan on spring-like weather. Recognize, however, that we do not control the elements and if it is misty or raining, we can apologize but cannot stop it. As usual, we encourage you to have light sweaters for the day time sessions since hotel air conditioning can be erratic at times. The distance from the Hyatt Hotel to the Superdome is a scant three minute walk so you would only be outside for a short period of time and it would not be necessary to take an overcoat for that. The temperature during the day is apt to be mid to upper 70's and generally clear. It gets slightly cooler in the evening.

If you plan to visit the French Quarter in the late afternoon or evening, you might want to take a light coat or jacket. Many of the finer restaurants in the French Quarter require men to wear jackets for the evening meal. For the men during the convention sessions, casual clothes are appropriate but square dance attire would also be acceptable. For the ladies, informal attire is also suitable at all sessions. Some of the ladies, however, save a party dress for the Tuesday night banquet. Others will wear pant suits or cocktail dresses. Square dance dresses are not needed as there is no scheduled dancing planned except for an occasional impromptu demonstration during a committee meeting or interest session.

We have special entertainment featured for the Monday night banquet so you will want to be there for the door opening at 6:30 PM. It is a New Orleans flavor of dixieland music as well as other familiar tunes. Your Executive Committee heard a tape they did and were significantly impressed. We are sure you will enjoy them also.

DIETARY CONSIDERATIONS

If you or your partner have special dietary needs, please advise the home office at your earliest convenience so that arrangements can be made to accommodate you. Please do this even though you may have done this for prior conventions. By notifying us of your specific needs in advance, we will have informed the hotel staff and they will be prepared to meet your requirements graciously.

OPEN INVITATION TO ALL ASSOCIATIONS

The CALLERLAB Caller Association Liaison Committee has tackled a few problems and has come up with some answers.

We invite your Association to ask our committee how to keep your Association alive and well. We have an abundance of talent. Let's make use of it, IT'S FREE! If your Association is alive and well, please share with us how you accomplish this!

Please write to me: Carl Brandt
6704 Covington Creek Trail
Fort Wayne, IN 46804

or to our Executive Secretary, John Kaltenthaler, Box 679, Pocono Pines, PA 18350.

THE CALLERLAB ACCREDITATION COMMITTEE NEEDS YOUR HELP!

The purpose of accreditation -- Members of a number of different professions are accredited so that we who seek their services will have an indication of their competence. The CALLERLAB caller accreditation program operates in this vein. Any qualified caller may seek and obtain CALLERLAB accreditation regardless of whether he or she is a member of CALLERLAB. CALLERLAB members and subscribers are

required to become accredited within two years after their affiliation with CALLERLAB and re-accreditation is required every six years.

How can we as CALLERLAB members make the Accreditation Program the most desirable and sought-after program for a caller?

IT HAS BEEN RECOMMENDED that school systems, churches, synagogues, YMCA's, firehouses, government buildings (both state and Federal) that provide free or reduced rates to the square dance program, be contacted and asked to allow only clubs with accredited callers be given reduced rates.

IT HAS BEEN RECOMMENDED that only accredited callers be used at the National Square Dance Conventions.

IT HAS BEEN RECOMMENDED that Square Dance Associations and Federations use only accredited callers at their dances and festivals.

IT HAS BEEN RECOMMENDED that all Caller Associations comply with the accreditation system and require CALLERLAB accreditation of their members.

Put on your thinking caps and get your minds in gear. Please send any recommendations or comments you might have in writing to Ed Shortman, 536 Signal Lane, Toms River, New Jersey 08753.

Thanks! -- Ed Shortman

TAKE NOTE & SING! SING! SING!

Subscriber Rod Bradish noticed the following article in "Readers Digest" and has submitted to us for your interest and information:

"Sing For A Long Lung Life"

Go ahead, sing in the shower -- even if others in your household cover their ears. The result is that you may live longer, suggests a study by Kathleen A. McCormick of the Gerontology Research Center, National Institute on Aging, Bethesda, MD., and the University of Maryland in Baltimore.

McCormick's research examined heart and lung function, comparing 20 opera singers between the ages of 28 and 65 with a control group of your non-singers. The study showed that the opera singers had stronger chest-wall muscles and a better heart-pumping capability. Some of the singers smoked, and some never even engaged in any kind of physical-conditioning exercises, but they still maintained diaphragmatic breathing with large lung volumes (air-intake capacity). Their hearts worked more efficiently and their heart rates were lower than those of the non-singers, who were all under age 40.

"This kind of (aerobic) singing is a conditioning exercise of the muscles of respiration. It very efficiently tones up the chest muscles in a manner similar to swimming, rowing and yoga," says McCormick.

Normally, heart and lung functions decline with age in most adults, and the decrease is accelerated in those people who smoke or lead sedentary lives. But this study indicate that the decline can be slowed down by singing. This may help explain why professional singers often outlive non-singers by 20 years or more.

-- American Lung Association

LOOKING FORWARD TO SEEING ALL OF YOU IN NEW ORLEANS!