



This newsletter provides promotion and marketing ideas, shines a light on people in our dance community, provides history and general information about our much loved activity, and highlights provincial and national events. If you wish to contribute an article, or see an event, topic, person, or club featured, contact the editor.



### ALL ADVERTISING WORKS- by Editor Claudia Littlefair

Have you ever heard or said, "We've tried everything, and nothing works" or "We tried that last year and it didn't put any feet on the floor." or "The only thing that works is word of mouth." In my opinion, these

statements and others like them are not true, because every time a member of the general public sees the word "square dancing" the advertising has worked!

The first step in successful advertising is not recruitment, it's simply to say "we exist". If people are not aware of a product, they won't buy it! It's disheartening to hear, "I didn't know that people still square danced." or "I didn't know that square dancing was offered here." Those statements are a reflection on how poorly we advertise. The general public (the thousands of people outside of our circle of family and friends) have no clue about the Modern Square Dance program. Many of our clubs have given up on advertising, or advertise very little and only in the fall. It's no surprise that people don't know about us, never mind wanting to join up.

So this fall, advertise! Let people know we exist through posters, flyers, postcard-sized handouts, business cards, trade fairs, farmer's markets, participation-demos at community halls, sandwich board signs, large rental magnet board signs, lawn signs, banners on fences, public service announcements on radio and TV, on-line Facebook ads, websites and Facebook pages, and any other way you can think of. Use print material that feature happy people because people are drawn to "fun" and fun is our recreation's strongest selling point (see sample below). If you see something you like, copy it. Use economic, on-line sources like Vistaprint to create attractive handouts and flyers. For examples of print materials, images, dance memes, news articles, and more, go to Canadian Square & Round Dance Society's pinterest account: <https://www.pinterest.ca/canadiansquare/>.

**Most of all, don't give up! Advertise, advertise, advertise – because it works – each and every time.**

### INDEX

Editor: All Advertising Works.....	1
Adding "QR" Codes .....	2
Enjoy Jamboree Experience .....	2
Jamboree Program-At-Glance .....	3
AB Convention Details .....	4
Convention Program-At-Glance ...	5
Lighter Side of Darkness .....	6
Air of Happy Confidence .....	7
Glimpse the Past – Unifying .....	8
Square Dance Styles	
Kelly's Korner .....	9
Science Confirms: Dancing .....	9
Makes You Happy	

Sample of double-sided handout.

Ready for something different? Bored?? Need a challenge?  
Looking for something FUN to do?

## We Need People Like YOU

**WHAT TO EXPECT**

- \* MODERN SQUARE DANCE is FUN!! Most frequent comment, "I had no idea it would be **THIS much fun!**"
- \* FRIENDLY PEOPLE - Mixed ages, singles, couples.
- \* CASUAL ATMOSPHERE - No dress code.
- \* MEET NEW FRIENDS!
- \* GREAT MUSIC - Rock, Pop, C&W, Latin, Blues and more.
- \* EASY! "Two left feet"? No problem! No fancy footwork or lead/follow partner. If you can walk and listen at the same time, you can do this!
- \* Light REFRESHMENTS & SNACKS
- \* ACTIVE - Same benefits as low-impact aerobics.
- \* NO EXPERIENCE NEEDED - Step-by-step instruction.
- \* First Time FREE! See if it's a fit FOR YOU.

"We were new in town and it was an easy way to meet people."  
"It's my stress reliever. I have so much fun and I always leave smiling."  
"Patient instructors - I'm not much of a dancer but this is different."  
"It's the perfect night out - great exercise, brain gym, fun people and easy on the wallet."  
"I'm actually having fun!"  
"I LOVE the music - everything from country to rock, even salsa."

## ADDING 'QR' (Quick Read) CODES TO PRINT ADS

- Excerpt from "Did You Know ..." by Lane Johnston, Footnotes Newsletter, September 2017

Consider incorporating QR codes on flyers, posters, roadside signs, and banners to drive "traffic" to your club's website or Social Media sites.

- **QR codes are those odd-looking square blocks of pixelated/digitized information.** They are similar to UPC barcodes but, instead of identifying a part number of SKU, the information that is encoded is most-often a web address (URL).
- **QR codes allow anyone with a smart phone to "scan" the code and instantly be taken directly to the corresponding web address** without having to write it down or memorize it for later access.
- **Download a free QR code generator application** like "QR Code Monkey" (there are many others to pick from). Use the generator to create a QR code for any web address with content specific to your club (like your club or council web page, Facebook page, or your Twitter account, or photos on Instagram or SmugMug).
- **Try it out for yourself.** Download a free QR Code Reader app (there are lots of them) like "Scan Pro" to your smart phone, and save it to your Home Screen. Then simply launch the app and point your phone at any QR code you want to read. Once you "capture" the code, you can open the associated web address.



Editor's Note: Here's an example of a QR code. It'll take you to the website where past issues of this newsletter are kept.

## ENJOY JAMBOREE'S DANCE EXPERIENCE, FORT SASKATCHEWAN

Friday, AUGUST 23- Monday, AUGUST 26, 2019

Dow Centennial Centre, 8700-84 Street, Fort Saskatchewan, Alberta

### Callers & Cuers



Jerry Jestin  
Gleniffer Lake, AB

Gary Winter  
Sherwood Park, AB

Mary & Bruce Nelson  
Sherwood Park, AB

Tim Crawford  
Burlington, ON

**COST**

Full Weekend - \$60/person  
Day Session - \$30/person  
Individual Sessions - \$15/person

**REGISTER ONLINE:**  
[www.albertajamboree.com](http://www.albertajamboree.com)

**EMAIL:**  
[albertajamboree@gmail.com](mailto:albertajamboree@gmail.com)

### Comfort Inn Reduces Prices for Jamboree!

Comfort Inn & Suites, located within walking distance of the Dow Centre where the Jamboree is held, are offering the following nightly rates for anyone attending the Jamboree:

- **Standard Rooms (Single or Double Occupancy) - \$79 plus Taxes**
- **Kitchenettes or Suites (Single or Double Occupancy) - \$85 plus Taxes**
- **Family Suites - \$95 plus Taxes**

Rates includes the Complimentary Hot Buffet Breakfast of eggs, bacon, sausage, hash browns, waffles and more.

This weekend is hosted by the **Alberta Jamboree Dance Society**, which was formed in 2011 after a successful Jamboree in 2009. It was realized that there was a group of dancers who desired a more challenging dance with the opportunity to improve their dancing skills. It was felt the use of outside callers would provide this opportunity as well as an opportunity for local callers and cuers to enjoy a weekend of dancing and at the same time acquire new routine ideas for use at their dances. This Jamboree is held every other year.

### JAMBOREE 2019 PROGRAM-AT-A-GLANCE

TIME	MAINSTREAM HALL	PLUS HALL	A1 & A2 HALL	ROUND HALL	
<b>FRIDAY</b>					
6:00 - 8:30 PM	<i>REGISTRATION PICKUP &amp; SIGN IN</i>				
7:00 - 8:00 PM					PRE-RDS - MARY & BRUCE
8:00 - 10:00 PM					MAINSTREAM - 3 CALLERS
<b>SATURDAY</b>					
10 - 10:25 AM	<b>(ALL GO TO PLUS HALL)</b>	WARM-UP: 3 CALLERS			
10:25 AM - NOON	TIM & GARY	GARY & JERRY			
<b>NOON</b>		<b>LUNCH BREAK</b>			
1:30 - 4:30 PM	1:30-3:30 PM: GARY 3:30-4:30 PM: TIM	1:30-2:30 PM: TIM 2:30-4:30 PM: JERRY & GARY	1:30-2:30 PM: JERRY (A1) 2:30-3:30 PM: TIM (A2)	MARY & BRUCE 1:30 - 4:30 PM: PH 2,3 & 4	
<b>4:30 PM</b>		<b>SUPPER BREAK</b>			
7:00 - 8:00 PM			RDS PH 2/3: MARY & BRUCE		
8:00 - 10:00 PM			8-9 PM: JERRY 9-10 PM: TIM & JERRY		8-9 PM: GARY & TIM 9-10 PM: GARY
<b>SUNDAY</b>					
10:00 AM - NOON	<b>CALLERS WORKSHOP BY ALL 3 CALLERS EVERYONE WELCOME TO ATTEND</b>			<b>CUERS WORKSHOP BY MARY &amp; BRUCE EVERYONE WELCOME TO ATTEND</b>	
<b>NOON</b>		<b>LUNCH BREAK</b>			
1:30 - 4:30 PM	1:30-2:30 PM JERRY 2:30-3:30 PM TIM 3:30-4:30 PM TIM & GARY	1:30-2:30 PM TIM 2:30-3:30 PM GARY 3:30-4:30 PM JERRY	1:30-2:30 PM GARY (A1) 2:30-3:30 PM JERRY (A2)	MARY & BRUCE 1:30-2:45 PM PH. 2/3 3:30-4:30 PM PH.4+	
<b>4:30 PM</b>		<b>SUPPER BREAK</b>			
7:00 - 7:45 PM			RDS PH 2/3: MARY & BRUCE		
7:45 - 9:15 PM			GARY		JERRY & TIM
9:15 - 10:15 PM			MAINSTREAM Dance - 3 Callers		
<b>MONDAY</b>					
9:00 - 11:00 AM			Trail-Out MAINSTREAM Dance with All 3 Callers		

**From the book "Disorder in Court" - Things people actually said in Court**

**Attorney:** How was your first marriage terminated?  
**Witness:** By death.  
**Attorney:** And by whose death was it terminated?  
**Witness:** Take a guess.

**Attorney:** Are you sexually active?  
**Witness:** No, I just lie there.  
 \* \* \*  
**Attorney:** What gear were you in at the moment of impact?  
**Witness:** Gucci sweats and Reeboks.

## **51<sup>ST</sup> ALBERTA DANCE CONVENTION, LACOMBE** **Friday, AUGUST 30 to Monday, SEPTEMBER 2, 2019**

We're in the final days until the celebration of 51 years of dancing for the Alberta Square & Round Dance Federation! There is still plenty of time to register for the weekend, but ribbons and receipts will not be mailed out from now on; they will be in your registration package.

### **Convention Details**

- ★ Your first convention? **Pack extra shoes!** Probably the best advice is to pack a variety of shoes including runners, comfortable sandals and dance shoes. There's hours of dancing available, and sometimes a different pair of shoes will help you last the weekend. **Dress is casual during the day, and typical dance attire in the evenings.**
- ★ **Friday's Trail-In Dance, August 30, 7:30 pm Pre-Rounds; 8-10 pm Mainstream Dance, is being hosted by Central Alberta District Callers.** Note: all callers and cuers who attend Convention pay the same registration fees as dancers, even if they never dance. In other words, they pay to call for you!
- ★ **There's a big difference between "Intros" and "Workshops". Dancers attending a Workshop already know that dance level** (eg. Mainstream, Plus, Advance). The workshop will feature a specific call within that level and work it from different angles.
- ★ **Dancers attending a Square Dance "Intro" do not need to know that level of program**, although they must know the preceding level. (eg. a Mainstream dancer can attend a Plus Intro, but not an Advance Intro.)
- ★ **Starlight Fashions** will have the remaining inventory for sale at deep discounts. There is still a selection of ladies shoes, blouses, skirts and some other items. There will be no GST and all sales are final. Payment must be by cash or cheque.
- ★ Some **used square dance clothing** will also be for sale.
- ★ Other features of the Convention include:
  - **Banner Parade** - remember to pack your club banner!
  - **Silent Auction** – donations appreciated.
  - **Provincial AGM** - if you're a dancer or leader, you're a member.
  - **Presentation on Promoting and Advertising** our activity.
  - Saturday night's **Black & White Dance** – wear your best black & white outfit!
  - Interdenominational **Church & Memorial Service.**
  - **After-Party & Lunch!**

### **About Lacombe**

Lacombe, population 13,000+, is nestled in one of central Alberta's most fertile valleys between Calgary and Edmonton. The local economy includes a strong agricultural base supplemented by the oil and gas industry.

In 1881 Ed Barrett was discharged from the services of the North West Mounted Police and persuaded to go north to help open up the country. He arrived in 1884 and established a stopping house for travellers on a land grant given to him for his past service. The stopping house became known as "Barnett's Siding". The name was later changed to Lacombe after Father Albert Lacombe, a prominent Catholic missionary.

The Lacombe Memorial Centre, home of our Convention, is located on Lacombe's historic main street at 5214 – 50 Avenue in the heart of downtown. In 1988 a five-year program of restoration commenced in Lacombe with the assistance of the Alberta Main Street Program. Over 20 historic buildings were fully restored and many more beautified under the program. Today you can still admire the fine architecture of a former era by a walk through downtown Lacombe. You will find the iconic Flatiron Building which houses the Flatiron Museum and Lacombe Interpretive Centre; the oldest blacksmith shop, the Lacombe Blacksmith Shop Museum; and the Michener House Museum and Archives – the oldest remaining building in Lacombe as well as the birthplace of Rt. Hon. Roland Michener. Self-guided maps are available at Michener House Museum and the Lacombe Interpretive Centre.

**For the Convention Registration Form and Information see [www.squaredance.ab.ca](http://www.squaredance.ab.ca).**

**51<sup>st</sup> ALBERTA DANCE CONVENTION, August 30-September 2, 2019  
PROGRAM AT-A-GLANCE (Subject to Changes)**

TIME	MAINSTREAM HALL	PLUS HALL	FLEX HALL	ROUND HALL
<b>FRIDAY</b>				
7:30 - 8 PM	TRAIL IN DANCE: Pre-ROUNDS			
8 - 10 PM	MAINSTREAM DANCE			
<b>SATURDAY</b>				
8:45 - 9:50 AM	BANNER PARADE OPENING CEREMONIES			
10:10-11:30 AM	MAINSTREAM Dance with ROUNDS	PLUS Dance with ROUNDS	ADVANCE Dance	<b>10:00 – 10:45 AM SHOWCASE ROUNDS</b> 10:50 – 11:30 AM TWO-STEP Ph II+2+1
<b>11:30 – 1 PM</b>	<b>LUNCH BREAK</b>			
1 – 2:20 PM	ALBERTA FEDERATION Annual General Meeting			
2:30-5 PM	Wksp – GRAND SQUARE Wksp – OCEAN WAVE Wksp – SIX COUPLES  4:30 – 5:00 PM MAINSTREAM Dance	Wksp – LOAD THE BOAT Wksp – CROSS FIRE Wksp – ANYTHING ROLL Intro to ADVANCE 1 4:30 – 5:00 PM PLUS Dance	2:30 – 3:40 PM ADVANCE DANCE  3:40 – 4:30 PM MAINSTREAM SINGERS	RUMBA – Ph.1V JIVE – Ph III+2 CHA – Ph. IV  <b>*5:15 – 6PM* PROMO PRESENTATION</b>
<b>5 – 7:30 PM</b>	<b>SUPPER BREAK</b>			
<b>Saturday Night “BLACK &amp; WHITE DANCE”</b>				
7:30-10 PM	MAINSTREAM Dance with ROUNDS	PLUS Dance with ROUNDS	ADVANCE Dance (To 9:00 PM)	ROUND Dance
<b>SUNDAY</b>				
9:00-10:15AM	CHURCH & MEMORIAL SERVICE			
10:30-NOON	MAINSTREAM Dance with ROUNDS	PLUS Dance with ROUNDS	ADVANCE Dance (10:30-11:30)	TWO-STEP – Ph.III FOX TROT – Ph. IV
<b>12-1:30 PM</b>	<b>LUNCH BREAK</b>			
1:30-4:30 PM	Wksp – SPIN CHAIN THR Wksp – WALK & DODGE Wksp – CHAIN FAMILY Wksp – THAR FAMILY Wksp – INTRO TO PLUS 4:00 – 4:30 PM MAINSTREAM Dance	Wksp –TEA CUP CHAIN Wksp – RELAY DEUCEY Wksp – FAN/PEEL TOP Wksp – AND SPREAD Wksp – HEXAGON SQ. 4:00 – 4:30 PM PLUS Dance	1:30 – 2:40 PM ADVANCE Dance  2:40 – 4:00 PM MAINSTREAM SINGERS	TWO STEP – Ph II+1 CHA – Ph. III+2+1 SLOW TS – Ph. III + 2 CHA/RUMBA – Ph. III+2 (To 5pm)
<b>4:30 – 7 PM</b>	<b>SUPPER BREAK</b>			
<b>Sunday Night</b>				
7 - 9:05 PM	MAINSTREAM Dance with ROUNDS	PLUS Dance with ROUNDS to 9:15 PM	ADVANCE Dance (To 9 PM)	ROUND Dance (To 9:20 PM)
9:05 - 9:30 PM	FINAL SQUARE DANCE PARTY - One Hall			
9:30-10 PM	CLOSING CEREMONIES			
10 PM	AFTER PARTY			
<b>MONDAY</b>				
10 - Noon	Mainstream Trail Out			

**THE LIGHTER SIDE OF DARKNESS - by Dee Jackins**



*Dee is an avid square and round dancer, and enjoys writing. She shares the lighter side of some of her experiences, challenges and near disasters as a sight impaired person.*



*In place of her usual column, this is Dee's personal story that appeared in past AB Chatter issue #2015-6.*

### **DEE JACKINS, Calgary**

Dancing has been a part of my life since Junior High. Born and raised in Radville, Saskatchewan, we took every opportunity to go dancing, whether it was a school dance, wedding or just a community affair. What better way to learn than a good old country dance?

When I moved to Calgary in 1961, one of the first things on my agenda was to find the dance halls. Does anyone remember Penley's, The Gardens, Isle Of Capri and even The Lone Pine? I married in 1965 and raised two children. Now I have three grandchildren and two great grandsons. My husband was not a dancer, but I convinced him to try and away we went.

We joined the Queens & Jacks Square Dance Club in 1969 and danced with them for three years. We took in all the activities possible and collected badges for all the silly things that we could pull off. I'm still in contact with some of the friends we made and look forward to our visits whenever possible. As time went by we got busy in other activities including ballroom dance lessons and square dancing was put on the back burner.

My eye problems had already started and were getting more severe. Eyes are sympathetic - it started with iritis and graduated to retinitis, uveitis and optic neuritis along with glaucoma. My eyes were getting inflamed every year on a regular basis and when the optic nerve is inflamed it takes its toll. The sight in my left eye was gone by 1975 and four years later I had to quit working and quit driving (that was hard, my independence was gone). The doctor referred me to the University Hospital in San Francisco to be examined by eight specialists. The results were the same and nothing further could be done. I kept busy doing oil painting, volunteering at the Grandparent Program and of course social dancing whenever possible. By December of 1988 my sight had deteriorated to 20/400. I was heavily medicated with prednisone to try and save the little sight I had but now it was affecting the bone marrow. There was no choice but to taper off and pray, but it wasn't in God's plan. By the end of January, 1989 my vision was gone.

The next few years were years of adjustment in more ways than one. While coping with my blindness and trying to reorganize my life, my husband was diagnosed with cancer and after fighting this disease for ten months he succumbed in October of 1991. I continued volunteering at the Grandparent Program and played crib at the CNIB. I joined ASRAB (Alberta Sports and Recreation Association For The Blind). I was determined to get out and do things and that I did. With this group we toured Southern Alberta and visited points of interest, lawn bowling, house boating in the Shuswap, para-sailing, horseback riding, white water rafting at Kicking Horse Pass. (Actually I'm glad I couldn't see what was going on!)

One of the best highlights for me after going blind was in 1992, when my sisters and I took our Mother on her 80th birthday down to see her brother in Minnesota. We stopped at Eatons in Regina, Saskatchewan to buy a gift for her. The clerk told us that Red Skelton was just down this aisle. Well, he's my favorite comedian and away we went. When he spotted my cane, he grinned from ear to ear and pushed the power button on his scooter and headed straight for us. He stopped right in front of me and said, "I'm Red Skelton. I used to be the Vice President of the Braille Institute Of America. Do you have time for a joke?" With stogie in one hand he shook my hand with the other and commenced his joke. I managed to get an autograph on the back of my cheque. By this time a crowd of people had gathered and his agent was not very happy but everyone else was. He made my day.



Then one day while volunteering at the Grandparent Program a long-time friend, Marilyn Dawes was visiting. She mentioned she had gone back square dancing with the Swinging Singles and would I be interested in coming back. I couldn't believe my ears, can you square dance when you're blind? Sam Stead was the caller back then and after approaching him on this matter he had no problem with it. This I was looking forward to and could hardly wait for the fall

to begin. That was in 1995 and I have never looked back. The members were accepting and helpful, it was time to dance again.



As the weeks went by, it was all coming back. I had to adjust for certain moves but I was visualizing this in my mind's eye. When Sam taught us the Weave, I knew skirt work was part of it so for now I would just keep my hands down so nobody would get hit. "WRONG!" As I was weaving I heard this "UMPH". My fears had been realized. I apologized profusely and laughter took over. I thought to myself that this had to be just an accident, so I continued to keep my hands down. "WRONG!" It happened again! "UMPH" --poor Charlie. That was it. From there on and to this day, that is why my hands are up on the weave. If everyone would just "touch" my hands as I go by, it makes it easier for everyone. I've learned to dance by definition, so whenever someone pulls, pushes or grabs me I lose concentration and will more

than likely break down the square.

In the years following I attended most of the dances involving visiting clubs, beginner Jamboree's, Calgary & District Special Dances, Conventions and not to forget the Kirby Center in the summer time. It was good practice and dancing to other callers was a welcome challenge. It didn't take long before Round Dancing, Plus and Advance 1 and 2 came into the picture and I started venturing out to other cities and provinces to take in their special dances. Visiting a few states across the border allowed me to take in a lot of lessons during the day and dance to my heart's content in the evening. I have met the most wonderful people in this world of Square Dancing, friendships made and a lot of enjoyment over the years.

The question I asked so many years ago, "Can a blind person Square Dance?" Yes, most of the square dancers are understanding, helpful and forgiving. Forgiving? Yes, when I'm in a square there could be somebody checking, tripping, clipping from behind or hooking. H-m-m-m, just about sounds like a hockey game.

**To sum it all up - Faith, Optimism, Determination, and let's not forget Humor are the words of the day. "SEE" you across the square!**

**From the book "Disorder in Court" - Things people actually said in Court**

<b>Attorney:</b> Can you describe the individual?	<b>Attorney:</b> Do you recall the time that you examined the body?
<b>Witness:</b> He was about medium height and had a beard.	<b>Witness:</b> The autopsy started around 8:30 pm.
<b>Attorney:</b> Was this a male or female?	<b>Attorney:</b> And Mr. Denton was dead at the time?
<b>Witness:</b> Unless the circus was in town I'm going with male.	<b>Witness:</b> If not, he was by the time I finished.

**AN AIR OF HAPPY CONFIDENCE**

**- Article from 'Footnotes' April 2016 by Solo Dancer Kathy Rooney**

**Due to the serious downturn in numbers of new people entering our activity, we paid attention to some of the barriers people mentioned when approached for lessons. Foremost was the refusal of women to wear the traditional outfits.** Many of our local clubs have gone to casual dress, but we don't go overboard. Prairie skirts are very popular, and slacks and tops are dressy, not something we'd wear gardening.

**Another frequent protest regarding taking lessons is the lack of a partner.** Once we encouraged people to join in, with or without a partner, there's been an amazing transition in attitudes. Who ever thought there would be married people dancing as solos, letting their non-dancing spouses "do their own thing"? Or, perhaps one spouse has health problems, preventing them from dancing. In past decades, either both danced, or neither danced.

Dancing as a solo married person does require a bit of gumption. It's not easy to do the unconventional . . . **in the old days, only men could invite women to dance. Women were to sit and hope.** Today, it's very common for anyone wanting to dance to invite someone to join them. In my case, I am never turned down. Either a dancer is honored to be asked to dance, or they explain that they have a partner for that tip and invite me to dance the next one.

**Hint: Walk into the hall with an air of happy confidence. Who wouldn't want to dance with you!**

## A GLIMPSE OF THE PAST

*This column features excerpts from the book “As I See Saw It –Bob Osgood”, reprinted with permission from the author and square dance caller, Paul Moore. Jim Mayo, First Chairman of CALLERLAB, states in his review: “This is truly the only book about the whole of Modern Western Square Dance and it is certainly the most complete (and accurate) book that will ever be written about this huge activity.” Paul had access to all of the material that crossed Bob Osgood’s desk at Sets in Order/American Square Dance Society. For additional information, contact Paul Moore at paulmoore@wildblue.net or look for this 600+ page book on Amazon.ca (\$26).*

### THE HUGE TASK OF UNIFYING SQUARE DANCE STYLES

When I first became interested in square dancing in the years just before the war, it was pretty much a hit-and-miss proposition as far as any uniform style of dancing was concerned. People skipped or ran or two-stepped, depending on their mood the type of music that was being played, and the area in which they danced.

Immediately following the war, I had an opportunity to travel through much of the United States and Canada on a series of business trips. During these trips I had occasions to drop in on square dance clubs, listen to caller and talk to dancers in areas that would one day form the nucleus of this fast-spreading American folk recreation.

I was amazed then at the variety of styles that existed. I counted some eight different ways to swing, four different styles of handholds for a promenade, and at least three different do-si-dos. Each area seemed perfectly happy in the style of dancing it practiced and it was only when dancers traveled to another area that any confusion arose. The wise dancers were those who adopted the policy of “when in Rome...” However, there was a strong feeling by every group that their particular style of square dancing was the way it should be done.



As I watched this variety of styles, I wondered how square dancing would ever resolve itself. I was particularly concerned when the first square dance festivals were held, drawing dancers from many areas – with many styles – into one hall.

We started Sets in Order Magazine with the idea that it might lend a helping hand in explaining these area differences and perhaps be able to come up with some form of standardization that would be acceptable to everyone. Our hope was that with some give-and-take in every area on the part of the dancers and the leaders, a formula might be developed where dancers could learn in one area and then enjoy their square dancing any place they visited. It wasn’t so important what style of dancing was adopted as long as it was comfortable and intelligent. We felt that one standard style adopted and enjoyed by all would be a great assurance for the future of the activity. Somehow it all worked out, though not without a lot of patience and understanding.

Since the first issue of Sets In Order in November, 1948, we watched the slow transformation of the square dance, through usage, into one predominant style – a style of Promenading, a style of Swinging, a grip for an Allemande Left, and a handhold for a Right and Left Grand – taught and practiced by everyone.

With patience and study and a great deal of give-and-take, callers discovered that this basic style can be danced comfortably. It can be executed to the beat and sometimes to the phrase of the music with sufficient time for each movement to be danced comfortably so that the different basics and figures are accomplished without jerking, yanking or pulling. And it can be done in such a way that dancers get the maximum joy from the figure without worrying about what unexpected twist, flip or twirl might send them scooting across the floor!



*Asilomar Conference Grounds*

Since the beginning of Sets in Order’s first Asilomar [a square dance vacation institute in California attended by square dancers from across the States and beyond. These week-long vacations continued for almost 40 years, into the 1990’s.] back in 1951, we have observed the policy of adhering to one style of dancing considered to be “the standard”. Consequently, when the *Illustrated Basic Movement Handbooks* were first issued, these standard definitions were included. Then when CALLERLAB – The International Association of Square Dance Callers was born at Asilomar in 1971, the definitions endorsed by this group were included in the handbooks and a giant step was taken in international square dance.



## **KELLY'S KORNER - by Kelly Thompson**

*Kelly started square dancing in 2016 after being coerced by his sister. He admits that he would have never walked into the club on his own. He has since found a whole new way of looking at life, a whack of new friends and personal confidence that didn't exist before. Kelly enjoys writing and shares some of his new found thoughts.*



### **Take A Pill**

We have heard things throughout our lives such as "Take a pill, it will make you feel better." or "Take two aspirin and call me in the morning." It seems today we can take a pill for about everything which is certainly convenient, but we should perhaps compare that to maybe a bit of good old common sense.

I found an article in the newspaper titled, "New Pill Fights Forgetfulness by Boosting Oxygen Levels in the Brain". It starts with, "A new patented pill is proving mental fatigue, trouble focusing and forgetfulness may simply result from lack of oxygen to the brain." It says a bit about how the pill works, but overall it sounds a lot like something students and truck drivers have used for years, and we all know coffee drinkers are sharper after that first cup in the morning. We also know that alcohol makes people smarter; a drunk, when asked, most often would be able to offer the advice needed to solve all world problems. Alcohol kills brain cells but it is the stupid brain cells that die first, meaning; the more you drink the smarter you get.

I think my parents are proof there is something to the oxygen levels in the brain. Both having been on oxygen showed few signs of the mental problems as listed, remaining very cognizant till later in life. That is possibly due to the oxygen bottle, and if a pill could do something similar it could be a good thing.

**I showed the article to a few people and said the pill is an effort to replace square dancing.** Square dancing has a few similar effects, in that it gets the juices flowing, which you have to think boosts oxygen to the brain. There are a few benefits that come with the exercise as well that the pill doesn't likely offer. It is, though, a choice we have, to sit at home taking pills, watching Netflix, or we can get out and move around. Both have their effects and both have their side effects.

Even the federal government thought exercise was a good thing with their ParticipACTION program, but they hadn't heard of square dancing. That shows the lack of oxygen to the brain even at the federal level. The ParticipACTION program was obviously overwhelmed with forgetfulness.

Square dancing offers, fun, fellowship, exercise and a mental workout, the real secret is some of those potlucks, the best is those free cookies (except on the nights the cinnamon buns show up or grandma's secret fudge). There's often coffee, tea and juice and holy macaroons! we sometimes have ice cream. They might someday replace square dancing with a pill, but it will likely be too big to swallow.

Take a pill, you never want to forget square dancing. (As you walk through a sheep pasture you look at what the sheep have left behind. My Grandfather called those "smarten up pills".)

*Take a little chance, inside the hall,  
Make clear joyful sounds, from wall to wall.*

*Lift up your spirits, lift up your pride,  
Take a little chance, please come inside.*

### **SCIENCE CONFIRMS: DANCING MAKES YOU HAPPY**

"Without music, life would be a mistake", said Nietzsche, and he wasn't entirely wrong because we have a natural instinct that leads us to follow the rhythm of the music. In fact, most children move and clap their hands when they hear a song they like. It is a spontaneous response related to our need to communicate and express our emotions through the movement and the body.

There is no doubt that music is a universal language and everyone, except the people who suffer from amnesia, is able to appreciate and enjoy it. In fact, it was discovered that people of different cultures react emotionally in the same way when

listening to different types of music. So, it is no coincidence that anthropological studies indicate that groups who were more likely to survive were those who had developed a particular dance and were able to share their feelings dancing.

**Of course, music and dance not only serve as social glue, but are also very useful for our physical and mental health.** Recent studies revealed that one of the keys to happiness and satisfaction is right on the dance floor.

### Steps that heal, movements that make us happy



In 2013, psychologists at the University of Örebro realized an experiment with a group of teenagers who suffered from anxiety, depression and stress, in addition to presenting psychosomatic symptoms such as neck and back pain. Half of these were asked to attend two dance classes a week, while the rest continued with their daily routine.

**After two years, those who continued to attend the dance classes (where emphasis was on the pleasure of the movement rather than performance), not only showed a significant improvement in psychosomatic symptoms, but also reported to feel happier.**

In another study conducted at the University of Derby, the psychologists worked with people who were suffering from depression. These people received “salsa” lessons for a period of nine weeks. **The improvements began to be appreciated after four weeks and, after finishing the course, the participants said they had fewer negative thoughts, better concentration and a greater sense of peace and tranquility.**

But the truth is that dance is not only an excellent therapeutic resource. A study at Deakin University revealed that dance has a very positive effect on our daily lives. These Australian researchers interviewed 1,000 people and found that often **those who were dancing not only reported feeling happier, but also more satisfied with their lives,** especially in relationships, health, and the goals achieved over the years.

**Interestingly, also the psychologists at the University of New York discovered a similar effect in children.** These researchers worked with 120 children, aged 2 to 5 years old, who were exposed to different types of sound stimuli, some were rhythmic and imitated the rhythm of the music, others were completely arrhythmic. They could appreciate that children who were moving following the rhythmic movements showed more positive emotions and felt happier. Therefore, these researchers concluded that not only we have a tendency to move to the beat of the music, but also that dancing improves our mood.

### Why Dancing Makes Us Happy

**When we dance our brain releases endorphins, neurotransmitters that create a feeling of comfort, relaxation, fun and power.** Music and dance do not only activate the sensory and motor circuits of our brain, but also the pleasure centers.

Indeed, neuroscientists at Columbia University say that when we move in tune with the rhythm, the positive effects of music are amplified. Therefore, a little secret to make the most of the music is to synchronize our movements with the beat, so we will be doubling the pleasure.

**However, the magic of dancing cannot simply be reduced to brain chemistry.** Dancing is also a social activity that allows us connect with the others, share experiences and meet new people, which has a very positive effect on our mental health.

What’s more, **as we move, our muscles relax to the music, which allows us to free ourselves of the tension built up during the day,** especially the one accumulated in the deepest part of the musculature.

#### Sources:

- Duberg, A. et. Al. (2013) *Influencing Self-rated Health Among Adolescent Girls With Dance Intervention A Randomized Controlled Trial.* Arch Pediatr Adolesc Med.; 167(1): 27-31
- Zentner, M. & Eerola, T. (2010) *Rhythmic engagement with music in infancy.* PNAS; 107(13): 5768-5773.
- Birks, M. et. Al. (2007) *The benefits of salsa classes for people with depression.* Nursing Times; 103(10): 32-33.
- Lesté, A. & Rust, J. (1984) *Effects of dance on anxiety.* Percept Mot Skills; 58(3): 767-772.

#### From the book “Disorder in Court” - Things people actually said in Court

**Attorney:** Doctor, how many of your autopsies have you performed on dead people?

**Attorney:** The youngest son, the 20-year old, how old is he?

**Witness:** He’s 20, very close to your IQ.

**Witness:** All of them. The live ones put up too much of a fight.