



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.



10 THINGS TO KNOW ABOUT LACOMBE CONVENTION 2023

- by Claudia Littlefair, Editor

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1 Pre-Convention activities, Thursday & Friday:

We are excited to be holding **TWO pre-Convention activities** at the Kozy Korner hall, Lacombe, in conjunction with SRDIAA (our provincial instructors group). All costs are covered by SRDIAA and Alberta Square & Round Dance Federation.

- **Free Leaders Seminar**, Thursday, August 31, 10am-4pm and Friday, September 1, 10am-Noon. Description of seminar: *"This year will be especially important as more and more people are looking for ways to become involved in socializing with each other. As such, we've put together a program to enhance our activity by being more sociable rather than being tied to 'lists' and 'time constraints'. As leaders, we need to look at the glass half full rather than half empty. We're optimistic that if we do things better in making the classes and dances fun, people will want to be a part of the square dance activity."*
- **Free Dance Thursday night** called and cued by seminar participants. Mainstream Square Dance 7:00-9:00pm.

2 Friday's Trail-In Dance, September 1st is a kick-off dance to Convention.

The Trail-in Dance is the responsibility of the Area that is hosting the Convention – in this case, Central Alberta. Cost is \$10/person payable at the door. Pre-Rounds (7:30-8pm) will be cued by Mary & Bruce Nelson, and the Mainstream Square Dance (8-10pm) will feature hired caller Gary Winter, Edmonton.

3 The Convention begins on Saturday morning, September 2nd.

The official start of Convention happens on Saturday, 9am, September 2nd with the Banner Parade and Opening Ceremonies, followed by the Showcase of Rounds. This Showcase features all the round dances that will be taught over the weekend. The Convention ends on Monday morning, September 4th with a Trail-Out Dance, hosted by next year's host – the National Festival (to be held on July 17-20, 2024 in Calgary). Because Alberta is hosting the National Festival, there will be no provincial convention on the September long weekend, 2024.

4 The Provincial AGM is always held at the Convention.

It's in the bylaws! By holding the Alberta Federation AGM at Convention, more dancers and leaders can attend. It's a chance for everyone to meet the volunteers who have taken on the broader duties of our activity on your behalf, and to hear what is happening on a provincial level. The Alberta Federation provides the seed money for all provincial conventions, including this one. **This year's AGM is Saturday, 1:10-2:20 pm.**

5 The Canadian Square & Round Dance Society AGM will also be held at the Convention!

Because the National Festival is being held in Calgary in 2024, members of the Canadian Society will be in attendance at this provincial convention, and the **Canadian Society AGM will be held on Sunday, 1:00-2:10pm.** This is a rare opportunity to meet the volunteers who have taken on the broader duties of our activity on a national level. The Canadian Society provides the seed money for all national conventions/festivals. The last one held in Alberta was in 2004 in Calgary.

6 There's a BIG Difference between 'Teach', 'Workshop' and 'Intro' in the program.

Teach' is a term used in Round Dance to indicate a session where a piece of music and the corresponding cued steps will be taught. A 'Teach' assumes that the dancer is already proficient at the specified phase. Eg. 'Phase 3 Teach' assumes that the participant is proficient at the Phase 3 level.

'Workshop' in Square Dancing is where a call or move is highlighted or featured, often to reinforce difficult moves, or to dance the move from non-traditional positions. The dancer is expected to already dance at the specified program. Eg. A 'Plus Workshop' requires the dancer to be proficient at the Plus level.

'Intro' is a session for dancers who are completely new to the move or to the dance medium. For example, if you are a square dancer who has never round danced, you can participate in an 'Intro' round dance session. At this convention we have intro sessions for square dancing, clogging, and line dancing.

7 Remember to Pack . . .

Something special to wear at the Saturday night "Sock Hop". Dig out your poodle or circle skirt, white t-shirt & rolled up jeans, neck scarf or hairband, bobby socks, saddle shoes, loafers or flats.

Extra footwear! With all that dancing, one way to give your feet a break is to wear a different pair of shoes or runners.

Note: Generally, dancers are casually dressed during the day, and dressier for the evening dances. Your choice.

8 Sunday's Church Service is a special time to reflect on our community.

One of our long-time square dancers, David Gilchrist, is a minister. He skillfully weaves our activity into his message. Regardless of denomination or belief, his message speaks to everyone. The Memorial Service honoring Alberta dancers who have passed away, follows the church service.

Note: The collection taken at the church service is donated to a local charity specified by the Convention Committee.

9 Silent Auction money goes towards Convention expenses.

Members of the committee have organized a Silent Auction, and as always, donated items are welcome. The Silent Auction area will be in the Mainstream hall, and items can be brought to the registration desk Friday evening or Saturday morning.

10 It's never too late to register!

You can even register for Convention on the day of. If you can only attend one or a few sessions, you pay a reduced rate. Full Weekend: \$75/Adult or \$60/Youth; Per Session Rate/Evening Dances: \$12.50/Adult or \$10/Youth.

ALBERTA PRE-CONVENTION & CONVENTION PROGRAM-AT-A-GLANCE

TIME	MAINSTREAM HALL	PLUS HALL	SSD HALL	ADVANCED HALL	ROUNDS @ KOZY KORNER
THURSDAY, AUGUST 31 (Pre-Convention Activities)					
10:00am to 4:00 pm					FREE Leaders Seminar
7:00-9:00 pm					FREE Mainstream Dance called & cued by Seminar Participants
FRIDAY, SEPTEMBER 1 (Pre-Convention Activities)					
10:00am- Noon 1pm General Meeting					FREE Leader's Seminar- cont'd Alberta Leader's Meeting @ 1pm. EVERYONE Welcome!
TRAIL IN DANCE 7:30 - 8:00pm	Pre-ROUNDS with MARY & BRUCE NELSON				
8:00-10:00pm	MAINSTREAM DANCE with GARY WINTER				

TIME	MAINSTREAM HALL	PLUS HALL	SSD HALL	ADVANCED HALL	ROUNDS @ KOZY KORNER
SATURDAY, SEPTEMBER 2					
8:30-8:45 am 8:45-9:00 am 9:00-9:30 am 9:35-10:15 am	Lineup for Banner Parade Banner Parade Opening Ceremonies Show Case of Rounds				
10:20am-Noon	MAINSTREAM Dance with ROUNDS	PLUS Dance with ROUNDS	SSD (Social Square Dance)	ADVANCED Dance	ROUND Teaches: 2-STEP (Ph. 2) WALTZ (2+2+1) 2-STEP (2)
Noon-1:10pm	(Plus Hall: ASRDF Executive Meeting) LUNCH BREAK				
1:10-2:20 pm	ALBERTA FEDERATION AGM		Free INTRO SQUARE DANCE	Free INTRO CLOGGING	
2:30-5:00 pm	HEXAGON SQUARES CIRCULATES Workshop ALLEMANDE STARS Worksh SEPARATES&SPLITS Worksh MS DANCE	COORDINATE Workshop RELAY DEUCEY Workshop SPIN CHAIN GEARS Worksh CROSSFIRE Workshop PLUS DANCE	SSD DANCE	ADVANCED Dance	RUMBA (3+2) CHA (3+1) BOLERO (4+2)
5:00-7:30 pm	SUPPER BREAK				
Saturday Evening 'SOCK HOP' THEME DANCE, All Halls					
7:30-9:30 pm	MAINSTREAM Dance with ROUNDS 7:30-10:00 PM	PLUS Dance with ROUNDS	SSD Dance	ADVANCED Dance	ROUND Dance
9:45 pm	** Special Entertainment for EVERYONE **	(Go to MS Hall)	(Go to MS Hall)	(Go to MS Hall)	(Go to MS Hall)
SUNDAY, SEPTEMBER 3					
9:00-10:10 am	CHURCH & MEMORIAL SERVICE				
10:20am-Noon	MAINSTREAM Dance with ROUNDS	PLUS Dance with ROUNDS	SSD Dance	ADVANCED Dance	SLOW2-STEP (4+1) TANGO (3)
Noon-1:00pm	(MS Hall: CSRDF Executive Meeting) LUNCH BREAK				
1:00-2:00 pm	CANADIAN SOCIETY AGM		Free INTRO SQUARE DANCE	Free INTRO LINE DANCING	
2:10-4:30 pm	DIXIE STYLE Workshop PROGRESSIVE SQUARES 8 CHAIN THRU Workshop MAINSTREAM DANCE	DIAMONDS Workshop EXPLODE&ANY Workshop SPIN CHAIN & EX. Workshop PLUS DANCE	SSD DANCE	ADVANCED Dance	RUMBA (4+2) PH. 4+ DANCE By Request
4:30-7:00 pm	SUPPER BREAK				
Sunday Evening					
7:00-8:45 pm	MAINSTREAM Dance with ROUNDS	PLUS Dance with ROUNDS	SSD Dance	ADVANCED Dance	ROUND Dance (7:00 - 9:00 pm)
9:00-9:30 pm	FINAL DANCE PARTY				
9:30-9:55 pm	CLOSING CEREMONIES				
10:00 PM	AFTER PARTY				
MONDAY, SEPTEMBER 4					
10:00-Noon	Trail-Out MAINSTREAM with ROUNDS Hosted by National Festival				

NEW CALLERLAB MARKETING WEBSITE

Source: ARTS-Dance Newsletter, May 2023

The new marketing website with free promotional videos is now live: www.livelivysquaredance.com. The CALLERLAB Marketing Committee teamed up with Sleight Advertising of Omaha, NE to create a new professional web site and series of videos available to callers, clubs and local associations in an effort to aid the promotion of square dancing. Working alongside several members of the CALLERLAB Marketing Committee, Sleight developed a professional, well-thought out web site representing our marketing insights to the non-dancing public. The site includes the promotional videos that were launched at the 2022 CALLERLAB Convention.

Editor's Note: There are a lot of good ideas for information and wording that can be used for your own websites, brochures and posters. Note: Under the tab, "Our Community", the reader is directed to our provincial website for information about our Alberta clubs (ie. <https://squaredance.ab.ca>). The following excerpt is from the marketing website, and describes the benefits - friends, fun, fitness – in a different way.

Benefits of Square Dancing

When you think of square dancing, you're probably not thinking about the benefits you can gain from it—but there are so many! The main advantages you receive as a square dancer can be split up into three primary categories: physical, mental, and social.

Physical

Any kind of dancing will give you a workout, and square dancing is no exception! Better than other forms of dancing, there are no complicated moves or fast-paced cardio to keep up with. If you can move forward and back, left and right, you're well on your way to being a pro.

Our square dancers consistently reach 10,000 steps in a night—the same amount routinely recommended to maximize health outcomes for individuals with sedentary jobs like working at a desk. Get a great, low-impact exercise no matter your current fitness level by finding a square dancing group near you.

Social

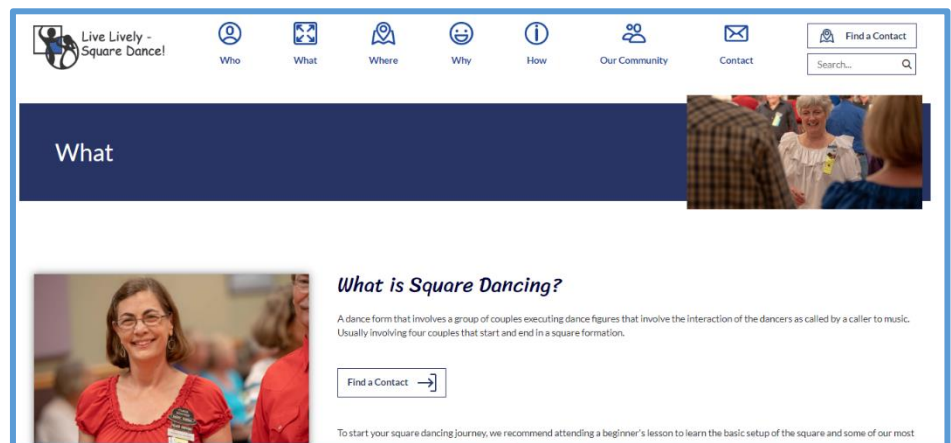
The advent of social media has made it easier than ever to keep up with the everyday lives of friends and family, but it's also linked to increased feelings of isolation, depression, and anxiety. There's nothing social about social media—square dancing offers a more interactive alternative!

Square dancing allows you to join a welcoming community where you can bond with others over a shared activity. Get in an actual room with people, and start making some friends in real life through square dancing!

Mental

Keeping your mind in top shape is certainly something to strive for. Many people do puzzles and brain teasers to keep their brain functioning at its peak as they age, but medical professionals recommend physical activities like dancing as a great way to stay sharp!

Decreases in brain metabolism are predictive of cognitive decline and even Alzheimer's disease. Many studies have found that moderate forms of exercise—like square dancing—increase brain metabolism, specifically in parts linked to learning and memory. Plus, dancing improves mood and reduces feelings of anxiety or depression, which is vitally essential to good mental health.



MORE BASIC STYLING TIPS

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

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

Editor's Note: See previous Newsletter #2023-THREE for Basic Styling – Level One.

Next issue will feature Flourishes and Frills – Level One.

BASIC SQUARE DANCE STYLING – Level Two -For those who have become more comfortable with the calls

1. **Connect with others as you dance;** make eye contact, smile, let people know through your expressions that you enjoy having them on your team. This will help them relax and dance better.
2. **Keep your head turned to the center of the square;** be aware of the big picture.
3. **Help your square stay square to the walls by making small adjustments.**
4. **Help your square stay small by adjusting when others spread out.**
5. **Let your square breathe.** Expand and contract the size of the square as needed to accommodate the movements of the other dancers. For example, back up a little when pairs adjacent to you are performing a square through that will end with one pair being in front of you.
6. **If someone in your square gets lost, continue to execute your part of the call;** get to your ending position. This will help them find the open space. Use soft comments or subtle hand motions to help guide them into place. The best hint is to hold out your (correct) hand. If the square can't recover go home and make lines. **Never pull hard or yank other dancers.**
7. **If you get lost, move slowly in the direction of the flow of the call.** Don't try to complete all parts of the call, catch up to where the others are and proceed from there. This may mean going to the end position of the call. Watch for hints from your teammates. Look for the empty spot.
8. **Adjust to others as needed to insure smooth transitions between calls.** If someone in your square moves slowly, don't wait until they get to you but move toward them, into the call to shorten the distance for them to travel in the correct number of beats. If someone moves too fast, use gentle pressure in your hand or arm to slow the movement or delay the start of a call.
9. **Adapt to the styling of the square/current partner.** For example, hand and arm positions for waves vary depending on where you are dancing. Hand holds vary. You may have one style on your right and a different style on the left. Don't try to bend anyone to your way. When visiting other clubs, whether in your area or while traveling, observe the styling and flourishes used. Do not assume your way is their way. Do not attempt unfamiliar styling/flourishes unless you are certain you can perform them in time to the music.
10. **Fine tune moving to the music.** Calls fill a designated number of beats of the music, e.g., take the full 32 counts for executing Grand Square. Learn how many beats for each call. Enter the ending position on the last beat designated for the call. If your timing is good, very often the movement for one call will flow into the movement for the next without you having to stop.



Farmer Joe is suing a trucking company over injuries he suffered in an auto accident. The company's lawyer begins his cross-examination. "Is it true that at the accident scene you said, 'I'm fine'?"

"Let me explain," pleads the farmer. "I had loaded my mule, Bessie, into the trailer and was driving down the road when this truck crashed into us. I was hurt bad. When the constable arrived, he heard Bessie moaning, took one look at her and shot her. Then he walked over to me and said, 'Your mule was in such bad shape, I had to shoot. How are you?'"

OUR SIDE OF THE MIC - by Caller Bob Riggs, Winter 2022-2023

An article sponsored by the Denver Area Callers & Cuers Association

<https://squaredanceetc.com/our-side-of-the-mic/>

Lately, I have been having conversations about our dance programs, our club dances, and how the activity is changing. **Our dance community is divided about how we can satisfy our current dancers and preserve the dance activity going forward.**

The following are my opinions and comments on what we face as callers, and then some perspective on the thoughts of dancers. Our diverse community includes many callers who will disagree with me on some or all my points. I would welcome their opinion to be published under this headline in a future DAS&RDC Bulletin.

From a caller's perspective, I'm confused about what the dance community wants. Most dancers have expressed the desire for more club members who can dance what the current dancers have danced for many years, and they want them now!

I believe all callers struggle to teach students the skills needed to dance the target program with ease in the time allowed by club sponsored classes. For many of us, we don't remember how long it took to gain proficiency with the program we now enjoy. CALLERLAB recommends not less than 24 hours to teach 50 calls in the Social Square Dance (SSD) program and not less than 58 hours to teach the 68 calls in the Basic & Mainstream programs.

Many dancers with whom I speak want to climb the "square dance escalator" from Basic, to Mainstream, to Plus and beyond. They want to dance every tip at a dance, they don't want to sit out the star tips, i.e., Plus tips. They want to dance with those friends that are urging them to take Plus lessons. Also, many don't appear to care how well they dance each call as long as they can say they can dance Mainstream and thus are ready to take lessons and dance Plus.

My 48 years of dancing and 47 years of calling makes me desire to dance with and call for dancers who can smoothly move through the calls of any dance to good music with their friends. My friends and I don't really care how many calls are on the list or if the choreography is complicated or tricky. My definition of a good dancer is one who, at the completion of each call, is at the right place, at the right time, with the correct hand available, and gets there to the beat of the music. That implies we execute each call with the appropriate timing, body movement, and counter dancing (smooth interaction with other dancers involved in the call).

Let me explain a little about a call as defined and refined since the 1970s by CALLERLAB. Each call is documented with the starting formations, command examples, dance action, ending formation, timing, and styling. Callers who are considered good, use this information to blend the calls of a given program into flowing and entertaining choreography. For most formations (boxes, waves, lines, etc.) there are 6 arrangements of dancers (e.g., boy/girl, girl/boy, boy/boy, girl/girl, etc.). Many dances in our area are promoted as Mainstream dances where the caller can only use a subset of these formations and arrangements to call to the capabilities of those attending. This means that much of the available variety has been absent from our dancing, and our dancers have lost the ability to experience the variety available when executing each call as delivered.

Social Square Dancing (SSD), when called as the program is designed, increases the variety by utilizing more of the formations and arrangements for a smaller vocabulary of calls. The SSD philosophy is that if we can learn fewer calls, dance with more variety, and we can begin to enjoy dancing after a shorter learning time. And that we can continue to enjoy the resulting dance experience because of the variety available to our creative callers.

As most of you know, I am an advocate of using the SSD program for the primary destination of our recreational square dance activity. I firmly believe that if we are to rebuild our square dance activity, we must continuously add new dancers to the community and retain those currently involved.

When square dancing was popular many years ago, we were teaching younger people mostly in their 40's-50's, in as little as 4 sessions. We had a shorter list of calls, i.e., less than 50 basics, and our clients were these eager young adults who learned rapidly and enjoyed the social experience with their peers. Callers utilized a wide variety of the available

formations and arrangements to provide entertainment and challenge to the dancing experience. Over the ensuing decades, dancers & callers added to the vocabulary (more calls) and backed off on the use of the variety available within the calls. It has become accepted over the ensuing decades that a "better" dancer is one who knows more calls, not necessarily dance them properly.

For the future of our activity, we must cooperate to rebuild the base. The most efficient way to accomplish the rebuilding effort would occur if all mainstream clubs adopted the SSD program as their destination and actively recruited new dancers that were 5-10 years younger than their current members. A less efficient approach would involve clubs and callers that want to rebuild the activity to collaborate using SSD for both classes and dances (creating new clubs and dance events that focus on the SSD program), while the existing mainstream clubs that want mainstream as their destination would continue as they always have. Callers can continue to call the limited Mainstream variety as in the past. We could hope they are successful but suspect that over time these clubs will age out and disappear from the community.

Further, over time we do anticipate that there will be dancers who want more than the SSD destination provides. I anticipate that I and other like-minded callers will offer "transition to Plus" classes that include all the mainstream calls not in SSD and the Plus calls.

Finally, as a dancer I want to enjoy a dance experience with my friends. Long time dancers seem to have found their destination, i.e., the program they most enjoy with the friends they have made over the years. Those who have joined the activity in the last couple of years seem to have the idea that if they can get through the calls some/most of the time, then they must be pretty good dancers, even if their dancing is rough and faltering. With this assumption they then are easily encouraged to be interested in the next dance program, i.e., Plus. They have now joined the square dance escalator. The push to Plus has caused some fracturing of the activity because of the prevailing opinion that they are not a good dancer if they don't dance Plus. Further, we see some dropping out because they don't enjoy it, they don't have the time to become proficient and/or don't believe they can live up to the expectations of their peers. This push for more commitment and complexity could easily further derail our dance activity and result in many more dancers finding other competing activities to enjoy.

These comments are mine. Allynn and I enjoy calling square dances of any program and cueing rounds for our dance community. I will call the advertised program for any dance through Advanced. We will provide rounds as appropriate to the advertised dance. My thoughts in this article are related to those who have asked what will happen to our activity, with so many dropping out. As a long time caller/cuer, we want to see the activity thrive long after we leave it.

- IMHO ... Bob Riggs



About the Author: Bob & Allynn Riggs started dancing in 1974 and Bob started calling in 1975. He continues to teach, call, cue and prompt for a variety of events throughout the world. Allynn formally started cuing in the summer of 2013 to expand the entertainment that they provide to clubs and organizations. Currently, Bob calls for several clubs and dance groups in the Rocky Mountain Region, and also calls at a variety of social events.

- I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.
- The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.
- The easiest way to find something lost around the house is to buy a replacement.
- Have you ever noticed: The Roman Numerals for forty (40) are XL.
- Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs"
- Some people try to turn back their "odometers." Not me. I want people to know why I look this way.
- I've traveled a long way and a lot of the roads were not paved.
- Ah! Being young is beautiful but being old is comfortable.

HELPING OUR ORGANIZATION

Source: Oregon Federation News, President's Corner -August 2023

Square and round dancing is an activity that we all know provides us with hours of enjoyment and entertainment. Making the activity fun usually requires a fair amount of planning and organization. This President' Corner is dedicated to the people who have contributed their time and skills to support the structure that makes the dances happen.

The leadership, planning and administration for square and round dance activities is no different than that of any other activity that we have in our everyday life. **Some of us are natural born leaders, some of us can be leaders but it takes work, and some of us just are not.** If you are in the first category, we have a job for you. If you are in the second category, I believe with help you will do fine. If you fit the third category, it's not a problem and you shouldn't feel bad; however, there may be a way for you to help as well.



You do not need to be in a leadership position to be on a committee. Committees are an integral part of an organization in that they define all the details needed to solve the issue or accomplish the task that has been asked of the leadership. A note to the leaders here; when assigning a committee, consider all the members in your organization as potential contributors, not just the ones you see at the meeting. You might be surprised by the people who may want to help.

Perhaps you may have a particular skill that you can share with your club or Area Council that may help the organization. Are you good at marketing, maybe you can write well, or you have some killer recipes that fit well with potlucks. On a more serious side, occasionally our clubs may need legal advice; that would be something to share. If you are working, the ability to contribute may be less, but if you are retired and are looking for something to fill your free time, well this would be it.

Sometimes, the best way to support your organization is to come to the dances. As this is the primary purpose of our organization, it can be said that well attended dances are more fun. People by nature are social and square and round dancing is the epitome of social activity that enhances our sense of community. That is what we are all about. - Sharing is caring, Tim Keck, President

HELP! CAN YOU IDENTIFY THIS QUILT?

Email Request from Mariel & Phil, Edmonton, AB

"Phil and I were given this quilt by Alma Falardeau a few years ago. Pat and Alma Falardeau were round dance cuers in the 1980's. I am trying to find out the origin of this quilt, what event it was intended for and what club was responsible for making it. I did see similar ones on a shelf in the rental house of Holiday Ranch.

Murray and Barb Few think it was made for an Albera Convention but that is all they know. I also contacted Ida Murray in Red Deer who said she was going to ask Bev Hansen. However, I haven't received a reply. I've also contacted other square dance callers with no results.

I would like to have a label made for this quilt with the year, the event and the quilters' names. Thanks, Mariel"



Editor's Note: If you have any information, please email me at claudia.littlefair@gmail.com. Thank you.

MAKING THE RIGHT CALL

Source: 'Our Canada Magazine', Feb-Mar2023 Issue. Article by Gloria Bateman, Eganville, Ontario

After some initial reservations, learning to square dance proved to be the best thing this couple ever did!

Quite a few years ago, my husband, Doug, and I screwed up our courage and, with great apprehension, entered the local public-school gymnasium. Our first lesson was about to begin. This was Doug's idea. After having recently rejoined the workforce, I felt guilty about being away from home and our young kids. However, once we hit the dance floor that evening, everything changed. We were smitten with square dancing.

The only dancing we had done prior to this was a shuffle: leaning on one foot, moving a little in any direction and then leaning on the other foot – back and forth and, with any luck, in time to the music.

With square dancing, though, we were learning an actual dance: exactly what to do with our feet, where to put our hands and where to go on the dance floor. To add to the fun, we danced with six other people, a total of four couples creating a square on the dance floor. We interacted with one another as the square-dance caller instructed. What a lot of fun! We had so many laughs, got some exercise and made many friends. What more could a person ask for in an activity?

After square dancing for about six months and loving it, we realized there is a skill to learning all the various moves and recalling them when the caller tells us to perform each move. Only then did we realize that we had to shake off the fear of what people would think – and that we had to tell our family and friends what we had been up to. We even bragged about it!

Part of the fun is that no matter where in the world we might travel, we will be able to find a place to square dance – we learned that there are clubs everywhere. It seemed to us that modern-day square dancing had to be one of the best-kept secrets ever! There are several levels, so there is a challenge in learning and performing the various moves. Perhaps that is why today's square dancing is recommended as a great low-impact exercise that is a wonderful workout for both the body and the mind. It helps keep you sharp as a tack!



After family, our social life revolves around the dance community of friends we have made over the years. And to think, we nearly did not go into the gymnasium for that first lesson! While Doug likes most sports, especially hockey, the only activity that appeals to me is square dancing – for me, it's like a contact sport! If we hadn't given it a try those years ago, we would have missed out on making lots of good friends – and on all that fun!

CHURCH NEWSLETTER BLOOPERS

- The sermon this morning: *Jesus Walks on the Water*. The sermon tonight: *Searching for Jesus*.
- The outreach committee has enlisted 25 visitors to make calls on people who are not afflicted with any church.
- Smile at someone who is hard to love. Say "hell" to someone who doesn't care much about you.
- Pastor is on vacation. Massages can be given to the church secretary.
- The senior choir invites any member of the congregation who enjoys sinning to join the choir.
- Men's Prayer Breakfast: No charge, but your damnation will be gratefully accepted.

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.

**THE FESTIVAL DANCE**

I think we are all aware the 2024 National Festival is scheduled to take place in Calgary. With any luck (barring another pandemic) the expectation is the festival should be a success and of course those are always a good time of fun and activity.

I understand many people travel a long way to get to the festival by various means but very few walk the distance. We all know walking any distance is hard work but dancing isn't all that hard. For those who would be interested I recommend dancing to the festival because in our world today we need to get our steps in and dancing does that. Maybe the fun will override the hard work.

According to my way of thinking, a person steps forward about 2 feet with each step; that's about 2640 steps per mile. It wouldn't be hard to figure how many steps would be needed to travel from where you live to Calgary.

At one point I wore a pedometer at a square dance averaging about 800 steps per tip. **An evening of about 8 tips therefore adds up to about 6400 steps: that is the equivalent of 12,800 feet or 2.42 miles.** If you add in ½ hour of pre-rounds and rounds between tips we add about another 4800 steps to our evening totalling 11,200 steps. This is the equivalent of having walked 22,400 feet or 4.24 miles.

My distance to the festival is about 75 miles which means I would need to attend 17.68 dances in order to have walked the adequate number of steps to be at the festival. Of course, I should win a prize for doing that, but I'm sure someone would have gone further. Could you imagine winning a free entry to a square dance simply by having fun dancing?

23rd 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



JULY 17-20, 2024 CALGARY, ALBERTA

- When one door closes and another door opens, you are probably in prison.
- Age 60 might be the new 40, but 9:00 pm is the new midnight.
- It's the start of a brand new day, and I'm off like a herd of turtles.
- When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
- I finally got eight hours of sleep. It took me three days, but whatever.
- I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
- When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
- I don't mean to interrupt people. I just randomly remember things and get really excited.
- When I ask for directions, please don't use words like "east."
- Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.