



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.



## “... AND THE SAME COULD BE SAID FOR SQUARE DANCING” - by Claudia Littlefair, Editor

It takes me a long time to write up an article, create a promotional poster, or design a brochure ‘selling’ square dancing. I’ve never taken a writing course or one in graphic design, so I look at what others have done to get inspired and to kick start my brain.

For example, if I want a fresh idea for a poster design or great color combinations, I’ll browse through online websites like Poster My Wall: <https://www.postermywall.com/> or Canva: <https://www.canva.com/posters/templates/>. They also have free templates, but I prefer to do my own. I just need a ‘thought starter’.

Recently, on a trip to Radium, BC, I read a billboard for the Rockies that said, “Nourish Your Soul” and thought that would make a good attention-getter for a square dance poster. The other day I read an article about pickleball in the Costco newsletter and wrote down a few of the phrases that I really liked and could possibly use:

- “fans of fun.”
- “extremely social”
- “lots of camaraderie”
- “built-in socializing”
- “providing a social and recreational outlet”



Square dance websites and other dance websites are a great resource for inspiration and thought starters. **The Arthur Murray Dance Centre website** describes the benefits of dance, which are very similar to what is said about square dancing. For example, one of the benefits states “*Good dancing is a lifetime investment in fun, poise, confidence, improved personality and new friends.*” I like the phrase “**lifetime investment**” and would use it in this way: “*Square dancing can become **a lifetime investment** in never-ending fun and an active social life.*”

The next sentences from their website contain more phrases that I would use but probably not think of on my own:

- “providing fun without working at it!”
- “year-round social calendar.”
- “makes exercise a fun and enjoyable social event.”
- “less emphasis on “going for the burn” and more on having fun.”

The **Toronto Salsa Dance website**: <https://torontodancesalsa.ca/>, uses current and less formal wording, creating a welcoming and reassuring message to the non-dancer. The first message you’ll see, reads: “*This will be the best hour of your week. Where every class is a party. Let loose. Meet new people. Find where you #belong.*” The graphics and pictures are engaging and convey happiness. Their website is a great example of a 24/7 marketing brochure. Again, great for thought starters and inspiration. The website also has a blog, and the one titled “How Bachata Dancing Can Help With Loneliness” (see next article) could easily be written about our dance activity. It’s probably one of the most valuable benefits we have but don’t write about.

**IMPORTANT NOTE:** I’m not encouraging plagiarism (ie. “to steal and pass off (the ideas or words of another) as one’s own” – Merriam Webster Dictionary). But I am encouraging online research for ideas and thought starters to help create your own effective promotional materials. There’s a wealth of great information out there and with the internet, it’s literally at our fingertips.

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## HOW BACHATA DANCING CAN HELP WITH LONELINESS

Source: Bachata website: <https://torontodancesalsa.ca/blog/>

*Editor's Note: When I read this article, I couldn't help but think how the same things could be said about square dancing. The gist of the article could be used for a human interest newspaper article about our activity, adding our contact information at the end. Summer time is a perfect time to start our promotion for the fall, and articles like this one is a good way to start.*

Dancing Bachata can help with loneliness. The Bachata dance community is one of the warmest communities. It's welcoming, and open, and could be the place where you will find some of the closest friends you'll ever have in your life. Read on for three reasons why Bachata will help you combat loneliness.

### The Obvious

Much of our lives are lived online. We are on our laptops, our cell phones, going on apps, watching Netflix, and connecting with others through WhatsApp or Instagram. We are removed from other people and have little human interaction. Bachata dancing is inherently and obviously different. When you're holding someone's hands and you're dancing, the connection is built into the activity. It's obvious but it is also a great start in feeling less alone. You are with other people and giving yourself a chance to meet new friends and maybe even your next partner.

### Everyone's In The Same Boat

Everyone who joins Bachata classes has the same goals – learn something new, have fun and connect with people. You can't help but build bonds when you have this much in common.

Taking Bachata classes is the most positive high school experience most of us never had. It's a bunch of people who want to get out of their house, who want to meet new people, have fun and laugh at themselves all at the same time. And so that camaraderie you experience as you're connecting with your classmates banishes loneliness – at least during class. This brings me to the final point.



### You Have To Take The First Step

No matter what you do – Bachata, Salsa, Rock Climbing or anything else – I always say everyone is waiting for someone else to take the first step. Why can't that be you? You meet other dancers in classes or at socials but that is just the beginning. The real magic happens when the friendships deepen and phone numbers and contact information is shared. People meet up before and after classes, start to go to socials together and just hang out.

Everyone has felt lonely at times. I know I've struggled with it all my life, even now when I run the largest Salsa Dance School in Canada. But what I've learned is, I have to reach out. Everyone is scared to take the first step – so let that person be you. Be vulnerable, be open and take a chance. It's hard and challenging, but it's worth it to come out of your shell to do something a little bit uncomfortable with other people because that's how you will feel less lonely. I know because it worked for me."

## "CUESTEPS" BOUNCING BACK AFTER THE PANDEMIC

- by Cliff Dunn and Jane McKee, Round Dance Instructors, Cuesteps Club, Calgary

**We are trying something different at CueSteps this coming Fall.** Time was when our beginner classes were often 10 or more couples and we had the luxury of spending 2 dance seasons teaching them Two-step and Waltz. There was even a time when there were 2 similar classes running consecutively. Additionally at that time, the more advanced classes in the club were much bigger. As we all know times have changed, and particularly with the Covid pandemic, such that our class numbers have declined and beginner classes are much smaller. In short, it is no longer sustainable that we have a new dancer intake every one or two years.

**There has been a trend in the Square Dance world to try to enable more frequent new dancer starts by creating shortened basic courses to allow more flexibility.** We have also read of similar attempts in Round Dancing although it is

not easy to reduce the figures needed since so many basic figures are needed to do many of our relatively easier dances. However, we will be trying to **create more frequent new dancer entrance points by taking a new class every semester - September and January.** We will rotate the initial rhythm which the new group starts through Waltz, Two-step or Cha-cha/Rumba and the new dancers will join with previous groups to learn together in a larger group.

**For instance, we currently have a group of newer dancers which now know the basics of Cha-cha/Rumba and Two-step.** This coming September new dancers will join with them and everyone will learn the Waltz basics together. Then in January 2024 a further intake of new dancers will start with Cha-cha/Rumba. Those dancers who have already completed one semester in their first rhythm then stay for a second class for further instruction on the rhythms they learned earlier. After cycling through these classes for about 3-4 semesters dancers will be proficient enough to join the general Phase 2/3 dance class. If you are interested in more information or would like to give Round Dancing a try, check out CueSteps "Chance to Dance" a free introductory round dance lesson on August 13<sup>th</sup> 2023.

For more information on Round Dancing in your area check out [www.squaredancecalgary.com](http://www.squaredancecalgary.com); [www.rounddancecalgary.com](http://www.rounddancecalgary.com) or the Alberta Square and Round Dance Federation at [www.squaredance.ab.ca](http://www.squaredance.ab.ca)

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**About Cliff Dunn and Jane McKee.** Over the past ten years, Cliff and Jane have developed their keen interest in round dancing through their lessons with CueSteps. From their home in Lacombe, Cliff and Jane have already accumulated 10 years of cuer/instructor experience in Central Alberta with clubs in Lacombe, Rocky Mountain House, and Innisfail. In addition, they have been cuer/instructors at the 2018 Canadian National Convention, the Alberta Square and Round Dance Federation conventions, as well as various workshops and round dances in Alberta. To contribute to their skill level, Cliff and Jane have attended ROUNDALAB conventions and training sessions, and dance weekends such as the Western Ontario Workshop in London, Ontario. They are active members of ROUNDALAB and the International Choreographed Ballroom Dance Association.

## **SQUARE DANCING IN SCHOOLS**

**- by Erin Byars, ARTS Chair**

**Square dancing saved my life.** That may sound dramatic, but it is the truth.

**In school I was possibly the most unpopular person enrolled.** Then, I began square dancing. All the dancers in my teen club went to other schools and didn't know they were supposed to hate me. I developed an entirely new circle of friends, many of whom I am still close to 54 years later!

**How many young people today suffer from low self esteem and bullying?** How many might be saved by the miracle that is square dancing? From many I hear that young people are not interested in square dancing, but what about that kid that has been shoved aside and ignored? This could be a new start for them.

**Many say they have tried to start programs in their local schools but can't seem to get the administration interested.** But what if your ducks were lined up all nice and pretty? Below I am sharing a proposal written by caller Rachel Phillips of California in 2004. (Please be aware this was composed 19 years ago, but the information should still be valid.) The following comparison and analysis was prepared by Rachel H. Phillips, a credentialed teacher with 28 years teaching experience, for the Administration at Roosevelt Junior High in Modesto, California, in the Fall of 2004.

### **SQUARE DANCE AND THE CALIFORNIA PHYSICAL EDUCATION STANDARDS**

**STANDARD 1:** The student will be competent in many movement activities. A square dance unit, called a tip, is made up of many body movements in the form of choreography.

**STANDARD 2:** The student will understand how and why one moves in a variety of situations and will use this information to enhance his or her skills. In square dance, each move is done a specific way, allowing the dancer to be in position for the next movement.

**STANDARD 3:** The student will achieve and maintain a health-enhancing level of physical fitness. Square dance offers aerobic exercise that raises the heart rate, strengthens muscles, burns calories, increases coordination, and reduces stress.



**STANDARD 4:** The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression. Square dance can be a lifetime activity, offering first the student and then the adult one avenue of maintaining a healthy and physically active lifestyle. Square dance offers many levels: basic, mainstream, plus, A-1, A-2, and Challenge level. The National Square Dance Association claims that those who square dance on a regular basis increase their life span by ten years.

**STANDARD 5:** The student will demonstrate responsible personal behavior while participating in movement activities. The square dance student must abide by the rules of the activity as outlined by the National Square Dance Association and adopted at the local level. All participants of a square must follow these guidelines if the dance is to be successful. (teamwork).

**STANDARD 6:** The student will demonstrate responsible social behavior while participating in movement activities. The student will understand the importance of respect for all others. By following established guidelines in a team activity, social behavior, mutual respect and etiquette is acquired. All members of a square must act in a responsible manner or the other seven dancers will not succeed in the choreographed figure.

**STANDARD 7:** The student will understand the interrelationship between history, culture, games, sports, play, and dance. Students will be exposed to the origins of the American Square Dance including its historical European components. Students will understand other countries have their own folk dance, and square dance has become the American folk dance.

**With this analysis in hand schools should find square dancing a program worth including in their curriculums. Go forth and spread square dance joy!**

## **BENEFITS OF SQUARE DANCING RATES HIGHEST**

### **- Excerpt from the ARTS Recruiting Plan**

*Editor's Note: For the complete 58-slide "Recruiting Plan" presentation, go to:*

[https://www.arts-dance.org/ARTS\\_Recruiting\\_Plan.pdf](https://www.arts-dance.org/ARTS_Recruiting_Plan.pdf) The following slides were chosen because the information is relevant to any marketing plan, whether it's at the club-level, provincial or national.



### **THE ARTS – DANCE RECRUITING PLAN**

This Plan was approved on October 16, 2005 (Revision A – October 23, 2005), and was developed by the CALLERLAB RPM Ad-Hoc Committee (March 2005) Tom Rudebock, Chairman and Mike Hogan, Facilitator. It has been presented to The ARTS for use in marketing. The ARTS dance forms "Square Dancing" as used in this plan is used to identify any and all the dance forms represented by The ARTS. Committee Members: Vernon Jones, Lyle & Jean Beck, Otto Warteman, Patty Green, Bill Heyman, Ron Counts, Jim Maczko, Jim Mayo, Patty Wilcox and Terry Wheeler.

The Plan was approved by the ARTS Governing Board. **It is available to dance Clubs, Associations, Federations, or any other organization.** This plan may be modified for use by any dance organization for marketing and promoting the dance forms represented by The ARTS, and copies of this plan are available at: [www.ARTS-Dance.org](http://www.ARTS-Dance.org)

### **Slide 12: TARGET DESCRIPTION:**

Seven committee members responded to specific questions about who our target should be for this project. The committee agreed on the following target description:

- 50-59 year old males and females, married and single, with children that have recently left home. They are middle class with household income from \$50,000- \$75,000 per year.

**Slide 13: BENEFITS SOUGHT BY TARGET:**

Seven committee members responded to specific questions about the benefits square dancing offers. Those benefits are:

- Leadership Opportunities
- Make new friends/Socialize/Fellowship/Find a Partner
- Travel Opportunities
- Affordable
- Camping Opportunities
- Have Fun/Laughter/Joy of Success
- Learn Something New/New Challenge
- Clean Environment
- Family Activity
- Physical Health Benefits
- Mental Health Benefits
- Music
- Ability to Dance all Over the World
- Easy to Learn
- New Activity to do with Partner

**Slide 14: BENEFITS SOUGHT BY TARGET:**

Eight committee members ranked the benefits listed in terms of the most important to least important to the target. The top five benefits desired in order are:

1. Fun/Laughter/Joy of Success
2. Make New Friends/Socialize/Fellowship/Find a Partner
3. Physical Health Benefits
4. New Activity to do with Partner
5. Mental Health Benefits

**Slide 15: COMPETITION**

**COMPETITIVE ANALYSIS: 3-Strong; 2-Neutral; 1-Weak**

Activity	Fun	Social	Physical	Partner	Mental
1. Square Dancing	3	3	3	3	3
2. Movies/Theater	3	2	1	3	2
3. Cards/Games	3	3	1	3	3
4. Health Club	1	1	3	2	1
5. Television	2	1	1	1	2
6. Casino's	3	2	1	2	2
7. Bar/NightClub	3	3	1	3	1
8. Internet	3	1	1	1	3
9. Travel	3	2	1	3	1

**Conclusion: Square Dancing is the only entertainment choice that offers all five benefits sought by the target customer!**



**The ARTS Alliance is made up of nationally recognized dance organizations.** Its current members are: All Join Hands Foundation Ltd, CALLERLAB, CONTRALAB, International Association of Gay Square Dance Clubs, National Square Dance Campers Association, National Executive Committee, ROUNDALAB, United Square Dancers of America and, USA West Policy Board.

The Alliance for Round, Traditional and Square-Dance (the ARTS) was formed to bring together the diverse groups making up the 'greater' American Folk Dance community. This coalition offers all dance organizations a chance for affiliation on a balanced and representative basis. The ARTS provides effective public education of the square dance image, the health and fitness benefits of related dances to obtain corporate sponsorship, without diminishing any of the autonomy, or unique qualities and programs of any individual affiliate member.



## FREE ADS ON ONLINE BUY/SELL GROUPS HELP FILL CLASSES

- by Connie Sims, Line Dance Instructor

Hi, my name is Connie Sims and I teach a high energy line dance class in Lacombe. I have taught this class or variations of it since 1994. From 1994 to 2004, it took place in Rocky Mountain House through the Recreation Department as a group exercise cardio class using only line dancing. The rec department did all the advertising and fee collection, all I had to do was show up and lead the class.

When I moved to Lacombe in 2004, I also started with the rec department there, but it didn't work out as well as in Rocky. In 2007, line dance was put on the back burner and Ron Morgan and I turned our focus to teaching square dance for Red Deer and Rocky Mountain House square dance clubs. (I have been square dancing continuously since 1967). During this time, I still taught line dancing at various functions including weddings and square dance campouts.

In 2020, after being forcibly retired, my mind turned once again to high energy line dance. I knew this time I was not going through the rec department, and would run the class on my own. **Having been involved with publicity for the Red Deer Square Dance Club for many years, I knew advertising was key.** Kijiji was the preferred advertising media for me at that time, so I knew I had to put posters on Kijiji.

I personally don't care for Facebook. I look at my home page at the most 2 times a year and until 2020 had not heard of Marketplace. **Knowing that I needed as much 'free' advertising as possible, I taught myself how to put an ad on Marketplace.** I started advertising on Kijiji and Marketplace in February 2022 for a line dance class to start in March. The classes are 5 weeks long, and I held a class in March, April, May and June 2022.

Because things were just opening up, there was lots of response. **2022 classes ranged from 35-50 participants.** I don't really know at this time how many came from posters around Lacombe or Marketplace. Although no one signed up from the Kijiji ads, there were many people who looked at the ad, so I don't think Kijiji is a waste of time.

**So, how did I advertise on Marketplace?** Just like any other ad that is placed as an item to sell. I took a picture of the poster (pictures are the only way an ad can be posted), put a catchy title (you know you wanna) as an example, then added the details in the text box, and **posted to Marketplace and local buy/sell groups.** I joined as many as I could within the local area. At first I didn't realize Marketplace was cancelling my ad as I wasn't on Marketplace very often. The ad was still on the local buy/sell groups, but not Marketplace itself. There are only a few of the local groups that don't allow me to advertise. There were a few times that Marketplace did not delete the ad but I don't know why. I try not to put the word dance or class in the title. It is enough to know that it is being viewed from the local buy/sell groups.

**I have offered 5 different sessions in the 2022/23 season, from September to June and the average number of people ranged between 25-35.** Many of the participants have been with me since the first class, but there is always new ones as well. I only have my phone number on the poster to register and ask to either call or text me. I follow up by text and now by email as texting that many people was very cumbersome. I have over 200 names that have either taken one class or more.

In summary, I advertise for High Energy Line Dance on Kijiji, local buy/sell groups as part of Marketplace, posters in businesses, doctor office, chiropractor and physio, nail and hair salon, and anywhere else that has a bulletin board. **BUT, as with square dancing, the best advertising is WORD OF MOUTH.**

### Get your groove on and move your body

Register for this fun and energizing class today to get your body moving and grooving to fun and energizing music from country to disco and swing to rock songs you know and love from 70's to 90's.

**High Energy Line Dance** is a 5 – week 2 - hour class taught by an experienced line dance instructor. Suitable for most ages.

Place: St Andrews Church gym 5226 51 Avenue Lacombe

Date: Wednesdays May 24 – June 21

Time: 600 to 800 PM

Cost: \$50 for the 5-week class

Pre-registration only, sorry no drop ins

**Please call/text to register**

**403 396 1523 cash or etransfer**

- by Claudia Littlefair, SRDIAA Member



**The Square & Round Dance Instructors Association of Alberta's (SRDIAA) goal is to support and educate our dance leaders. We strive to meet this goal through:**

- Membership is completely voluntary and annual fees are \$40 per leader unit.** We have members throughout Alberta and a few from other provinces. Our president is Gary Smith, Edmonton; Vice-president, Joe Uebelacker, Cochrane; Secretary, Mary Nelson, Sherwood Park; and Treasurer, Marlene Symington, Calgary.

Schools are a HUGE undertaking and pose a big financial risk if poorly attended. Qualified instructors need to be secured. They are the ones who will set up the program, make up a budget, find the locations, do hours and hours of preparation work, and basically do everything necessary to put it on and run it. A typical school week consists of five days, with most days running 12 hours long. This ensures there is adequate time on the mic. Instructor expenses and fees are paid for through the registration fees. If applied for, our Canadian Society will usually approve a \$1000 grant towards the school. A shortfall is unusual but were it to happen it may or may not be covered by SRDIAA based on the Association's available finances. Other associations such as Alberta Federation and our Districts may also choose to help if it were needed.



Finally! This school was supposed to be held in May, 2021, but due to Covid was postponed – more than once! And it's the first time in many, many years that a week-long Round Dance School is happening in Alberta. Instructors are Mary & Bruce Nelson, Sherwood Park and Peter & Stella Tennant, Vernon, BC. The school will take place at



Belmead Hall, 9109-182 Street, Edmonton, and there is a **free Round Dance on Wednesday, June 21, 7-9:30pm**, cued by the school participants. The school is designed for both new and experienced cuers. Cost for participants to attend is \$425/cueing unit (couple) plus food and accommodations for the week.

Prior to Covid, SRDIAA hosted Caller Schools every two years. The last one was in 2019, so we are happy to be getting back on track! The upcoming September Caller School is being led by Gary Winter, Sherwood Park and Joe Kromer, Germany. Location is the United Church, 4720-48 Avenue, Innisfail and there are **two free Square Dances on Tuesday, September 19 and Thursday, September 21**, called by the school participants. Please come if you're in the area. As with the Round Dance School, the Caller School is also designed for both new and experienced callers. Cost for participants to attend the school is \$550/calling unit (couple) plus food and accommodations for the week.

SRDIAA are hosting a **free 2-day workshop** prior to the Alberta Dance Convention on the September Long Weekend. Location is the Kozy Korner, 5024-53 Street, Lacombe. A variety of topics will be discussed and workshopped, as well as a **free dance on Thursday, August 31, 7pm**, called by the workshop participants. The workshop will be all day Thursday and Friday morning. SRDIAA will hold its general meeting Friday afternoon and welcomes all leaders, members and non-members, to attend.



## BASIC STYLING TIPS

- Excerpt from Glenview, Illinois Square Dance Club - Styling Tips Document

<https://static1.squarespace.com/static/51feba40e4b0a3cc8742ef7f/t/5f860600f164a947c7425048/1602618881255/GVS+Styling+Tips.pdf>

### INTRODUCTION

**Good styling is an integral part of good square dancing.** Although you can enjoy square dancing without focusing on styling, with some attention to styling square dancing becomes more like dancing and helps everyone execute the calls correctly and on time which makes each tip more successful and more fun. In addition, it makes square dancing more enjoyable to watch. Styling includes dancing with poise (balance, equilibrium, control, and refinement of movement) and good dance techniques. For highly skilled dancers styling may include flourishes (frills) for some calls.

**Dancers should not only master the calls but also the basic styling of square dancing.** Just as you would not move up a level of square dancing without a good mastery and lots of experience at each level, dancers should not add flourishes or frills until they have mastered:

- (1) the calls,
- (2) dancing as a member of a team and
- (3) basic square dance styling. Never let styling interfere with your dancing and timing.

Glenview Squares' Styling Tips are arranged by two types (Basic and Flourishes) with two ability levels within each type. They are:

- **Basic Square Dance Styling:**
  1. Level One - For everyone, including students
  2. Level Two - For those who are very comfortable with the calls
- **Flourishes/Frills:**
  1. Level One - For those who have mastered the calls and basic styling
  2. Level Two - For those who have mastered the calls, basic styling and are able to dance with precise timing.



**Moving through and mastering these styling tips will add another level of enjoyment to your square dancing.**

### BASIC SQUARE DANCE STYLING - Level One - For everyone, including students

1. **Move in time to the music:** do not race, do not lag behind. The call does not usually start when the caller says the call but a beat or two after the call is named.
2. **Use a shuffle step.** Glide on the balls of your feet, rather than walking heel to toe. This creates a smooth movement for ease of transitions. Try to make it noiseless so as not to distract from the music. Smooth shoe soles or dance socks (covers on gripping soles) help.
3. **Finish calls square to a wall.** Feet, hips, shoulders should be square to a wall. Don't stand at an angle, instead turn your head if you need to look around. Standing with your shoulders, hips and/or feet at an angle will confuse other dancers as to the correct formation and may lead you in a wrong direction.
4. **Use gentle hand holds (DO NOT grip with your thumbs) to reduce injury and discomfort.** Do not clasp/grip hands, allow your partner's hand to move freely; this avoids hurtful, tight hand holds. A flat hand to flat hand hold with a stiff wrist allows for the contact and slight resistance needed to facilitate the execution of the call.
5. **Touch hands immediately at the end of each call.** This may mean just a tap as you pass through the end position of one call and continue moving to start the next call. This helps others know where they are in a call, in a sequence of calls and their position in the square. Do not grab or reach out before you are in your ending position. Each time a new line is formed be sure all dancers immediately join hands. In lines, maintain hand holds while executing "Forward and Back", with only the ends tapping hands.



**6. Use conventional hand positions to avoid confusion:**

- If there is a dancer on your right facing the same direction as you, extend your right hand palm up. If there is a dancer on your left facing the same direction as you, extend your left hand palm down.
- When circling left or right, left hand dancers (boys) have both palms up and right hand dancers (girls) have both palms down.
- When two adjacent dancers are facing opposite directions, hand holds are done with slightly curved fingers.

**7. When 'pulling by' release your hand hold when you are shoulder to shoulder.** Holding on can turn both parties in the wrong direction.**8. Keep hands about waist high for most calls; shoulders relaxed.** Low hands tend to pull the other dancer down and to the side forcing him/her to be off balance. Hands held too high can cause discomfort for your partner. Hand and arm positions should be at a level comfortable for the shortest dancer; this is a team activity, be aware of the others dancing with you.**9. Keep elbows in (bent) and down, close to your sides.** This keeps square tight (smaller) so calls are easier to execute in time to the music.**10. Use forearm hold for turns.** This makes it easier get around in time to the music. Use flat hand; no thumb around arm. Adjust to hand hold after turn if needed.**11. Retain some tension in your arms.** No floppy arms. Give slight resistance during turns, etc (especially helpful for 'Roll Away'). This makes it easier to move from one call to the next.**12. Be gentle when raising arms or making an arch to avoid shoulder stress/strain.****13. Keep square tight.** The square should be small enough so on the first beat you can touch your corner or opposite's hand to begin the call. Left hand dancers' left shoulders should almost touch during promenade. Use forearm hold for turns. Touch hands after each call. Keep elbows in.**14. Hold your head up; do not look at the floor.** Make eye contact with other dancers to more easily execute the call correctly. This helps you see where to go and find the open space if you are lost. In addition, this makes it easier to help others.**15. Good posture helps ensure good styling and better dancing.** Tuck in what needs to be tucked in for good balance. Keep your weight over your moving feet.

## 23<sup>rd</sup> CANADIAN NATIONAL FESTIVAL

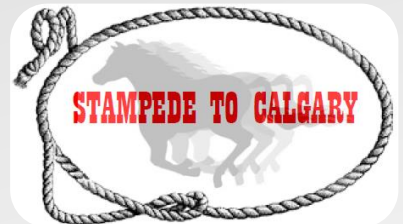


GLENMORE INN & CONVENTION CENTRE

1000 Glenmore Court SE, Calgary T2C 2E6

Hosted by *Alberta Square & Round Dance Federation*

Information & Registration: [www.squaredance.ab.ca](http://www.squaredance.ab.ca)



## JULY 17-20, 2024 CALGARY, ALBERTA

## ALBERTA 54<sup>TH</sup> DANCE CONVENTION - "THE PLACE TO BE, LACOMBE 2023"

### Labour Day Weekend, September 1<sup>st</sup> - 4<sup>th</sup>, 2023

#### WHERE TO STAY

Travelodge by Wyndham  
5402 Highway 2A  
403-782-7826 (mention square dancing to  
get a great discounted price)

Best Western Plus Lacombe Inn & Suites  
4751 - 63 Street, Lacombe, AB  
403-782-3535  
Country Club Inn  
6205 - 50 Avenue  
403-782-7878

50th Ave House Bed and Breakfast  
5424 - 50 Avenue, Lacombe, AB  
403-782-4264

Lacombe Motor Inn  
5136 Highway 2A  
403-782-2424

Mitchener Park Campground  
5957A - 45 Avenue  
403-782-2268  
Dry Camping Available  
Call Jacque at 403-350-0341

#### WHERE TO DINE

A & W Restaurant 520 Highway 2A  
Anna Maria's Cafe 5214 - 50 Avenue  
Blindman Brewing 3413 -53 Avenue

Booster Juice #1, 5030 Highway 2A  
Boston Pizza 5846 Highway 2A  
Brunch Glory 4816 Highway 2A  
Burger Baron 4925 - 46 Street  
Buster's Pizza 4041 63 Ave. Unit 5  
Cilantro & Chive 5021 - 50 Street  
Dairy Queen 5263 Highway 2A  
Domino's Pizza #103, 5001-52 Street  
Eastside Eatery 5210A Wolf Creek Drive  
Extreme Pita #5, 5821 Highway 2A  
Gluten Free Bakery & Cafe #2, 5100 Wolf Creek Drive  
KFC 5236 - 45 Street  
Lacombe Bar & Steakhouse 5038 Highway 2A  
Lacombe Hotel 4927 - 50 Avenue  
Leto's Steakhouse & Bar 4944 Highway 2A  
Lucky Palace Chinese Rest. 4902 - 50 Avenue  
Marion's Easter 5136 Highway 2A  
Mary Brown's Chicken 7605 Henderson Way  
McDonald's / McCafe 5510 Highway 2A  
Millie Oak Cafe 4735 - 49b Avenue  
Moe's Pizza Co. 4914 - 50 Avenue  
Panago Pizza 5052 Highway 2A  
Papa John's Pizza 7605 Henderson Way  
Pho & Rice #1, 5832 Highway 2A  
Pizza Hut #4, 5030 Highway 2A  
Second Cup Cafe 7605 Henderson Way  
South China Sea 5401 Highway 2A  
Subway #1, 4730 - 51 Avenue  
Sweet Capones Italian Bakery 5230 - 45 Street  
Taco Time 5830 Highway 2A



**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



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



**"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.

**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](http://www.squaredance.ab.ca)