CONVENTION FLASH  April 1987 - New Orleans

FROM THE CHAIR --

It was a fine convention. Looking back at our first meetings only a few years ago, we can't help being impressed at the maturity of our organization and the dedication of our members. We still hear the call from our leaders to communicate. That, of course, involves all of us with or without specific assignments. Let's share our thoughts with the Board. Take part in the on-going committee actions and lend your ideas and experience by sending letters to the office or the appropriate committee chairman. New Orleans is behind us now but it's not too soon to start planning for Reno next year. We have lots to work on before then so have a great year! -- Bob Osgood, Chairman of the Board

BOARD OF GOVERNORS and EXECUTIVE COMMITTEE

The new Executive Committee consists of Bob Osgood, Chairman, Darryl McMillan, Vice-Chairman, Daryl Clendenin, Mike Seastrom and Elmer Sheffield, Jr. Norm Cross serves in a non-voting capacity as advisor. John Kaltenhauler continues as Executive Secretary and Herb Egender continues as Assistant Executive Secretary. Newly elected Board members were sworn in at the opening ceremony and these included Norm Cross, Betsy Gotta, Jim Hayes, Ernie Kinney, John Marshall, Mike Trombly, Ralph Trout and Francis Zeller. Other Board members include the Executive Committee and Red Bates, Don Beck, Bill Davis, Don Hanhurst, Melton Luttrell, Martin Mallard, Jim Mayo, Jack Murtha, Stew Shacklette, Gary Shoemake, and Gene Trimmer.

CONVENTION UPDATE

During the opening ceremony, a vote was taken approving the change in the By-Laws dealing with the formation of the CALLERLAB FOUNDATION for the Preservation and Promotion of Square Dancing. The Foundation will operate as a division of CALLERLAB with a separate administrative officer.

The Monday evening banquet featured a Dixieland Band. Twenty-five year certificates were presented to the following callers: Bob Barnes, Fred Bouvier, Flo Cadwell, Mona Cannell, Walt Cole, Jerry Duplantier, Darrell Figg, Howard Gilmore, Betsy Gotta, Lem Gravelle, Jim Hayes, Ken Kernen, Wendell Law, Don Littlefield, Jim Marcum, Carrie Masters, Joe Prystupa, John Richards, Harry Schopp, Vernon Seddon, Harvey Smith, Johnny Wedge, Marvin White and Norm Wilcox.

SMALL WORLD AWARDS were presented to Hans and Marielle Gietl from West Germany, Al Stevens from West Germany and Tomas Hedberg and his partner, Pia Klemming, from Sweden. With the addition of Tomas Hedberg, we now have members in the USA, Canada, Mexico and 10 overseas countries. These include: England, The Netherlands, West Germany, Sweden, Austria, Spain, Saudi Arabia, Australia, New Zealand, and Japan.
During the Tuesday evening banquet, the CHAIRMAN'S AWARD was presented to KEN KERNEN for his outstanding efforts with the Community Dance Program. Ken had previously done an outstanding job on the Mainstream Definitions back in the mid 70's with more than 3 years and 13 drafts to complete the herculean efforts.

A GOLD CARD was presented to BOB VAN ANTWERP. Bob was one of the charter members of CALLERLAB and helped form the organization and conduct its first convention in 1974. The Gold Card provides lifetime membership to Bob Van Antwerp and he is only the fourth member to be so honored. Other honorees include Lee Helsel, Bob Osgood, and Arnie Kronenberger.

During the Wednesday business session, the following resolutions and motions were passed as follows: (As a note of interest, the meeting adjourned at 10:27 AM.)

Drop SCOOT AND RELOCATE from the Mainstream QS. Moved, Seconded and Carried. (M, S, C.)

Drop SPIN CHAIN AND EXCHANGE THE GEARS from Plus QS and move it to the Plus Program. M, S, C.

Drop TURN AND LEFT THRU from the Plus Program. M, S, C.

Direct the Board of Governors to consider all appropriate elements to reduce the costs for attending the conventions. Arrange for the Convention dates on or about 1 April ± 30 days to permit flexibility in negotiating. Such notice to be provided no less than three years prior to the selected dates for the convention. M, S, C.

Approved the timing lists for the A-1 and A-2 Programs on a one year trial basis. These lists will be available from the office within two weeks. Please write if you want copies. Single copies are available at no charge. Bulk copies will also be available at a nominal rate.

Approved the Community Dance Program on a one year trial basis. M, S, C.

Approved the delineation of the Mainstream Bold Faced/Italics on a one year trial basis with a teaching time of not less than 60 hours. M, S, C.

Approved the 25 Week Learn to Dance Program of Combined Mainstream and Plus for an additional 10 month period to be reevaluated in 1988 at the Reno Convention. M, S, C.

Approved a new definition for Scootback. Made a minor modification to Circle to a Line. Both motions were M, S, C.

Approved a New Square Dancer's Bill of Rights. M, S, C.

Actual wording for the above motions is shown below for your benefit.

COMMUNITY DANCE PROGRAM - Chairman, Ken Kernen

BE IT RESOLVED that the Community Dance Program (CDP) as developed and presented to the 1987 CALLERLAB Convention and containing the fundamental elements of Square Dancing to be taught in six two-hour sessions, be approved on a one (1) year trial basis.

MAINSTREAM COMMITTEE - Martin Mallard, Chairman
BE IT RESOLVED that CALLERLAB accept the Mainstream Bold Faced/Italicized list as presented at the 1987 New Orleans convention on a one (1) year trial basis with a recommended teaching time of not less than sixty (60) hours.

MAINSTREAM DEFINITIONS COMMITTEE – Don Beck, Chairman

WHEREAS the 1986 CALLERLAB Convention voted to add quarter tag as an additional starting formation to the definition of Scoot Back and WHEREAS the wording of the definition did not fully define what was to be done from a quarter tag formation, BE IT RESOLVED that the definition be changed to read as follows:

SCOOT BACK - Starting formation - box circulate or quarter tag. From box circulate, dancers facing in step straight forward to join adjacent forearms, turn half (180°) and step forward to end in the position vacated by the dancer who was facing out. Meanwhile, each dancer facing out runs into the position vacated by the dancer who is doing the forearm turn. When done from right hand boxes, the dancers facing in turn by the right and the dancers facing out run right. When done from left hand boxes, the dancers facing in turn by the left and the dancers facing out run left. Finishes in a box circulate formation.

From quarter tag, dancers step ahead, join forearms (right if center wave was right handed or left if center wave was left handed), turn half (180°) and step straight forward. Those returning to the center step to a wave (using same hands as original wave); the others finish as a couple facing out. Ending formation is a 3/4 tag.

WHEREAS it was pointed out that the definition of Circle to a Line contained an ambiguity relating to which arch the released dancer was to move under, BE IT RESOLVED that the last sentence of the definition of Circle to a Line be changed to read "The released dancer moves forward under the raised arm arch formed by that dancer and the adjacent dancer to become the right end dancer in the line."

25 WEEK "PLUS" LEARN TO DANCE PROGRAM – Red Bates, Chairman

BE IT RESOLVED that since the 25 Week "Plus" Learn To Dance Program has not been given a full dance season trial, this committee recommends that this program be continued on a trial basis for an additional ten (10) months -- to be evaluated at the 1988 CALLERLAB Reno Convention.

EDUCATION COMMITTEE – Jack Murtha, Chairman

BE IT RESOLVED that CALLERLAB adopt the following statement of the "New Dancer's Bill of Rights" for a one (1) year trial:

A new square dancer has the right:

a. To a class experience that is both educationally and socially enjoyable.

b. To patient and dignified treatment by the class instructor(s) and sponsors.

c. To gain experience dancing to other callers and, if possible, with dancers from other classes prior to graduation.

d. To receive advice and assistance in acquiring appropriate clothing for square dancing.

e. To instruction and practice with the approved definitions, timing and styling for each listed call.
f. To information about the history and heritage of our present square dance program.

PROGRAM COORDINATING COMMITTEE - Mike Seastrom, Chairman

BE IT RESOLVED that the following method of returning to dancing once a square has broken down be adopted as a uniform method to be taught to all dancers for class programs through all approved CALLERLAB Dance Programs on a permanent basis with the deletion of item #2.

Part 1 - The Dancers' Responsibility

1. Return to home position as soon as possible.

[2. When home, the number one man gives the command "Line Right". Upon receiving the command ...] [TO BE DELETED]

3. The head ladies will take their corner's hand and head couples will back out to form lines at the sides of the square.

4. On the caller's command, EVERYBODY forward and back, they enter into the dance pattern.

Part 2 - The Caller's Responsibility

1. Recognize that a number of sets have broken down and have formed lines at the sides of the hall.

2. Place the dancing squares into lines that are in a normal boy/girl arrangement.

3. Give the command, EVERYBODY forward and back in a bold voice which is the command for the broken squares to enter into the dance pattern.

TIMING COMMITTEE - Bob Wilson, Chairman

BE IT RESOLVED that CALLERLAB adopt the timing list of the A-1 and A-2 Basics as proposed by the Timing Committee on a one (1) year trial basis.

Complete reports of the convention will be provided in the June Direction. Rosters of all current Members, Subscribers, Apprentices, Associates and Gold Card Holders will also be published in June. To be included, please make sure your dues are paid no later than June 15, 1987 and that the information we have on our records pertaining to you is complete and correct.

WHICH LIST?

It is not a question of which list you must use in teaching your classes. CALLERLAB is not suggesting that there is a single list that will meet the needs of all areas. Each caller/teacher should use the list which best meets the needs in his/her area -- the list which will best prepare one's dancers to dance competently in the area concerned.

The following calls are current in each of the Quarterly Selection Lists as shown:

Mainstream QS
Scootback 1½ (1-1-87) Connect Four (4-1-87)

PLUS QS
Compress to a Column (3-1-87)
ADVANCED QS

Change Lanes (9-1-83)  Mini-Busy (1-1-82)
Checkover (3-1-85)  Open Up the Column (6-1-87)
Cover Up (6-1-87)

TIMING CHART OF ADVANCED 1 (A-1) BASIC CALLS

1. Acey Deucey  4
2. Right (Left) Roll to a Wave  4 & 2
3. Six-Two Acey-Deucey  4
4. Cross Cloverleaf  10
5. Split Square Thru  
   From SS: full-12, 3/4-10, 1/2-8
   From Box: full-10, 3/4-8, 1/2-6
6. Explode The Line  6
7. Turn and Deal  4
8. Curly Cross  8
9. Clover and (Anything)  4 + call
    Cross Clover and (Anything)  10 + call
10. Quarter Thru  6
11. Chain Reaction (1/4 Tag)  12
12. Ends Bend  4
13. Pass In  4
14. Three-Quarter Thru  8
15. Transfer the Column  10
16. Explode and (Anything)  2 + call
17. Wheel Thru  SS -6, Facing couples - 4
18. Cut the Diamond  6
19. Swap Around  4
20. Cross Over Circulate  6
21. Quarter In  2
22. Cast A Shadow  10
23. Horseshoe Turn  6
24. Half Breed Thru  SS-8, Box 6
25. Step and Slide  4
26. Double Star Thru (Pt Con)  SS-6, Box 6
    Triple Star Thru (Pt Con)  10
27. Square Chain Thru (Pt Con)  SS-14, Box 14
28. Arky Allemande  4
    Arky Grand (Pt Con)  10
29. Split/Box Transfer  8
30. Pass Out  4
31. Lockit  4
32. Fractional Tops  4
    1/4 the Top (Pt Con)  4
    1/2 the Top (Pt Con)  6
    3/4 the Top (Pt Con)  8
33. Pair Off  SS-2, 8-Chain Thru & Lines - 4
34. Left Wheel Thru  SS-6, Facing couples - 4
35. All 8 Swing Thru  8
36. Quarter Out  2
37. As Couples Concept  2
38. Cycle and Wheel  4

Definitions:
SS = Static Square
Box = Box 1-4
Pt Con = Point of Contact
## TIMING CHART OF ADVANCED 2 (A-2) BASIC CALLS

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>39.</td>
<td>Hourglass Circulate</td>
<td>4</td>
</tr>
<tr>
<td>40.</td>
<td>Flip the Hourglass</td>
<td>4</td>
</tr>
<tr>
<td>41.</td>
<td>Pass the Sea</td>
<td>6</td>
</tr>
<tr>
<td>42.</td>
<td>Switch the Wave</td>
<td>6</td>
</tr>
<tr>
<td>43.</td>
<td>Trade Circulate (from waves)</td>
<td>6</td>
</tr>
<tr>
<td>44.</td>
<td>Beaus/Belles Concept</td>
<td>6</td>
</tr>
<tr>
<td>45.</td>
<td>Cut the Hourglass</td>
<td>6</td>
</tr>
<tr>
<td>46.</td>
<td>Spin the Windmill</td>
<td>12</td>
</tr>
<tr>
<td>47.</td>
<td>Mix</td>
<td>6</td>
</tr>
<tr>
<td>48.</td>
<td>Swing</td>
<td>3</td>
</tr>
<tr>
<td>49.</td>
<td>Slither</td>
<td>3</td>
</tr>
<tr>
<td>50.</td>
<td>Pass and Roll</td>
<td>10</td>
</tr>
<tr>
<td>51.</td>
<td>Split/Box Counter Rotate</td>
<td>4</td>
</tr>
<tr>
<td>52.</td>
<td>Motivate</td>
<td>16</td>
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<td>53.</td>
<td>Scoot and Dodge</td>
<td>8</td>
</tr>
<tr>
<td>54.</td>
<td>Single Wheel</td>
<td>Couples back to back - 4, Any wave - 4</td>
</tr>
<tr>
<td>55.</td>
<td>Trade Circulate (from two-faced line)</td>
<td>6</td>
</tr>
<tr>
<td>56.</td>
<td>Arky Star Thru (Pt Con)</td>
<td>4</td>
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<tr>
<td>57.</td>
<td>Switch to a Diamond (from waves only)</td>
<td>4</td>
</tr>
<tr>
<td>58.</td>
<td>Trail Off</td>
<td>DPT - 6, Columns - 6</td>
</tr>
<tr>
<td>59.</td>
<td>Pass and Roll Your Neighbor</td>
<td>12</td>
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<tr>
<td>60.</td>
<td>In Roll Circulate</td>
<td>4</td>
</tr>
<tr>
<td>61.</td>
<td>Remake the (Set-up)</td>
<td>Waves - 10, Columns - 10, Diamonds - 10, Alamo - 12, Waves - 12, 1/4 Tag - 12</td>
</tr>
<tr>
<td>62.</td>
<td>Scoot Chain Thru</td>
<td>4</td>
</tr>
<tr>
<td>63.</td>
<td>Switch to an Hourglass (from waves only)</td>
<td>4</td>
</tr>
<tr>
<td>64.</td>
<td>Peel and Trail (from completed DPT)</td>
<td>4</td>
</tr>
<tr>
<td>65.</td>
<td>Out Roll Circulate</td>
<td>6</td>
</tr>
<tr>
<td>66.</td>
<td>(Anything) and Mix</td>
<td>Call + 6</td>
</tr>
<tr>
<td>67.</td>
<td>Scoot and Weave</td>
<td>Waves - 10, 1/4 Tag - 10</td>
</tr>
<tr>
<td>68.</td>
<td>Slip</td>
<td>3</td>
</tr>
<tr>
<td>69.</td>
<td>Slide</td>
<td>3</td>
</tr>
<tr>
<td>70.</td>
<td>Zig-Zag/Zag-Zig</td>
<td>2/2</td>
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<tr>
<td>71.</td>
<td>Recycle (from facing couples)</td>
<td>6</td>
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<tr>
<td>72.</td>
<td>Checkmate the Column</td>
<td>10</td>
</tr>
<tr>
<td>73.</td>
<td>Peel and Trail (from columns)</td>
<td>6</td>
</tr>
<tr>
<td>74.</td>
<td>All 4 Couples Star Thru</td>
<td>6</td>
</tr>
<tr>
<td>75.</td>
<td>All 4 Couples Right &amp; Left Thru</td>
<td>10</td>
</tr>
<tr>
<td>76.</td>
<td>All 4 Couples Cross Trail Thru</td>
<td>10</td>
</tr>
<tr>
<td>77.</td>
<td>All 4 Couples Curlique</td>
<td>8</td>
</tr>
<tr>
<td>78.</td>
<td>All 4 Couples Pass Thru</td>
<td>8</td>
</tr>
</tbody>
</table>

**Definitions:**
- **Pt Con** = Point of Contact
- **DPT** = Double Pass Thru
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Future Conventions
Mar 28-30, 1988 Bally Grand, Reno, NV
Mar 20-22, 1989 Opryland, Nashville, TN
Apr 9-11, 1990 Hyatt, Orlando, FL

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 ½ 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.


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 walkthrough.

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 outline non-singers by 20 years or more.

-- American Lung Association

LOOKING FORWARD TO SEEING ALL OF YOU IN NEW ORLEANS!