



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.



WHEN WE DANCE AGAIN - by Editor Claudia Littlefair

Recently I came across a few paragraphs in the American Squaredance magazine that really hit home. It said, *“The start-stop method of promoting square dancing is as outdated as the horse and buggy in our space age.” Ben Baldwin, Jr., caller from Campaign, Illinois, suggests we not let our efforts slack off after each class has been formed; we should keep square dance activities before the public all year long.”*

That article was written in August, 1990 – over 30 years ago! What hit home for me was that we still have that same ‘start-stop’ method of advertising today. Once our season starts, nobody hears about us.

Covid has left us in a unique position. Some clubs may start up in the fall, but wait to advertise for new dancers until later in the dance season -perhaps by January, 2022.

Some clubs may wait until the following fall for new dancers. And others may advertise for this fall as usual. Whatever the decision, **it’s important to make our presence known in the community.** With the loosening of restrictions, it’s possible to dance outdoors as early as July. Make this your summer to do some club advertising by dancing in parks on a weekly basis. Post an easy-to-read sign visible from a distance (eg. [www.\[name of website or FB page\].com](http://www.[name of website or FB page].com)). Be prepared with handouts or business cards, or, allow for spontaneous invitations to join in the square. Plan to use this summer to showcase our activity.

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SOCIAL SQUARE DANCING

Source: Google Group - Square Dance Modules. Article by Calvin Campbell

Social Square Dancing is a new program designed for square dancers who do not want to spend time to attend 25 or 30 lessons or more to dance with their peers. The number of “basics” they will be taught will be 50 “basics” from the Basic and Mainstream list. The length of lessons will be about 12 to 15 weeks. The complexity of material presented will be largely Standard Applications and a few examples of Extended Application. For additional details please consult The SSD Teaching Guide and Standard Application Document available from CALLERLAB.



I view the plan as a breath of fresh air to Modern Western Square Dancing. A way to attract a new population of dancers. A way to get away from the present culture of puzzle solving square dancing. A way for dancers to have a choice on what and how they dance.

All of Modern Western Square Dancing is in a time crunch. We can’t recruit enough new dancers to replace the dancers who are leaving the recreation. When we do recruit them, we don’t spend enough time training them properly. We need a shorter list of “basics” to teach and we need some place for these dancers to dance.

Social Square Dancing will hopefully provide that place. **Social Square Dancing will provide an environment where dancers can have “FUN”** and can decide whether they want to try “Plus” or some of the other dance programs. Since there are only 15 lessons, it provides a way to have more classes per year. Several areas in the U.S. have successfully tried the program (under the name Sustainable Square Dancing) and it works.

It takes skilled square dance callers to make it work. Some callers worry about providing variety. Any caller who has 30 years or more of experience has the variety. The SSD Teaching Guide is another source. CALLERLAB has many documents

that can provide examples. I went through my book (*All About Modules*) and I only had to eliminate about 25% of the Modules to meet their list and I still had over 800 Modules.

Variety really has nothing to do with the terminology. It has to do with the dances that can be created using that terminology. **There are thousands and thousands of dances that can be created with the calls on the SSD list.** When dancers finished a tip, they don't remember the terminology the caller used. They only remember whether the dance was fun and if they were successful in doing the dance.

SSD will also not be focused on keeping the dancers on-their-toes. The type of dance they will want to dance will be the kind that keeps the wind in their faces. This will mean the callers will have to learn timing and smoothness. Success will be the joy of constant movement.

Singing calls will probably need to be limited to one opening, break and closing and one or two figures. SSD dancers will want to turn off their brains and enjoy the music. Callers will be able to really match the call to the lyrics.

I foresee the return of the walk-thru. If the caller wants to do a figure that might cause problems. Walk it before you dance it. The dancers will welcome the practice. It's the success of the dancers you are after and not the average skill of any audience.

For callers, it will be a fun time. You may have to learn some new skills, but each of these skills can be carried forward. You will be calling to dancers that do not expect you to know hundreds of "basics" to the last detail. Since "Standard Applications of the "Basics" will be the norm you will have to be creative with how to make these "basics" into dances. In the process, you will learn a lot about square dance choreography.

One of the most important elements of the SSD program will be the ability to shorten the teaching time for beginner classes. Fifteen weeks of teaching time will mean up to three classes a year. It will allow slower learners to recycle back through the next class if they fall behind for some reason.

Teaching 50 "basics" in 15 weeks will still be hard. "Basics" introduced in the lessons will have to be refined after graduation, but most likely the audience at the clubs will welcome the review.

New dancers are the most enthused about getting their friends interested in square dancing about three weeks into lessons. In SSD, classes they will only be waiting about two months or less.

Lastly, SSD clubs will be more social. The format is tailored for promoting social glue. A lot of the success in this area will depend on the caller. Remember that the dancers are there to relax and have "fun". They are not interested in being tested on their knowledge of square dance terminology. Just put the wind in their faces and let them dance.

About the Author: Calvin Campbell is a long time and renown square dance caller. He has written numerous articles and several books on the subject and conducted many workshops. The most recent book is "All About Modules". Cal has been leading Community Dances and Beginner Dance Parties for over 60 years. He is the senior author of the book "Dancing For Busy People" and the author of "Teaching New Dancers". Cal has been a member of the CALLERLAB Board of Governors for many years and is a Mile Stone Award recipient. This is the highest award CALLERLAB can bestow on any individual. The primary purpose of the award is to recognize outstanding and significant contributions to the field of square dancing.

A Good Start To Life - by Calvin Campbell

Editor's Note: *The following article is Calvin's personal account of how square dancing impacted his life.*

I live in the State of Colorado. Recently, two universities in this state suffered the deaths of young people caused by the abuse of alcohol. This was fostered by the binge drinking culture that seems to be a part of university life in many places today. **Freshman college students today are in a rough situation.** They are moving away from a high school environment, where most of them had many friends and, hopefully, parental supervision, to a college/university environment where they have no friends and no supervision.

Unfortunately, many students feel an easy way to meet and make new friends is to go out drinking. This often turns into a habit and sometimes a lifelong problem. In the cases above, not a very long life.

Drinking is certainly not a new problem. It existed when I first attended college 50 years ago. The difference was that there were more alternatives to finding ways to have social interaction. One option, during my time in college, was a student square-dance club.

In the 1950s, student square dance clubs at universities and colleges were a powerful social force. In Colorado, the five largest universities/colleges in the state all had student square-dance clubs. At Colorado A&M College, where I attended, the student square-dance club was named the Aggie Haylofters and was the second largest club on campus. The only larger club was the Ag Club. At an agricultural college that would make sense.

There is no doubt in my mind that the presence of a square dance club played a powerful role in many of our lives. It was a place where we could gather and dance in an atmosphere where there was no social pressure to drink or date or do anything else other than have a good time dancing with a lot of fun people.

To give you some idea of the popularity of square dancing, the total student population of Colorado A&M in 1955 was around 4500. The square dances attracted 10 to 12 squares of dancers each week. That's 80-100 students - a pretty good-sized crowd.

We not only square-danced, but also danced mixers and an occasional contra dance every evening - usually a Virginia reel. Mixers are dances where you exchange partners. Contra dances are done in long lines of facing men and ladies.



Learning how to square dance was a simple process. You found a partner, got into position number 4 in the square and watched what everyone else was doing. Most of the figures we were dancing then were known as visiting couple figures. The first couple would lead out to the second couple and do whatever the caller told them to do. Then they would proceed to the third couple and do the same. By the time they reached your spot, as the fourth couple, you had a good idea of what was going to occur.

Later on, as square dancing became more complicated, we held square dance lessons. Eventually there were about 50 basic commands we had to master. However, the lessons were never more than 6 weeks in length. Lessons were started at least three times every school year.

The calling was done by students. When you got the itch to become a caller, you bought a couple of records or selected something from the club record collection and went to a book titled "Sets-in-Order Five Years of Square Dancing". This was a collection of square dance routines published from 1950 to 1955 in a magazine titled "Sets-in-Order". You picked out a dance routine and memorized it and, with microphone in hand, you took your turn.

Probably far more important than the dancing was the fact that the Aggie Haylofters was an ideal place to meet new people and make new friends. Many of us were overwhelmed by college. We were learning to study. We were learning to live apart from our families. Many of us were scared to date or even approach the opposite sex. Square dancing provided a non-threatening environment to test the social waters. Let me set a scene for you.

On "club" night almost everyone came to the dance as singles. When the first square was announced, you could choose a partner from the sidelines or just go to an empty spot in a square and hold up your hand. Unless you hadn't bothered to take a bath, someone was always willing to fill the empty spot. After all, a tip (composed of a patter call and singing call) was only going to last about 7-9 minutes and you could escape, if you wanted to, to find another partner. By the end of the evening, you had identified at least a couple of compatible partners. This usually meant they were willing to meet your eye when you were looking around for someone to dance the next tip. At the end of an evening of dancing, you would usually have danced with five to seven different partners. **That is a pretty effective formula for meeting and making new friends.**

Of equal importance, was the fact that drinking and square dancing do not mix. You just can't think fast enough to square dance after you have a few brews under your belt. So the contacts among people were not tainted by the effects of booze.

Now, I'm not trying to imply that we were all teetotalers. Many of us also drank and partied, but frankly, most of the time, it was more fun to go to the square dance. It was usually a preferred alternative to sitting in a bar or around a keg of beer.

Square dancing was also a lot cheaper. Most of us were going to college on a very tight budget. Since the college was providing the dance space and the callers were students, the cost of an evening of dances was maybe about the amount you would pay for a soft drink. Pretty affordable for anyone.

I can honestly tell you that square dancing in college probably saved me from being a social recluse. As a freshman, I was bashful and withdrawn. I was taking a very heavy class load and, to get into veterinary school, good grades were paramount. Square dancing once a week provided a place where I could get away from the pressure cooker - a place to unwind.

Without this release valve I would have probably turned to abusing alcohol like a lot of the kids do today. **As it turned out I found a wife, a lifetime dance partner, and a lifetime avocation.** Both have lasted for almost fifty years now. It all started in college square dance club.

WHY CAN'T CHURCHES BE MORE LIKE CONTRA DANCES?

Source: Blog "Inside Nancy's Noodle" <https://insidenancysnoodle.blogspot.com>, November 4, 2009

Editor's Note: Pastor Nancy's experience in Contra dancing parallels our dance activity. Whether it's squares, rounds, contra, clogging, line – we all experience that same "community joy" that comes from dancing together. If you've never tried Contra, you're missing out! It'll be offered at the Alberta Dance Convention, September long weekend in Edmonton.

I'm always struggling to have a life for myself outside the church. When I had a family, it happened naturally. I would go home every day to people who didn't call me "Pastor Nancy." But since I've been living solo, it's a struggle. A few months ago I decided to do something about it and I took up contra-dancing. On Monday nights I go to a place not far from my church and dance for a couple of hours with complete strangers. It works for me. It fits into my schedule; it's great exercise, and a ton of fun. But I'm not sure if it's given me a life outside the church. For the more I do it, the more I find myself thinking about church. Is this just a matter of, "You can take the pastor out of the church but you can't take the church out of the pastor", or is there something about contra-dancing itself that lends itself to church comparisons?

Some of the parallels between a contra-dance and a worship service are obvious. Both involve lots of live music, although in one venue the primary instrument is an organ and in the other it is a fiddle. There is even a person at a contra-dance who fills the role I fill on Sunday mornings as the presiding minister. In contra that person is the "caller"; she or he guides us through the dances. And then there is the matter of the community gathered, which is the whole point of both Sunday morning worship and Monday evening contra-dances.



Source: Wikipedia. Contra dancers at the 2019 Flurry Festival, Saratoga Springs, New York.

When I went to my first contra-dance, it took every bit of courage I could muster to get myself there. Stepping into a room of people I don't know, to do an activity I don't know how to do, is way outside my comfort zone. As I was struggling through that experience, I couldn't stop thinking about the people who seem to show up each week at Holy Trinity to worship with us for the first time. I wondered if our church community is as welcoming to outsiders as the contra community, which seems to bend over backwards to make newbies feel welcome.

Learning something new is hard. I don't do that enough at my age so I forget just how hard it is. And putting myself in a situation where I know I'm in over my head is humbling. For my first few weeks of dancing I was concentrating so much on not making a mistake that I couldn't get beyond it. I found myself apologizing a lot. But I've discovered that one of the big differences between a contra-dance and a worship service is that there isn't

time to stop a dance for confession and forgiveness. In fact, nobody really cares when you mess up. They have better things to do than critique how other people are dancing. The dance moves on, and the steps repeat themselves, so you always get another chance. Everyone wants you to get it right so they'll do all they can to help you. And if you're hopelessly confused and continue to fumble through an entire dance, the dance still goes on and people around you just seem to carry you through it.

At a contra-dance, there are people of all sizes, ages, ethnicities, etc. Just the way churches should be, of course. But I don't see this kind of diversity in most churches. **More than that, though, it's the level of acceptance that amazes me.** You don't choose who you will associate with and who you will avoid at a contra-dance. Everybody dances with everybody. When you're dancing and someone lands in front of you and it's time to put your arm around him and dance, you don't stop to think about how stinky his body odor might be at the moment, you dance with him. That's just the way it works.

Lately, I've been paying more attention to what's happening in the community during a contra-dance. At the beginning of each liturgy, er...that is...dance, we're given a walk-through, so we can all learn the steps. Then the dance begins and we repeat those steps over and over as we progress, dancing with different people each time through. There are some who are creative with their interpretation of those steps and others who keep it basic. But the important thing is that you land in the right place at the right time. Because the dance is all about the community and everyone in the community is counting on everyone else in the community to be where they need to be when they need to be there. Unlike some kinds of dancing where you can just walk off the floor during the middle of a dance, in contra, once the dance begins, you're committed to stay in it until the end. If one person decided to drop out, it would be a train wreck. **The goal of contra-dancing seems to be experiencing joy in community.** And, sometimes along the way, there are these transcendent moments when the music is humming and all the feet are stomping at the same time and the bodies are flowing. Together we have created a thing of beauty. I like to believe it's pleasing to God. And that makes it worship.

I'm beginning to realize that what started out as recreation for me has also become an opportunity for continuing education. I would highly recommend it for other pastors. If you're paying attention, you could learn a lot about the church by contra-dancing. It might also leave you pondering the question I frequently ask myself as I'm driving home from a dance. Why can't churches be more like contra-dances?

About the Author: Nancy is an ordained pastor of the Evangelical Lutheran Church in America. She serves at Ascension Lutheran Church in Towson, Maryland. Nancy grew up in Hamilton, Ohio, and then did time at Bowling Green State University, before moving on to Trinity Seminary in Columbus. Starting out in North Dakota, she then returned to Ohio and served churches there before landing in North Carolina, where she served at two different congregations in Charlotte. She was also on the bishop's staff and earned a PhD from Pitt during her spare time in the area of religion and education. She considers herself an educator who happens to be a pastor and it makes a difference in how she does ministry. She is a divorce survivor, the mother of two artsy-fartsy children and Nana to two grandsons. She shares a home with Father Guido Sard



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. See issue #2015-6 for her complete story under "Chatter Close-up".

An opportunity arose to take part in a White Water Rafting event at Kicking Horse Pass. I'd never considered taking on such a challenge, but I thought I'd give it a try. It was certainly beyond my expectations. On this ten-man water craft, most of us were blind or visually impaired. The instructions were very simple - grab on tightly to the ropes on the sides of the raft and don't let go. If by any chance you should end up in the water, swim towards the shore and the next raft will pick you up. (Hmm, which way is the shore?)

It started out very relaxing with volunteer paddlers on each corner and a professional guide at the center of this boat who was in control of the main paddles and shouting commands above the roar of the rushing water. The first hour or so was very enjoyable as our guide maneuvered us in and around sharp rocks, smooth walls of stone reaching for the sky and dodging all sorts of nature's curves.

When it was time to take a break and have lunch where they barbecued a delicious meal, we were then invited to an incline where we could glance at the rapids we were about to battle. **This area of water was so rough and rocky it was difficult to have a conversation over the noise of crashing waves.** It was time to decide whether or not to continue on this expedition, otherwise this was the last chance to pack it in. I'd come this far so I was not about to change my mind.

As we continued down the pass, it didn't take very long when the rapids were beyond friendly. One of the assistants sitting across me had a rope wrapped around his ankle and it eventually dragged him over the edge. The guide finally noticed the commotion and pulled him back in with a grip on his leg. He had just about given up! He commented that he had drunk more water than he needed. Shortly after that incident, we were in the rough of the rapids. The boat literally flipped upside down and we were all dangling from the ropes until the boat settled back down. This was very breath taking but I was more than willing and anxious to disembark. What an experience! Sure glad I couldn't see all the turmoil. Now that I've been there and done that, it might be a while before I try it again.

Horseback riding is something I've never learned to do in the past, so when this opportunity arose, why not give it a try? We all headed out to the farm, a few instructions were given and to put us at ease, there would be someone to lead the horse. Feeling very inadequate, I was helped into the stirrups to climb on to the saddle. It seemed so high off the ground and not much of anything to grab on to. Talk about a green horn! As the horse proceeded to move forward, I was already having trouble keeping my balance. This sure wasn't a horse off the carousel or merry-go-round in the park! As I flipped around from side to side trying to secure a position, I found the stirrups were not high enough to reach. They must have given me the oldest nag in the barn - plodding along, it felt like she had two broken hips and if that wasn't the case - I'd be the one to have a hip problem. My lack of knowledge and inexperience was quite obvious. This certainly wasn't a mechanical horse; there was no plug to pull out! Needless to say, that was the end of my riding days.

A group of us from the CNIB booked a tour at the Alberta Prairie Steam Tours from the Stettler Alberta. area. It was a beautiful day and after having a delicious lunch at the Rose Bud theatre we boarded the train for an actual old fashion train robbery. It didn't take too long before the holdup gang was surrounding us on their horses, complete with masks covering their faces and shooting up a storm.

As I was walking down the aisle trying to locate my seat, somebody was blocking my path and holding a gun at my rib cage. No words were spoken. What do you say in a case like this? He put my hand on his gun and not being too concerned, I managed to turn it towards his stomach. Still no words were spoken so he just carried on down to the next passenger. After the dust had settled - literally, we continued on with the tour. An announcement came over the loudspeaker thanking all of the tourists for their generous contributions to the Alberta Children's Hospital. Oh my, we were not informed of this fundraising event! That dejected train robber must have thrown his hands in the air and decided to look for some other more generous passenger.

At the time there were three or four different themes for these train tours. A train robbery seemed to be the most exciting and it was an adventure for sure. Perhaps another tour could happen in the future, it's such a pleasant day trip. See you across the screen!

Shout-Out to Edmonton's Country Sunshiners! Need a good laugh? Check out the Home page on their club's Web site for an extensive collection of hilarious Covid memes. www.countrysunshiners.com



At what point can we start using 2020 as a swear word. As in:

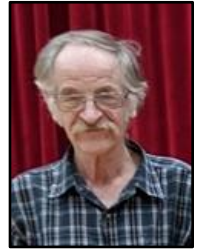
What in the 2020?
That's a load of 2020!
Get the 2020 out!
Absa-2020-lutely! 🤪

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 community of new friends and personal confidence that didn't exist before.

FROM THE BEGINNING - AGAIN

There are times in life when things get to a point where repairs can no longer be made and the decision has to be made to either stop what you are doing or start again from the beginning. The neat thing about starting again is, you can look back to see where changes could have been made and perhaps go a bit further the next time around. Invariably we may find a similar outcome approaching so again perhaps another need to start again. Starting over may even become easier mostly because it isn't really all that scary.



The reluctance to start again, I think, has a lot to do with admitting mistakes were made. Very often mistakes are not mistakes but could be the natural way things evolve. Square dancing has changed in the past and will continue to change in its future, for we know that as the world changes only the things that change with it will survive.

There has been a lot of analysis and diagnosis concerning the changes needed if square dancing is to continue and grow. Some clubs are going to a shortened square dance format called Social Square Dancing (SSD). This is a slight change from a beginner program and hopefully more palatable for new dancers. The goal of SSD is to grow our activity from the ground up.

I think it is far easier to start again from the beginning if we start into it with the right attitude. We didn't fail. The need to make changes is a part of growing. We are not simply growing older, instead we are growing better. I think square dancing has the potential to become the dominant force in the universe but that could only happen with the first new step – from the beginning with the attitude of true winners.

AFTER A YEAR OF ISOLATION, SOCIAL INTERACTION MAY CAUSE ANXIETY

Source: Healthline.com. Excerpts from Article by Ashley Welch, March 30, 2021

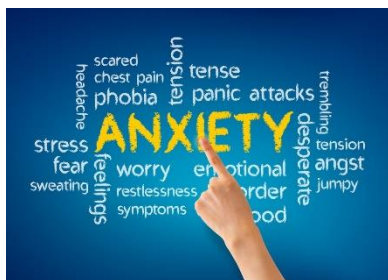
Fact checked by Dana K. Cassell

With the number of Americans getting vaccinated against COVID-19 increasing steadily each day, the idea of a return to "normalcy" doesn't feel too far off. But if going back to some of the activities from our pre-pandemic lives feels daunting to you, you're not alone.

Over the last year, we've been continuously adapting to a new reality, living in uncertain times and constant fear of the impact of a deadly virus on our own health and that of our loved ones.

Forced to physically distance from family and friends, many Americans spent the last year in their homes, with video calls becoming the primary way of socializing.

"Humans are creatures of habit, so initially, adjusting to isolating at home was incredibly challenging, but now, a year later, we're accustomed to the new normal," explained Paraskevi Noulas, PsyD, a psychologist at NYU Langone Health. "Our ability to adjust is a double-edged sword because now that we're used to isolating so much, it's going to be yet another transition to engage with others socially in person again, both indoors and outdoors."



Why you may feel anxious about returning to 'normal'. Experts say it's natural to feel anxious and have a degree of social dysfunction after living through a year of a global pandemic. "Dealing with long periods of isolation can increase social anxiety," said Leslie Adams, LCPC, CADC, case therapist at Northwestern Medicine Central DuPage Hospital. "Even those who would consider themselves naturally more extroverted could be struggling."

Health anxieties around COVID-19 only exacerbate these feelings. “The message has been, ‘stay away from people,’” Adams explained. “This goes against our very nature, which is wired to be in community.”

Relying mainly on video calls for socializing has also been a strain. “We have missed out on subtle forms of communicating in the process of ‘surviving’ the pandemic,” Adams said. These include eye contact, facial cues, and body language, which don’t necessarily come across over video and humans rely on to connect with one another.

Once we’re back to in-person social meetings, experts say it will hit us both mentally and physically. “Being outside our bubble will feel overwhelming because it is a drastic change,” Adams said. “We will notice all the subtle things that we don’t see or hear on video calls. We will feel like we are struggling, like our senses are on overdrive, because they are.”

Some may be feeling more socially anxious than others. Anyone who hasn’t been regularly practicing social skills is going to be rusty at this point, experts say. “However, the introverts and those with a diagnosis of social anxiety or health anxiety in particular have felt ‘comfortable’ for the most part during the lockdown,” she said. “Their challenge is coming now because they will be asked to ‘walk through the fear’ again to increase their resilience.”

Noulas notes that we’re all on a spectrum of introversion to extroversion. Whereas people on the introverted side may have had an easier time with the pandemic in certain ways, extroverts have also struggled.

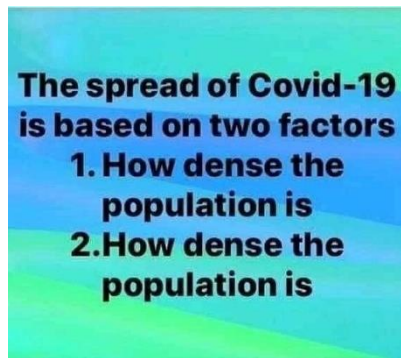
“The emotional toll the pandemic had on social relationship for extroverts is likely more significant,” she said. “However, they, too, found ways to substitute socializing virtually so they could tolerate the past year. Keep in mind, as well, that depending on the climate, many people have been able to maintain social connections outdoors for much of the year versus people living in colder climates.”

How to cope with social anxiety. Noulas says the best method therapists use to treat people with anxiety is exposure therapy. “The concept is fairly simple,” she said. “The more we expose ourselves to a situation, the more our mind and body adjusts to it. We do this in a safe way, gradually, with support if needed from others, and we use deep breathing and relaxation techniques to help people successfully complete each exposure.”

Adams also recommends this technique. “**The key will be for us to start back slowly and expect to have a degree of discomfort,**” she said. “**Keep initial groups small and build up to larger groups over time.** Make the initial interactions short. Gradually increase as your comfort level improves.”

If you live with social anxiety and are having a particularly difficult time with the thought of socializing in person again, Adams suggests planning a reward for doing things that are hard. “Think of a reward as, ‘if I make a phone call to connect with a friend, go for a walk with a friend, or any other connecting activity, then I will allow myself to do the thing I think I will be missing,’” she said. This could possibly be a solitary activity like reading, watching TV, going on a nature walk, or taking a warm bath, Adams suggests.

Another piece of advice is to be kind to yourself. “Keep your expectations low, and be gentle on yourself and others,” Adams said. “Our re-introduction to socializing will be individual and require individual thought and preparation to get back to a comfort level that seems ‘right’ for that person.”



25 RESOURCES FOR FREE STOCK PHOTOS IN 2020

Source: Excerpts from *blog.hootsuite.com* – by Tony Tran, March 25, 2019

Here's a list of online resources and websites where you'll find free stock photos for your social media posts, website, or other marketing channels. **If a picture is worth a thousand words, then having a good stock photo website on hand is crucial for any digital marketer.**



That's because stock photos are a great way to:

- Boost engagement
- Liven up a blog or social media post
- Build your business's brand

But marketers should be careful not to infringe on anyone's copyright. Always respect the creative works and rights of others. If not, you risk serious consequences, such as big fines and even having your website taken down.



One great way to avoid this is to use a free stock photo site. **Stock photo sites collect images from artists and photographers who have given permission for anyone to use them.**

That's why we put together this collection of free stock photo resources and websites that you can use to grow your brand.

Bonus: Get the always-up-to-date social media image size cheat sheet. The free resource includes recommended photo dimensions for every type of image on every major network.



1. **Unsplash:** Unsplash is a fantastic free stock photo resource that contains more than 850,000 high-resolution images. Each photo is sourced from the website's talented community of photographers and media creators. Also, the images are arguably better than any paid stock photo service you'll find. With businesses like Squarespace, Invision, and Medium leveraging their free stock photos, you will be in good company.
2. **Gratisography.** Gratisography is one of the most interesting of the free stock photo sites due to the quirky style of photographer Ryan McGuire who captures everything from people making goofy faces to airborne cats. All of the photos are high-resolution and royalty-free—ready for your use wherever you please. The photos are organized by categories—animals, nature, objects, people, urban, and whimsical. And new ones are added every week, which McGuire shares on Twitter and Facebook.

3. **IM Free.** IM Free is a “curated collection of free web design resources, all for commercial use.” The royalty-free stock photos are organized by categories such as technology, education, and nature. But stock photos aren't the only things you'll find on the site. There's also free templates, icons, button makers, and more.

4. **Pixabay.** Pixabay offers nearly half a million free images and videos for both personal and commercial use. All images on the site are royalty-free and covered under Creative Commons Zero (CC0) license, which means they can be modified and used commercially online and in print.



Editor's Note: The stock photos on this page are from *Unsplash.com*. For the complete article and list of 25 free stock photo websites go to <https://blog.hootsuite.com/20-free-stock-photo-sites-social-media-images/>.

52nd ANNUAL ALBERTA CONVENTION 2021

- Hosted by Edmonton

DEAR DANCERS AND DANCE LEADERS,

Things are looking good for the 2021 AB Convention on Labour Day weekend! Vaccination rates are UP and new cases are DOWN. We believe we will be able to have a convention.

Please register prior to June 30th so that Alberta Federation, CDCDA (our sponsor partners) and our convention committee can proceed with planning. Full refunds will be provided if we are forced to cancel due to COVID.

Dance Leaders are designing their programs to ease us back to dancing, to ensure a fun return to our activity. Dance forms at the convention will include Square (mainstream, plus, and advanced), Choreographed ballroom (Rounds), Clogging, Contra, and Community Fun Dance.

Come out and enjoy a free dance Thursday at West Edmonton Mall, attend the Jubilations Dinner Theatre with your friends that evening, try a new dance medium at our intro sessions Saturday, attend a seminar on building our dance programs after COVID, Masquerade Mardi Gras Ball on Saturday, After Party with Live Music on Sunday, and of course, Square, Choreographed Ballroom, Clogging, Contra, and Community Fun Dance.

Check out our webpage, for information and registration:

<http://www.communitydance.net/convention2020.html>



See you across the dance floor,

Gary & Eileen Smith

Chair couple of the 2021 Alberta Convention Committee

Email: eileensmith778@gmail.com



ALBERTA SQUARE & ROUND DANCE FEDERATION



Central Lions
Recreation Centre
11113 - 113 St NW,
Edmonton, Alberta

SEPTEMBER 3 - 6, 2021

Information & Registration:
www.communitydance.org



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