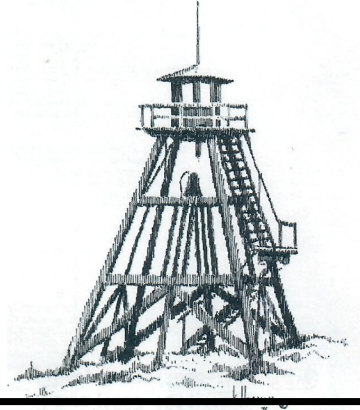


The Guardian



Last Chance Squares, Helena, Montana - October 2022 - Volume 10

What is the "FUN"

John Minton gives a charming definition . He says, "The fun of square dancing is very complex and many fold. It involves being with a number of friends and acquaintances whose company we enjoy. It comes from the excitement in the caller's voice; The whoops and squeals of happy dancers. It derives from the intricate patterns of the dance and successful executions of these patterns. It is found in the sounds and rhythms of the music which is background and timing for the dance. It's the fun of talking: snacking on the refreshments; looking at the colorful clothing; admiring pretty faces and handsome ones, too. It's people and colors and happy sounds and smells of perfume - rhythms, rimes and tunes, a kaleidoscope of changing patterns that touch and stimulate all the senses."

a little birdie
told me...



it's your birthday!

October 1 - Dwain Wood
October 6 - Karyn Hamilton
October 11 - Tom Tompkins



Kathy & Virgil Kaiser
18 October



Last Chance Squares Meeting September 19th, 2022, BHB. Fairgrounds



Present:

Karyn Hamilton, Sec., - Shirlye Kuykendall - Glen Tusler, Caller - Leola Tusler, Caller's Taw
- James Diemert - Johan Rider - Virgil Kaiser, President - Cathy Kaiser, President's
Secretary - Tom Tompkins - Janet Tompkins - Karen Long, Treasurer

Virgil called meeting to order at 5:40

Minutes were approved as read. Moved by Kathy and approved

Karen gave us a treasurer's report after she arrived it was approved.

OLD BUSINESS

*New lessons start on October 17th at 6:30 to 8:00pm At Hawthorne School , 430 Madison Ave, Helena, MT.

*Karyn had the New Dancers flyers to hand out and also had 50 flyers printed for Octoberfest to hand out.

*Discussion for the Octoberfest: Cathy some inflatable pretzels and beer mugs, Karyn had Octoberfest aprons that dancers could wear over regular square dance outfits. We will set up 3 card tables with table cloths, to sit at, while not dancing.. we have our flyers to give to anyone really interested in lessons and do a drawing for free lessons. We will do mainstream plus and rounds.....Dress for men would be hats, stockings, shorts, suspenders..... Women would be dress, stockings, apron or the Apron over regular square dance attire.... We will practice before regular Saturday night dances.

Schedule is as follows as of now:

Mainstream: Johan Rider & Virgil Kaiser

Karen Long & Ivan Chism

Stephanie Morrison & James Diemert

Leola Tusler & Tom Tompkins

Plus: Karyn Hamilton & Dwain Wood

James Diemert & Bonnie Hamilton

Virgil Kaiser & Kathy Kaiser

Pete Caparelli & Mary Carparelli

Rounds: Karyn Hamilton & Dwain Wood

James Diemert & Bonnie Hamilton

Glenn Tusler & Leola Tusler

Helpers: Janet Tompkins

Betty Carol

NEW BUSINESS:

*Dues are do to the Treasurer by 1 December. They are \$15 per person. You have to be a club member to be on the insurance roll.

*Our 2 Special dances will be St. Pat's and the Spring Fling. Call/Cuer to be announced.

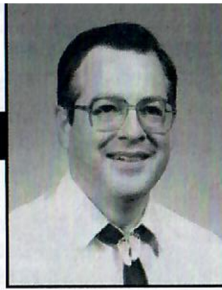
*There being no other new business meeting was adjourned, to dance @ 6:31

Karyn L. Hamilton

Karyn L. Hamilton, Secretary

ALL THINGS CONSIDERED

By
Ed Foote



How To Look Good When You Swing Your Partner

Swing Your Partner is usually taught the first night of beginners' class, and although dancers hear it regularly in singing calls, very little effort is made to explain the call well. As a result, in looking out over a floor of dancers, one sees a wide variety of Swings, most of which are two people staggering around. One of the prettiest calls that exists has been reduced to shambles.

In discussing this call with dancers I am amazed at how many people have never heard how to do a correct Swing. Here's how to do it.

First, we need to recognize that there are two types of footwork which can be used in a Swing. The WALK AROUND SWING involves short walking or shuffling steps around a central point. This is best used by people who have a physical impairment, or by those who do not want to expend the physical energy necessary for a good-looking Swing.

The BUZZ STEP SWING has the right foot remaining in place, and turning with most of the weight on the ball of the right foot of each dancer, as the left foot lifts and pushes off in a series of quick steps. The BUZZ STEP SWING can be done in a mild fashion, or it can be done with great motion and beauty.

HOW TO DO A BEAUTIFUL SWING:

(1) Use the BUZZ STEP SWING.

(2) Both dancers must LEAN BACK from the waist. This is vital, because this lowers the center of gravity of the couple, thereby improving stability. Dancers must REALLY lean back, not just make a token effort. Note: The woman must trust that the man

will not drop her. The man's right hand is on the woman's back at the waist, and she must really lean back into his hand. If the man does not have the physical arm strength to support the woman, then the Swing described here should not be attempted.

(3) The man controls the speed of the Swing by how fast he pushes off with his left foot. The faster he pushes off, the faster the Swing. Great speed can be established quickly, and it is this speed combined with the leaning back that makes the Swing look beautiful.

(4) While doing the Swing, look directly into your partner's eyes, or at least at their forehead. This is important because it will keep you from getting dizzy. Do NOT look out at the walls flying by, because this will make you dizzy.

(5) In the singing call, when the caller says "Swing and Promenade," you do not have time to do this elegant type of Swing, because people are walking toward you for the Promenade. Save this elegant Swing for when you get to home position. This Swing is excellent to do at the very end of the singing call at home position.

SUMMARY: If you do this type of Swing, people will be impressed. Remember the key points: lean back at the waist, go fast, and look into your partner's eyes.

Camping: Where you spend a small fortune to live like a homeless person.....

THINK! (It's not illegal.....YET)

Whipped Sweet Potatoes with Apples

3 ½ lb yams [6 med]
2 tbsp dark maple syrup
1 sweet apple [Golden Delicious – not granny smith type]
2 tbsp + 2 tsp butter, divided
salt & pepper
little orange zest

Preheat oven to 400. Spray 8" square baking dish with cooking spray and set aside. Melt 2 tsp butter in cup in microwave. Pierce yams several places with fork. Bake yams 40-60 mins, depending on size. Peel yams as soon as they are cool enough to handle. Place flesh in large bowl. Add remaining 2 tbsp butter and maple syrup to hot yams. Mash with fork until yams are smooth. Season to taste with salt/pepper. Spread yams in even layer in prepared pan. Peel, halve, core apple. Slice crossways into thin slices. Arrange in overlapping rows to cover yams. Brush apples lightly with the melted butter. Bake uncovered until yams are heated through and apples have softened, 25-30 min. Serve warm or at room temp. 8 servings. NOTE: final baking is ok in microwave. ** Baking concentrates the potato's sweetness.



Brown Butter Green Beans

Fresh green beans, rinse and trimmed
2 tbsp butter
salt & pepper to taste
nuts, if desired [pecans or almonds]

Cook green beans to tender [don't overcook] and drain. Place butter in small fry pan, over medium heat, melt butter til foamy and solids turn golden, tipping pan to prevent burning. If using nuts drop them into butter for a moment. Immediately pour over cooked green beans and serve.

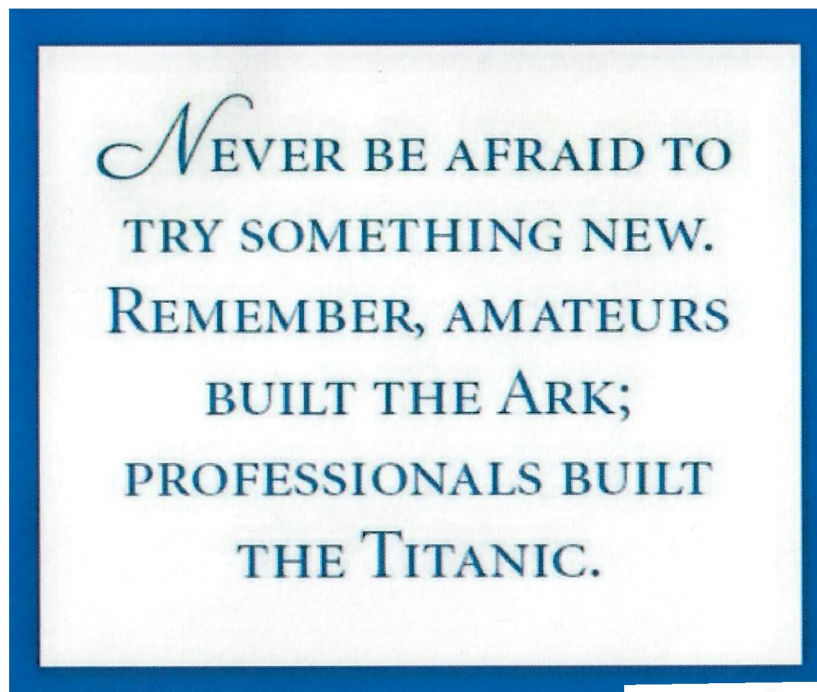


SEPTEMBER

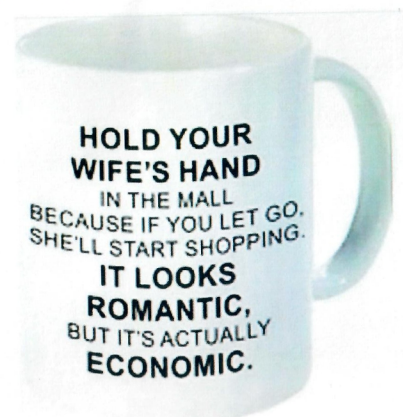
Sept 24th was the 1st Saturday night dance of the new season. We had two guest join us, Catelyn Saunders & Mom Eran. Hopefully we will see them again.

We practiced for Octorberfest from 6-7pm and then our regular dance from 7-9pm. Some of learned some styling, some learned some new dances moves and a good time was had by all.

THERE WILL BE NO DESIGNATED DANCERS FOR OCTOBERFEST AS STATED IN THE MINUTES. WE WILL DANCE TWO SQUARES EACH TIME AND IT WILL BE MAINSTREAM WITH ROUNDS. WE WILL HOWEVER KEEP OUR PARTNERS FOR THE MOST PART.



For those unable to dance two nights in a row, simply dance half as much each night and be twice as friendly while you are resting. Friendliness is revitalizing



Karyn & Dwain spent the week working in Florence, MT and decided to attend the Wednesday night dance at the Lolo Community Center. They dance the 2nd and 4th Wednesdays at the Community Center. They lacked 1 person of having 3 squares and Karyn had to dance as a boy for the plus tip. Faye said she couldn't do plus as a boy yet. Butch Suttley was the caller. Butch is also the new President of the Solo Stars club as Dee & Tim Casey have stepped down.



Strawberry Pasta with Sausage

INGREDIENTS

2 tablespoons unsalted butter	1 teaspoon granulated garlic (or more if you like garlic)
1 pint strawberries (fresh, flavorful strawberries are key to the dish)	Pinch of crushed red pepper (or more if you like spice)
1/3 cup heavy whipping cream*	3 links Italian sausage
1 cup Parmesan cheese, plus more for topping	12 ounces Fettuccine pasta

DIRECTIONS

- 1 Cook pasta as directed. Drain and set aside.
- 2 While pasta water is heating, wash and stem strawberries. Then puree strawberries in a blender.
- 3 Melt butter over medium heat in small saucepan. Add pureed strawberries to melted butter. Let simmer over low heat for five minutes. Add heavy cream and simmer for another five minutes.
- 4 Add one cup of cheese, garlic, crushed red peppers and salt and pepper to taste. Stir to combine and let simmer, stirring occasionally as pasta and sausage finish cooking.
- 5 Cut sausage links in half length wise and then cut half-moon pieces. Cook over low to medium heat in fry pan until they reach the desired crispiness.
- 6 Return pasta to pot, add sauce and sausage. Stir to combine and plate. Top with more cheese, if desired.

*If strawberries are not as flavorful, consider adding a little more cream to taste.

TEN COMMANDMENTS FOR SQUARE DANCERS

Various codes and commandments have been written for square dancers, and the following makes no claim for originality. However it is most interesting to note that this particular list – garnered from past issues of Sets in Order as well as other sources – was prepared for the Rio Piedras Moonshiners, a youth group which dances in Puerto Rico.

1. *Thou shalt square dance only for the fun, remembering all dancers must have fun or no dancer will have fun for long.*
2. *Thou shalt earn forgiveness of thy goofs by remembering that even thou wert once a beginner, and shall help those with less experience, while maintaining both a friendly face and a cheerful heart.*
3. *Thou shalt dance exuberantly, but shall act thy age.*
4. *Thou shalt remember square dancing is a social activity, dressing appropriately and behaving properly.*
5. *Thou shalt welcome the stranger in thy midst with word and with deed, remembering that "a stranger is a friend I haven't met."*
6. *Thou shalt form squares promptly when the music starts, never sit out when needed to complete a square, and never, never leave a square.*
7. *Thou shalt let the caller do the teaching, and leave all conversation for the break periods.*
8. *Thou shalt honor thy club and give it thy loyalty and service.*
9. *Thou shalt not kill thy club with bickering and complaints.*
10. *Thou shalt spread gladness and good cheer throughout the land, advising all and sundry that SQUARE DANCING IS FUN!*

**SHAKE YOUR
MARACAS**