



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.



A SEASON OF REBUILDING -

- by Claudia Littlefair, Editor

As the 2022-23 dance season comes to an end, it's natural to look back and review the year. What was done well? What could be improved?

Like many clubs, our goal this year was on rebuilding. We made an all-out effort to put more emphasis on having fun dancing, and less emphasis on learning a long list of calls. It helped to switch from Mainstream (68 calls) to the Social Square Dance program of 50 calls. We continued our 'open door' policy, where people could



join our group any week of the year. We held our first

ever crafts & games day, as a way to include non-dancing partners and 'retired' dancers. And we held an Open Mic Night (amateur night with trophies) for the first time in 10 years - with 8 participants! We've added two squares of new dancers to our

group, and our numbers are close to where they were pre-Covid. Best of all, though, we had fun. And that's the real reason dancers come to dance every week, and by extension, that's what will bring them back in the fall.

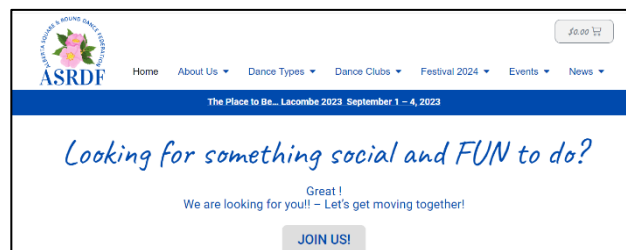
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HELP!! OUR WEBSITE NEEDS YOU!

- by Alberta Square & Round Dance Federation (ASRDF) Webmaster, Nancy Daignault

In October 2022 the new ASRDF website was launched. **The main purpose of the website is to be attractive to new people who arrive on the website looking for information about square dancing, round dancing (choreographed ballroom dancing) and clogging.** Direction was given by a group of dancers and callers representing Community Dance Capital District Association (Edmonton), Central Square and Round Dance Association (Red Deer) and Calgary & District Square & Round Dancers Association.



In conjunction with the development of the website a social media campaign was also begun in order to attract new people to the new website. ASRDF now has a :

- Facebook page – <https://www.facebook.com/profile.php?id=100085246006590>
- Instagram account – with a handle of ab_square_dancing
- You Tube account - <https://www.youtube.com/@albertasquareandrounddancing> .

Social media staff from *Effortless Marketing* make posts 2 to 3 times a week to these accounts. They try to have one informational post, one interesting fact or history post and one short video clip or "reel".

Until recently they have been gleaning their images and videos from the Internet, **but they would much prefer to receive original content – material from you and me.** They have set up a Google Drive to receive videos and pictures from dancers and callers - <https://drive.google.com/drive/folders/1OaK76pOXP2WVRAJ5tXmCgJgia4RdTap> .

In order to use the link you just need to be signed in to a Google Account. As well as receiving photos and videos about current events they are interested in receiving pictures and information about callers and cuers. Gary Winter was recently 'spotlighted' in a post.

The other thing that is needed in order for these 'organic' accounts to flourish is for people in the dance community to find the posts, like them, comment on them and most of all, to share them. This is how the social media campaign will reach out beyond the current community to new people, and this is how we will get new people to visit our website, and how – hopefully – we will get new people to find out about and join our clubs.

Please make a commitment to this campaign that will benefit us all.

THE NEW SOCIAL SQUARE DANCING PROGRAM PROVING SUCCESSFUL FOR OUR VERNON, B.C., CLUB

- British Columbia Square & Round Dance Federation Facebook Post, February 25, 2023

Members of the Star Country Squares square & round dance club of Vernon, B.C., are happy with having adopted CALLERLAB's Social Square Dancing program (SSD) this dance season. On Thursday March 2 they'll launch the third of three new dancer "intake" programs. The club's dedicated caller-teacher is the amiable and talented Allan Peterson of Salmon Arm. Allan is tutoring dancer Joe Marcotte of Vernon to learn to call.

About the Social Square Dancing Program (SSD)

The SSD program is structured for busy people here in the 21st Century by limiting the calls to 54 in total, suggesting 12 to 14 instruction sessions (not less than 24 total hours) and considering it a "destination program." Participants can dance the program without having to spend more time learning additional calls.

CALLERLAB says on their Frequently Asked Questions webpage (FAQ) that, through the SSD program, "learning time is kept short. Dancers reach Dance Mode faster. Dancers are encouraged to stay in Dance Mode. This crop of new dancers can dance with the last crop of new dancers and (the) next crop of new dancers. Instead of tedious stop-and-go (used to learn longer dance programs), dancing is fun, flowing movement with 'wind in your face.' We gain back our historically tremendous recruitment tools of 'Friends Bring Friends' and 'Friends Dance with Friends.'"

The nearby Thompson-Shuswap Square & Round Dance Association is conducting regular dances where the Social Square Dance Program is made available to those who have completed the instruction. Their special dances often alternate the SSD program with the Mainstream program.

It's learned that the Star Country Squares club is considering limiting the new dancer intakes during a dance season to just two instead of three, probably because of the large effort to rent a hall, engage a caller and promote the lessons.

New Dancer Perceptions Are Important

Something notable is the club's awareness of marketing to the Baby Boomers (in 2023, aged 59 to 77) by not promoting the dancing as taking place at what was once known as a "Seniors' Centre." Research reveals how that demographic does not perceive themselves as seniors. In promoting anything, perception is everything and needs to be carefully considered.

The club is promoting the dance venue as the "The Vernon Recreation Centre Halina Activity Room." The City of Vernon has now rebranded the building as "The Halina Activity Centre" (instead of the Halina Seniors' Centre) and they promote it as "offering programs and themed events for Vernon, BC residents aged 50 and over, as well as their guests."

Congratulations to the Star Country Squares of Vernon upon their success with the Social Square Dancing program! Best wishes for lots of new dancers as they undertake a third set of new dancer sessions this dance season.

JOIN US FOR FUN, FITNESS & FRIENDSHIP!

Easy Steps to Happiness...

Singles, Couples & Families Welcome!
NO EXPERIENCE NECESSARY!

Vernon Rec. Centre
Halina Activity Room
3310 - 37th Avenue
Vernon, BC, Canada

NEW DANCER'S CLASS
March 2, 2023

"Discover Social Square Dancing!"

Thursday nights 7:00pm to 9:00pm
Lessons starting March 2, 2023
12 Week Program: \$120 Adult / Youth \$60 (12 - 18)
Plus Yearly Membership fee

For more information:
Call or Text Roxy: 250 540-9877
See us on facebook or
Email: roxannaleerollins@gmail.com

Star Country Squares

WHY SSD? WHAT ABOUT MAINSTREAM??

- by Barry Johnson (callerbear@gmail.com), January, 2020, Source: CALLERLAB Knowledgebase

Dean Dederman posted a question in the 'Sustainable Square Dance' group in Facebook. The following is an excerpt from that dialogue between Dean and Chicago caller and SSD (Social Square Dance) instructor, Barry Johnson. For the entire article go to: <https://knowledge.callerlab.org/facebook-stories-about-using-sustainable-square-dance-ssd/>

Dean Dederman's Original Question

I have a question. I ask this with no agenda or dog in the fight, and just ask for honest answers and opinions with no one getting upset or offended. CALLERLAB's teaching list of basic and mainstream has been the gold standard in teaching modern western square dancing for many years. But as numbers have gone down, different lesson teaching ideas have been tried and discarded. Among the ones that have come to prominence and have enjoyed some success are the ACA's (American Callers Association) teaching list and the Club50/SSD. **My question is a long one, but can anyone explain why SSD was not presented to CALLERLAB for approval before presenting it as an option to replace the standard teaching list....or if it was, what were the reasons it was rejected?!**



Where it has been presented in piecemeal fashion where some clubs...federations....state organizations are for and against it, do both the traditional methods and the SSD methods a disservice.

I ask this so I can give an answer to questions posed to me by various club and association officials, as well as for my own personal knowledge. I appreciate any opinions, and again ask that they be given in a constructive manner. Thank you.

Barry Johnson Comment #1

That's a very fair question, Dean. As you said, as numbers have gone down, different lesson teaching ideas have been tried and discarded. Along the way, CALLERLAB has supported experimentation: People trying to do something different, looking for success. Some of those experiments succeeded; many showed little improvement over the norm. Yet the problems persisted.

In certain parts of the country (in the Rio Grande Valley specifically) the "season" is a short one. There simply aren't enough weeks in the dance season to teach new dancers the full Mainstream program and give them remaining weeks in which to dance before they leave the valley. The callers in that area developed the "Club 50" program with a goal of teaching for 12 weeks, then dancing a common program across the valley.

Why not simply use Basic? Well, there are some popular Mainstream calls that aren't very hard to teach, and there are some not-so-popular Basic calls (and others that are harder to teach). So why not, if they're working as a group, leave a few Basic calls off the list and add in a few of the popular/easy MS calls? So they did.

The RGV (Rio Grande Valley) callers weren't the only ones to look at sharing the entry level programs. Callers in the San Fernando Valley area (if I remember right) established a common teaching order that was somewhat different. Representatives of CALLERLAB and ACA negotiated a common list of 50 calls with a recommended teaching order (and CALLERLAB calls that the "Condensed Teaching Order"). Again, the goal was to look at something like 12 weeks of teaching time, not 16 or 20 or 30.

Later, much later, the benefits of a shorter teach cycle began to be realized in various parts across the country. A 12-week teach can comfortably be finished in the September-December timeframe without getting into holiday stress. A second class can be done in January-April, and even a third class in the summer.



Not only that, we're finding that a larger percentage of dancers graduate from a 50-call program than the full mainstream program (and we could spend an hour discussing *why* that happens). AND, perhaps more importantly, being able to start a new class relatively shortly after the previous class gives the newly graduated (and excited!) dancers a chance to bring in their friends and start through the classes again.

Together with yet other reasons, it looks like this type of 50 call program actually does make a meaningful positive improvement in recruiting and retention of dancers.

So, given that success, what should happen next? How does one try to share and build on that success? **The CALLERLAB Board of Governors has authorized a non-permanent committee to explore continued development of this program.** The RGV Club 50 list was chosen as a starting point. Teaching orders were developed, suggested choreography and lesson plans were created, and pathways to provide continuing education to dancers (the "with variety" and "extended applications" areas).

If this program shows success in growing areas of the country, then it may be reasonable for CALLERLAB members to adopt this as their entry level program. And we are indeed seeing successful implementations across the country, with everyday clubs and callers (the success is not limited to exceptional callers or regions of the country with specific demographics, for example).

Why not just use the Basic list? That's certainly a possibility: The approach (50 calls, 12 weeks, standard positions only, get 'em dancing -- THEN improve) is the important thing, not the specific list of calls. But what the heck -- why not leave Do Paso and Allemande Thars to a little later, and bring in Scoot Back and Recycle a little bit sooner? Some tinkering with the contents of the Basic list could very well be reasonable.

What are the downsides? In the eyes of some (perhaps many) existing dancers, this feels like a step backwards for them.

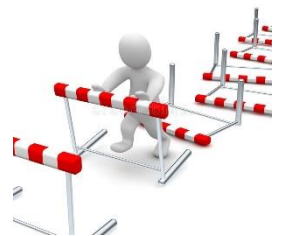
- *"I'm a Plus dancer, and I made it from 0 to Plus in one year, so of course we should continue doing that!"*
- *"I don't want to dance some measly little 50-call list."*

Those dancers, of course, turn out to be exceptional people: They were one of the 10% that survive the lengthy indoctrination into the activity. Many of them have been dancing for decades, so it seems very easy to them.

But if you look at the numbers -- if you look at the way people learn -- if you look at the benefits of dancing a smaller program, you find that callers can put on high-energy, fun dances with a small dance program and reinvigorate an area. By letting dancers get into the activity several times each year (at least twice, if not three times!), by capturing their excitement at its peak, we're seeing rejuvenation in areas that have been stagnant for a long time.

Barry Johnson Comment #2

Shoot, hit "enter" too quickly. Anyway, **very few dancers are willing to step up and say "Let's make our activity simpler". That's been a giant hurdle.** And this is where callers -- "Square Dancing's Professional Leadership" come into play. **If CALLERS see the benefits, if CALLERS lead the way, if CALLERS make this happen -- even at the risk of pissing off certain dancers -- then we can see the success.**



Not all callers are in favor of this, of course. Not all see a difference between, say, a 16-week class and a 12-week class. **Except that the 16-week classes are generally only once per year, and the 12-week class can easily be twice a year... and right there, just off the top, you can double the number of dancers entering.**

"Our angels don't want to dance that much". Well, the answer is to get more angels, isn't it? So let's get more new dancers, and turn them into angels faster, and that problem goes away quickly. We can talk for a long, long time about all of the benefits that come out of this. But it's hard to talk many-decade dancers into believing that a new approach can make a difference, and some very actively oppose it.

All I can say is that it works. It works in multiple areas, it works for many reasons (some of which are quite subtle), and the results are worth the arguments. As callers, we're leaders... and it's time we get up and lead. Sorry for the strong words -- but you can tell I'm pretty passionate about this subject. And that's because of my personal experiences with it, and seeing how other callers in our area are having exactly the same type of success.

I'm running three beginner classes this year, and we'll graduate something like 20 to 30 new dancers. That's compared to years prior to this where we were getting 4-6 new dancers per year. **So we're looking at four and five times as many new dancers coming into the club. WOW!**

And those dancers are, on the average, a bit younger than we've been getting in the past... and those somewhat younger folks are bringing in their friends. The 12-week commitment is easier for those younger folks to make, which is one of the reasons why the average incoming age is dropping... which is another one of the benefits ****grin****.

But back to some of your original questions: "Why wasn't it presented to CALLERLAB"? It was presented to the Board of Governors, and they authorized the continued development of this still-experimental program. And as the program develops, the various CALLERLAB committees and membership will consider whether it looks like something to adopt as a permanent program, or whether some of the existing lists could/should be changed, or whether the experiment should be abandoned.

It takes time to steer a very large ship, and course should be changed only for good reasons and after serious consideration. I really believe that is what's happening now -- as an organization, CALLERLAB is learning whether or not it's a good idea. I happen to think it IS a good idea, but we'll need to present convincing evidence to the rest of the membership to make a change. Long answer to a very good question!

Barry Johnson Comment #3



Oh, other questions that often come up from the dancers:

- "People won't come to our dances if we do this."
- "We won't be able to take our new dancers anywhere else."
- "We can't take them to association dances, special weekends or conventions"

The long-term answer to all of this, if it works out this way, is to grow the support for the program across wider areas. But in the shorter term, this has been our experience:

"People won't come": Attendance at our 50-call dances has actually INCREASED, not decreased as our club members feared. There are several reasons for this: The new 50-call dancers from -other- clubs are attending our dances (woo hoo!); some dancers that felt like they couldn't keep up with our higher-level programs have continued to dance instead of dropping out; our own membership is growing faster because of the change; and the experienced dancers in the area have realized that they can still have a fun night dancing without needing Spin the Top or Shoot the Star.

By focusing on standard arrangements first, we can get the new dancers dancing at "club speed" sooner and with more success, so as callers we're able to put on a higher-energy event... which raises the attractiveness of our dances.

"We can't take them to other clubs" That problem can be surprisingly short-lived, particularly when a leading club has success with the program. If one club starts growing much faster than others, then others may choose to copy that model... and it starts to grow. Inviting other callers to come in to the first club gives them experience in how to call at that level, and that eases the transition into other places. And honestly, the newest dancers are often the ones least interested in going to other clubs at first, giving more time for "continuing education" that improves their skills before heading out.

"Can't take them to large events." Yep. That's part of the overall picture of change. In our area, we've been able to convince our association leadership to offer SSD tips, if not a full-time hall, and it's been popular (in some cases, more squares on the floor in that hall than in the 'big' hall). For our state convention this year, the hall that would normally be Mainstream is going to be SSD full time... the convention chairman and the programming chairman both strongly support the concept. For Nationals? Yeah... most of the newest dancers are not willing to travel to Nationals in their first year anyway, and by the time they ARE invested enough in the activity, they've probably had time for the continuing education to bring them up to the Mainstream level.

Of course, there are always roadblocks to making change, and these are good examples of the hurdles that need to be worked through. But they ARE solvable, and generally shouldn't be considered to be complete show-stoppers.

Now, if there are clubs that don't care about increasing the number of incoming dancers by 2 or 3 or 4 times... well, then, the right answer may be to let that club continue exactly as they are. They'll either flourish (good for them!), stay the same, wither away and die, or decide to change. That's entirely their prerogative, and that's OK. No-one HAS to change.

Barry Johnson Comment #4

Sigh. I just can't stop talking about this subject...**One other very important point about the approach. IT IS NOT AN IMMEDIATE SILVER BULLET!**

A giant contributor to the success of this program is small positive changes that compound year after year. There is no magic wand to wave that makes a huge difference from day one. Instead, the success builds over time as the principles are applied season after season, year after year. It's the old "friends bring friends" approach... if you get 5 people through the first class, then make it easy for them to bring new friends to a second class, then THOSE friends bring more friends for the third class... it grows over time.



But doing lessons just once per year isn't enough. A shorter class makes it easier for an excited new dancer to sweep up a friend or few and start again "in just a few weeks". And by increasing the percentage of folks that finish, this all compounds class over class over class until you're seeing the good results.

And if you have someone that can't finish for some reason? "Why don't you come back and join us again in six weeks when we start again?" instead of "Gee, I'm sorry you're on vacation for 5 weeks. Will we see you again ten months from now?"

So, for all of my cheerleading about the process, it's like advertising: you don't get much result from just one application, but if you keep doing it over and over, it works better and better. OK, I think I'm done now **big grin...**

NO THUMBS SQUARE DANCING

- by David Sanford, Waldorf, MD, American Square Dance Magazine, May 2002

Okay, so I don't really mean "no thumbs," but something very similar. **What I wish to encourage is "light-touch" dancing, which many dancers have adopted - as opposed to "firm-grip" dancing.** The problem with "firm-grip" dancing is there is a potential for pain when arthritic hands are squeezed even slightly; when shoulder joints with bursitis are pulled; and even when fingers are pressed into adjoining rings. Of course, not all "firm grip" dancing results in injuries, but there are many people who have experienced pain due to "firm grips" and "pulls" and there are some people who no longer dance due to pain or injuries incurred on the dance floor. We can avoid this with "light touch" dancing. Besides, it is a very pleasant way to dance. Try it; you may like it.

First a definition: If the person with whom you are holding hands cannot slip his or her hand away from yours, then your grip is too tight. Tightness in a grip comes primarily from the use of the thumb (hence the title of this article). Some may think this is "limp grip" dancing. Not so. Firmness is in the wrist. With a firm wrist, there is positive contact and no sense of limpness.



Let me describe each of the "light-touch" handholds in square dancing.

1. **Handshake:** if your thumb makes contact at all, it should only rest lightly on the other person's hand. No sense of "grip" whatsoever.
2. **Wave (hands up):** Open hand, four fingers closed, thumb extended. Contact with palm and fingers. No thumb contact.
3. **Forearm:** Cup the hand with the thumb more parallel to fingers, not a "bracelet" position. No thumb pressure. People have been bruised from a thumb on their forearm.

4. **Side-by-Side Couple:** Man offers his hand in a natural, slightly curved, sideways position. Woman rests her hand on his. No grip whatsoever.
5. **Courtesy Turn:** Man's left hand is an open platform; woman rests her hand on his. His right hand rests gently on the woman's back or waist as the couple turns together. Please, don't push.
6. **Star Thru/Box the Gnat Twirl:** With the arms lifted, there is a greater risk of shoulder injury. Men, don't clamp the women's hand. No thumb use at all. Let the woman's hand turn against yours. There is pressure for position, but no grip.

Dancers, if you are not already dancing with a light touch, please give it a try. Callers, you can make an enormous difference if you teach this handhold style in class. In fact, why not have an actual "no thumbs" tip each night of lessons. Keep the level extra easy, so the dancers can focus on "light-touch." Perhaps, if your dancers are willing, you could occasionally do a "no thumbs" tip at a club dance!

BUILDING FOR TOMORROW

- Presented by Mike Hogan at CALLERLAB Convention, April 2017

How do you keep them coming back? Losing beginners as the transition through lessons and into your club has always been a problem. Two studies have happened over the years. One was conducted in the late 60 to early 70's by Jim Mayo, the other was conducted in the 90's. The result of both studies showed:

- You will lose half of your beginners before they complete lessons.
- You will lose half or those who complete lessons within two years of graduation.

Why do you lose them during class? I don't know, but I can guess:

- Just wanted to try a new thing but never planned to make it a permanent hobby.
- Class is too long.
- Square dancing was harder than they thought it would be.
- Didn't make a connection with other students or club members.
- Other responsibilities kept them from completing.
- Politics.
- Didn't feel they fit in.
- Didn't feel welcome.
- They were not having fun.



How do you solve these problems?

- Most important is that they are having fun. Entertain them, don't just teach them.
- Shorten class length – less calls followed by workshops maybe.
- Try to have social time between tips to allow for connections to be made. You must educate square angels to do this!
- Give them more dance time and less teach time. This will make the dance easier.
- Improve your teaching skills. Sometimes it's the teacher, not the student.
- Stay in touch between classes by making phone calls and sending emails. Phone calls from the caller or a club officer will often uncover frustrations the student is having. Address those frustrations as needed.
- There is nothing you can do if they just wanted to try it or have other responsibilities that keep them from completing class. You can invite them, but you can't make them come.

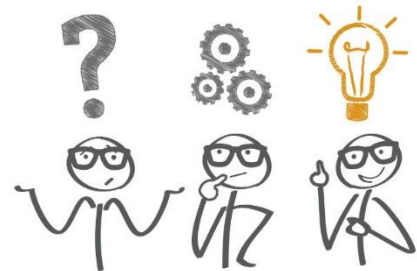
Why do we lose them after graduation? I don't know, but I can guess.

To start with, transition from class to club is difficult. Often, we graduate dancers and then ask them to come dance on a different night, at a different location, with many people they have never met, where the caller calls faster, and calls

movements they don't think they've ever done, and dance with dancers who are not tolerant of their mistakes. And within a few months of dancing, they are asked to be the club Secretary. Really? Really!

Why else?

- Just wanted to try a new thing but never planned to make it a permanent hobby.
- Can't dance on the night your club dances.
- Didn't make a connection with other students or club members.
- Other responsibilities kept them from completing.
- Politics.
- Didn't feel they fit in.
- Didn't feel welcome.
- They were not having fun.



How do you solve these problems?

- First – be aware that these problems exist.
- Second – it is our responsibility to entertain them so gear down if you must.
- Hold lessons in the same location as your dance.
- Hold lessons the same night as your dance.
- Hold workshops before the dance to increase their floor time and expertise.
- Invite students to your dance while they are in lessons at no charge and have a tip they can dance.
- Make sure they are welcome by many club members.
- Offer them free membership for the first year.
- Involve them with banner stealing and retrieval – this will get them dancing and make them feel welcome because they were invited by a club member to go to other dances with them.
- Don't ask them to have host and hostess responsibilities in their first year.
- Don't ask them to hold an office until their third year of dancing.

SUMMER PROMOTION PAYS OFF

- Source: CALLERLAB Knowledgebase, Central Ohio Council of Dance Clubs, 2009

At the meeting of the Central Ohio Council of Dance Clubs (COCDC) on May 4, 2009, it was announced to the council representatives that we were forming a group to try to promote square dancing, recruit more new dancers for our classes in the fall, and ultimately to increase membership in our clubs.

Mary Galentine agreed to chair this committee. We gave the club representatives information of when and where the first meeting was going to be held. We also sent out this information by email to dancers from all of the clubs and announced it at each of the club dances we attended for the remainder of the spring. **Dancers representing eight different Central Ohio clubs attended the first committee meeting in May.**

We were successful in getting CLUB MEMBERS involved, even though towards the end there was only a hand full of us that really were left with getting the ball rolling. In these meetings we discussed ways to increase the numbers of new dancers recruited and the importance of us working together to make this happen.

We decided to purchase polo shirts with the logo on them "Ask Me About Square Dancing". In all, from August to October, we sold over 160 shirts. That is 160 bill boards of advertisement. We also created a business type card that had the same logo on it. The background of the card was the US Flag, with two people's names, phone numbers and email address as points of contact. The back of the card was a coupon for two free dance lessons with the locations of where they were being held in two different parts of town. We also stated on the card that if those locations did not work for the person, to please call one of the numbers on the other side of the card for information of clubs in "their" area. The

two of us listed had already agreed that we need dancers and that it did not matter what club they chose. I know several people were referred to clubs that did not participate in our campaign just because that was the closest club for the new dancer. We put these cards on bulletin boards in library's, grocery stores, post offices, anywhere we were allowed.

All during our summer dances we reminded our dancers of these meetings and encouraged them to join us. **In late August and early September we wore our polo shirts and went to street dances and demos to do our best to get new dancers.** We passed out flyers to anyone who might be interested, giving them information about square dancing and the health benefits received from square dancing as well as listings of locations where they could go to learn. We had potluck open beginner dances at two different locations to help get people interested. There was also a potluck meal at one group's first free beginner class.

Other promotional activities included writing articles and sending them, along with photos, to local publications, and posting dance class information on a number of free on-line listings of community activities. Some clubs added or improved their web sites. All the attention placed on recruitment seemed to energize the dancers to talk to people about our wonderful activity.

I believe the combination of all of these things as well as the efforts of those that were involved on the committee is why our classes have increased as much as they have this year. We are starting to really work together to keep our culture alive. We have 98 new dancers who started classes this fall (25 at Bucks & Does Singles, 18 in the combined Orbiting Squares/Friendly Ties class, 14 at Grove City Squares, 13 at Little Brown Jug, 13 at Westerville Promenaders, 8 at Bunkhouse Reelers and 7 at Hicks & Chicks. One club, Rhythm Reelers, will be starting their class Nov 10.)

I would just like to say THANK YOU to everyone who helped with this campaign, even if you were not able to attend every meeting. Your efforts are seen in our results.

Nine Important Things to Remember as We Grow Older:

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have two motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a man a fish and you feed him for a day. Teach him to use the Internet and he won't bother you for weeks, months, maybe years.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- #3 All of us could take a lesson from the weather. It pays no attention to criticism.
- #2 In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.



The Place to be... Lacombe 2023
54th Alberta Annual Convention
September 1 - 4, 2023

Hosted by Central Alberta Square & Round Dance Association

Welcome to Lacombe



"Be prepared to go back to the 50's"

Saturday Night's Theme dance with be a SOCK HOP so join in the fun! Lots of time to search for that perfect costume.



Lacombe Memorial Centre - 5214-50 Ave.
 Kozy Korner - 5024-53 St.

Friday

Pre Rounds 7:30-8:00pm
 Trail-in-dance 8:00-10:00pm
 Pre Rounds - **Mary & Bruce Nelson**
 Squares - **Gary Winter**
 \$10 payable at the door

Saturday

Opening Ceremonies 9:00 am
 Dancing 10:00-12:00pm
 Dancing 2:30-5:00pm
 Sock Hop 7:30-10:00pm
 with guest caller at 9:45

Sunday

Church & Memorial Service 9:00-10:20am
 Dancing 10:30am-12:00pm
 Dancing 2:00-4:30pm
 Dancing 7:00-9:30pm
 Followed by Closing Ceremony and After Party

Monday

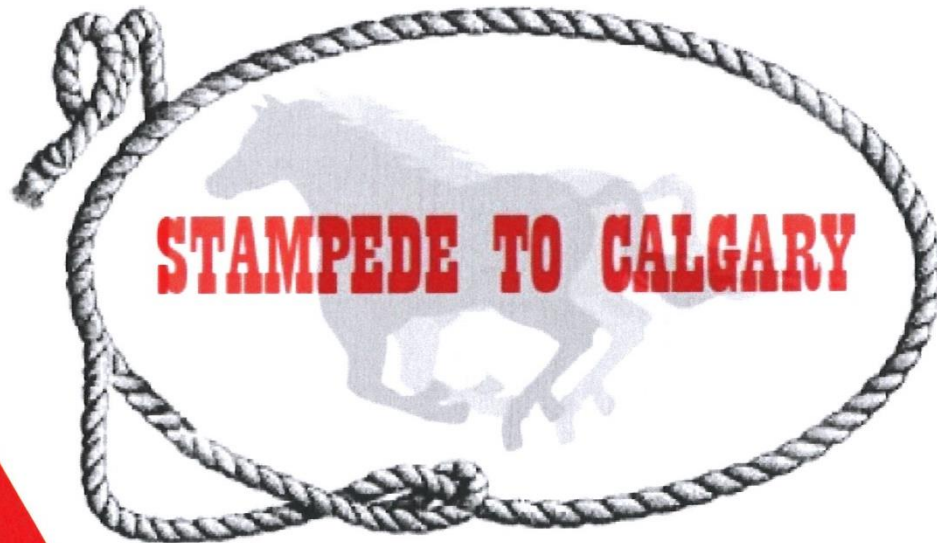
Trail-out Dance 10:00-11:30am

For more information, please check out www.squaredance.ab.ca

Information & Registration: www.squaredance.ab.ca

Hosted by Alberta Square & Round Dance Federation

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