

THE SQUARE & ROUND DANCE ASSOCIATION OF ALBERTA

SEPTEMBER 2014

An Autumn Greeting

"Come," said the Wind to the Leaves one day.
"Come over the meadow and we will play.
Put on your dresses of red and gold.
For summer is gone and the days grow cold."





**SRDIAA EXECUTIVE
2013/2014 Season**

| | | |
|--------------------------|---|------------------------------|
| President | David Littlefair 322 Mapletree Way Strathmore AB T1P 1H9 | 403-934-5966 |
| Past President | Lorne & Bernadette Anderson 128 Greenwood Drive Spruce Grove AB T7X 1X6 | 780-960-2911 |
| Vice-President | Lorne & Barbara Smith 3111 107 Avenue Calgary AB T2W 2X6 | 403-251-5390 |
| Treasurer | Joan Tharme 4235 87 Street NW Edmonton AB T6K 1C3 | 780-463-9381 |
| Secretary | Claudia Littlefair 322 Mapletree Way Strathmore AB T1P 1H9 | 403-934-5966 |
| Newsletter Editor | Dorothy & Dennis Aberle 50 Alexander Crescent Red Deer AB T4R 2X2 | 403-309-9240 |
| Directors | | |
| Calgary- | Barrie McCombs & Carole Cormier | 403-289-4227 |
| Central | Henry Hughes | 780-621-6238 |
| Edmonton | Murray & Barbara Few Arlene McLafferty | 780-434-2000 780-469-2998 |
| North | vacant | |
| Southeast | Betty-Ann & Melvin Fieldberg | 403-666-3929 |
| Southwest | | |

TABLE OF CONTENTS

1. SRDIAA Executive
2. Table of Contents
3. Membership List
4.
5. Minutes Annual Meeting May 25, 2014
6.
7.
8.
9.
10. Financial Report Jan 1 2014-March 31 2014
11. Review Engagement Report
12.
13.
14.
15. Festival 2016 Canadian Square & Round Dance
16. Callerlab convention 2015
17. National Square Dance Convention 2015
18. New England Adventure 2015
19. Guidelines For Class Angels
20.
21. Anticipating the Caller
22. Call-Bot
23. Resolving a completely messed up floor
24.
25. 18 Reasons to Square Dance
26. The Value of Friendship
27. Rounds of the first Quarter 2014
28.
29. Rounds of the Second Quarter 2014
30.
31. Dance into a Healthy Old Age
32. Roundalab Convention 2014

S.R.D.I.A.A. MEMBERSHIP LIST
Members for 2014/15 as of July 30, 2014

| Name & Address | Phone, Fax, and E-mail | Categories Covered |
|--|--|----------------------------------|
| Dennis & Dorothy Aberle 50 Alexander Crescent Red Deer AB T4R 2X2 | (403) 309-9240 (home) (403) 318-5141 (cell) denaberl@telus.net | Mainstream Phase II (Dorothy) |
| Ken & Janet Baudais 7 Millrise Crescent SW Calgary AB T2Y 2H6 | (403) 969-5982 ken_baudais@shaw.ca www.kenbaudais.ca | Mainstream |
| Joan & Terry Boyd Bx 42 Round Hill AB T0B 3Z0 | (780) 679-0152 boydwt@hotmail.com pjboyd@shaw.ca | Mainstream Phase II (Joan) |
| Norm & Loretta Demeule RR#1 Ohaton, AB T0B 3P0 | (780) 672-7247 norretta@telus.net | Mainstream – Plus Phase II |
| Cliff Dunn & Jane McKee 5424 – 58A St Cres Lacombe AB T4L 1L7 | (403) 782-4094 cjdancinglacombe@yahoo.ca | Phase II-III |
| Ron & Rosemary Edwards Box 557 Veteran AB T0C 2S0 | (403)575-3751 edwagn@veterancable.net | Mainstream |
| Glen & Audrey Eliasson 12132 – 135 A Avenue NW Edmonton AB T5L 3Z3 | (780) 454-6357 gee4@telus.net | Mainstream Phase III |
| Murray & Barbara Few 6230 – 112 A Street NW Edmonton AB T6H 3K3 | (780) 434-2000 mbfew@planet.eon.net | Mainstream – A2 Phase II |
| Betty Ann & Melvin Fieldberg Box 565 Etzikom AB T0K 0W0 | (403) 666-3929 bettodd@hotmail.com | Mainstream |
| Tom & Dawn Gray 3 Camelot Avenue Leduc AB T9E 4M5 | (780) 739-5249 grayed@shaw.ca | Mainstream |
| Henry Hughes Box 16 Buck Creek AB T0C 0S0 | (780) 621-6238 henryhughes66@gmail.com | Mainstream |
| Larry Jeske 44 Kendall Cresent Red Deer AB T4P 3S5 | (403) 346-7148 (403) 505-5044 (cell) jeskelarry@gmail.com | Mainstream |
| Robert & Marian Lees Box 1424 Estevan SK S4A 2K9 | (306) 634-8403 rlees@sasktel.net | Mainstream Phase II (Marian) |
| David & Claudia Littlefair 322 Mapletree Way Strathmore AB T1P 1H9 | (403) 934-5966 dlittlefair@jkoverweel.com | Mainstream Phase II (Claudia) |
| Patricia Mahoney 136 Valencia Road NW Calgary AB T3A 2B8 | (403) 288-0116 patriciamsm46@gmail.com | Phase V |
| Barrie McCombs & Carole Cormier 3111 Utah Drive NW Calgary AB T2N 3Z9 | (403) 289-4227 bmccombs@ucalgary.ca | Mainstream |
| Ariene McLafferty 1968-68 Street NW Edmonton AB T6K 2J4 | (780) 469-2998 arlenemclafferty@gmail.com | Phase II –III |
| Ron & Connie Morgan PO Box 5461 Lacombe AB T4L 1X2 | (403) 396 1523 live2dance@albertahighspeed.net | Mainstream |
| Ida & Alex Murray 23 Howlett Avenue Red Deer AB T4N 6K2 | (403) 347-8098 aimurray@telusplanet.net | Clogging |

| Name & Address | Phone, Fax, and E-mail | Categories Covered |
|---|--|-----------------------------------|
| Mary & Bruce Nelson 15 Gale Avenue Sherwood Park AB T8A 2K7 | (780) 467-1141 mbnelson@shaw.ca | Phase IV to VI |
| Gary & Eileen Smith 11 Park Drive Whitecourt AB T7S 1H8 | (780) 778-3214 garys@albertanewsprint.com | Mainstream - Plus |
| Lorne & Barb Smith 3111-107 Avenue SW Calgary AB T2W 2X6 | (403) 251-5390 l.b.smith@shaw.ca | Mainstream – C1 Phase II - III |
| David & Marlene Symington 7622 Fairmount Drive SE Calgary AB T2H 0X7 | (403) 276-5706 dmsymington@shaw.ca | Mainstream |
| Joan Tharme & John Byers 4235-87 Street NW Edmonton AB T6K 1C3 | (780) 463-9381 tharme@shaw.ca | Clogging Phase II – III |
| Gary & Trish Winter 2823 – 40B Ave NW Edmonton AB T6T 1L8 | (780) 463-7748 gtwinter@shaw.ca | Mainstream – Plus Phase II |
| Allan & Olive Zwierschke Box 114 Holden AB T0B 2C0 | (780) 688-2380 zwierschke@mcsnet.ca | Mainstream - Plus |

26

MINUTES

S.R.D.I.A.A.

Square & Round Dance Instructors Association of Alberta

May 25, 2014 AGM at Kerrywood Nature Centre, Red Deer, Alberta

1. Call to Order

Dave Littlefair called the meeting to order at 10:10 am with 18 members present.

| | |
|----------------------------|----------------------|
| Aberle, Dorothy | Baudais, Ken |
| Boyd, Joan & Terry | Byers, John |
| Cormier, Carole | Dunn, Cliff |
| Eliasson, Glen & Audrey | Hughes, Henry |
| Littlefair, Dave & Claudia | McCombs, Barrie |
| Murray, Ida | Nelson, Mary & Bruce |
| Symington, David | Tharme, Joan |

Regrets received from Lorne & Bernadette Anderson, Norman & Loretta Demeule, Betty Ann & Melvin Fieldberg, Palma Heming, and Gary & Eileen Smith.

2. Welcome to New Members

Cliff Dunn, Round Dance Instructor in Central District.

3. Additions to/Approval of Agenda

MOTION: Moved by Mary Nelson; seconded by Ida Murray that the Agenda be approved as is. Carried.

4. Minutes of Previous AGM Meeting - May 26, 2013

MOTION: Moved by Claudia Littlefair; seconded by Glen Eliasson that the Minutes of the May 26, 2013 AGM be adopted as read. Carried.

5. Business Arising from the Minutes

None.

6. Correspondence

None.

7. Treasurer's Report - See Attachment #1 (6 Pages)

MOTION: Moved by Joan Tharme; seconded by Bruce Nelson that the Treasurer's Report be adopted as presented. Carried

- We currently have a balance of \$1994.63.
- The Canadian Society bursary of \$1000 towards Caller School 2013 made a significant difference to our balance.

8. Area Reports

A. North - No report.

B. Edmonton - Murray Few/Arlene McLaffery (absent)

- Summer Dances will start on June 3 and continue through the summer on Tuesdays.
- Round Dances will be held on July 9 and August 13.
- Two Plus Dances will be held during the summer months.
- Six new round dancers graduated this year.
- Two Fast Track programs were held – one by Country Sunshiners and one by West Edmonton Promenaders.
- The benefit dance for the Kidney Foundation on May 7, 2014 raised \$2175.50. 71 people attended.
- Other benefit dances include the Rainbow Society, HHT, and Camp HeHoHa (since 1964). Each dance raises about \$1800.
- A demo/participation dance was held at the Women's Trade Show.
- Hunter Keller's dances were well attended: Plus – 10 squares; Mainstream – 15 squares.

C. Central - Henry Hughes

Note: A moment of silence was held in a show of respect for Caller Bob McMillan who passed away on February 12, 2014.

- Spruceview Squares closed down in January, 2014. Neil McKnight continues to call for the seniors at Golden Circle, Red Deer and some round dancing in Olds.
- Central District graduated 19 new dancers.
- Cliff Dunn is the Round Dance Instructor for Innisfail and Lacombe, and this past season for Rocky Mountain House.
- Ida Murray's clogging group increased by one new clogger.

D. Calgary - submitted by Barrie McCombs

Calgary Callers

- David Symington is the new Calgary representative to SRDIAA
- Barrie McCombs is the new Treasurer
- Other executive positions remain the same

SRDIAA Autumn Dance - Murray Few, September 19, 2014

- Murray Few has been invited to call
- Coordinators: Barrie McCombs & Carole Cormier
- Plan to pre-sell tickets at Calgary summer dances

RECENT EVENTS

New Dancers

- No exact statistics for new graduates available at this time
- Number of starting beginner dancers was down this year

Callerlab Convention, - April 12-16, 2014

- Ten attended from Calgary Association, two from Edmonton

- Excellent pre-conference workshop on Beginner Dance Parties
- Keynote speaker had many useful marketing ideas

Hunter Keller Dances

- May 08, 2014, Plus Dance, 9 squares
- May 09, 2014, Mainstream Dance: 19 squares

Braeside Barn Dance, May 23, 2014

- Hosted by the Prairie Winds & Dots & Dashers Clubs
- Live music by The Prairie Mountain Fiddlers
- Old Time calls by Barrie McCombs & Arlo McCool
- Pattern dances taught by Rick Staple
- Attendance: over 180
- Included a number of dancers from outside the SD community

UPCOMING EVENTS

Strathmore Barn Dance, August 13, 2014

- Hosted by Wheatland Whirlers to raise money for the Children's Wish Foundation
- Live music by "The Prairie Mountain Fiddlers"

Calgary & District Beginner Dance Party, September 09, 2014

- Will again be promoted by "over the road" banners
- Fax promotion: a new idea this year, coordinated by Claudia Littlefair

E. South - Betty Ann Fieldberg (absent) -- No report.

9. Area Reports

A. ASRDF - Ida Murray. No report.

B. Callerlab & RoundALab - Dorothy Aberle. Nothing to report.

C. SRDIAA Newsletter - Dorothy Aberle.

- Newsletters available today for pick-up. Any not picked up will be mailed out.

D. Alberta Leduc Convention 2014

- There has been little communication from the 2014 Committee about the Convention.
- Program Chair for Square Dancing is Norman Demeule, and Round Dancing - Mary & Bruce Nelson.
- The deadline for leader profiles is June 17, 2014.
- Arrangements have been made for Bose sound systems in all the rooms, except for the Mainstream Hall. Norman Demeule will use his own speakers.
- The schools are two blocks apart -- one will host the square dancing, the other the round dancing. There is talk of a shuttle bus.
- It is believed that about 100 registrations have been received to date.

10. Old Business

A. Autumn Dances - September 18, 19 & 20, 2014

- Edmonton, Thursday, September 18 -- Norman Demeule
- Calgary, Friday, September 19 -- Murray Few

- Red Deer, Saturday, September 20 – Lorne Smith
- An Alberta Autumn Dance poster listing all three dances will be sent to Edmonton, Central and Calgary District, so that dancers wishing to attend more than one dance will have the information. The tri-dance poster will also help to reinforce that the Autumn Dance is an Alberta-wide event.

B. SRDIAA Workshop - September 20 & 21, 2014

- Any suggestions for the fall workshop can be emailed to Lorne Smith L.b.smith@shaw.ca

11. New Business

A. Election of Officers

- President Dave Littlefair, Secretary Claudia Littlefair and Treasurer Joan Tharme agreed to stay on for another year. Lorne Smith is currently the Vice-President.

B. Fall 2015, 2016 and 2017

MOTION: Moved by Glen Eliasson; seconded by Ken Baudais that 2015 Autumn Dance tickets be increased to \$10/person. Carried.

- Note: Barry Clasper from Ontario is calling in 2015.

MOTION: Moved by Glen Eliasson; seconded by Terry Boyd that one \$10 Autumn Dance ticket be valid for all three locations. Carried.

- It was agreed that Autumn Dance Tickets will be pre-sold during the dance year and at the summer dances.
- **Fall 2016:** SRDIAA callers will call the Autumn Dances.
- **Fall 2017:** Suggested callers to contact:
 - Jerry Junck – 908 Brooke Drive, Wayne NE 68787; 402-375-2420; junck@aol.com
 - Tim Crawford
 - Barry Sjolín
 - Charlie Robertson
 - Dottie Welch
 - Ray Brendzy

13. Next Meeting

Workshop Weekend & Meeting: Saturday & Sunday, September 20 & 21, 2014 at Kerrywood Nature Centre, Red Deer.

14. Adjournment

MOTION: Joan Boyd moved the meeting be adjourned. Time: 11:25 am.

Potluck lunch followed the meeting.

LEADER WORKSHOP

Lorne Smith was unavailable to conduct the workshop.

Instead, a workshop on promoting Square & Round Dancing was led by Claudia Littlefair. This workshop was based on the book *Marketing Shortcuts for the Self-Employed* by Patrick Schwerdtfeger. Patrick was the guest speaker at the 2014 Callerlab Convention, where he spoke on *Marketing On A Shoestring Budget*.

Today's workshop was based on the exercises in Chapters 4, 5 and 6 with the end result being a more meaningful and concise way to "sell" our product. Attached are the chapters from the book together with the meeting results from the same workshop that was recently held by Claudia with a small group of people in Calgary.

Note: Attachment #2 – 6 pages.



SRDIAA FINANCIAL REPORT JANUARY 1 TO MARCH 31, 2014

(Reconciled to March 31, 2014)

Opening bank balance December 31, 2013 (reconciled)

INCOME

Memberships (1)

EXPENSES

Autumn Dance 2013 Red Deer

Insurance Certificate

Dues and Subscriptions

Callerlab

Roundalab

TOTAL Dues and Subscriptions

Meetings & Seminars

Hall Rent

Newsletter

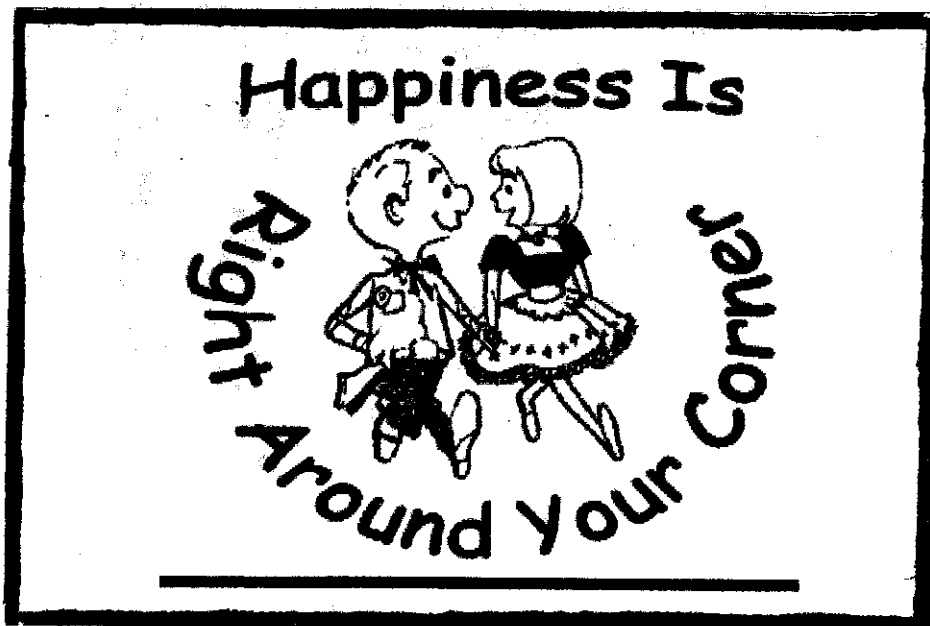
TOTALS AS AT MARCH 31, 2014

March 31, 2014 bank balance (reconciled)

| DEBIT | CREDIT | BALANCE |
|------------------|-----------------|-------------------|
| | | \$ 2,582.45 |
| | \$ 40.00 | |
| \$ 10.00 | | |
| \$ 79.80 | | |
| \$ 108.92 | | |
| \$ 188.72 | | |
| \$ 320.00 | | |
| \$ 109.10 | | |
| \$ 627.82 | \$ 40.00 | -\$ 587.82 |
| | | \$ 1,994.63 |

Respectfully submitted - Joan Tharme, Treasurer

Joan Tharme



Big Red Income Tax and Accounting

11107 – 95 St. Edmonton, AB T5G 1K7

Phone: (780) 471-6251 Fax: (780) 471-6221

REVIEW ENGAGEMENT REPORT

I have reviewed Balance Sheet and the Statement of Receipts and Disbursements of the Square & Round Dance Instructors Association of Alberta for the year ended March 31, 2014. My review was made in accordance with generally accepted standards for review engagements and consisted primarily of enquiry, analytical procedures and discussion related to the information supplied to us by the association.

A review does not constitute an audit and consequently I do not express an audit opinion on these financial statements. Based on my review, however, nothing has come to my attention that causes me to believe that these financial statements are not in accordance with generally accepted accounting principles.

Edmonton, AB

May 20, 2014



Dave Patterson

Manager

Approved on behalf of the Board:

----- President

----- Treasurer

SRDIAA Balance Sheet as at March 31, 2014 - As of 31/03/2014

(Includes unrealized gains)

As of 31/03/2014 (in Canadian Dollars) (Cash Basis)

06/05/2014

Page 1

| Account | 31/03/2014 Balance |
|---------------------------------------|-----------------------|
| ASSETS | |
| Cash and Bank Accounts | |
| Chequing | 1,994.63 |
| Cash Account | 0.00 |
| TOTAL Cash and Bank Accounts | 1,994.63 |
| Investments | |
| GIC - cashable | 0.00 |
| GIC - Non Redeem | 0.00 |
| TOTAL Investments | 0.00 |
| TOTAL ASSETS | 1,994.63 |
| LIABILITIES & EQUITY | |
| LIABILITIES | |
| | 0.00 |
| EQUITY | |
| | 1,994.63 |
| TOTAL LIABILITIES & EQUITY | 1,994.63 |

SRDIAA Profit & Loss Statement 2013-14

01/04/2013 through 31/03/2014 (in Canadian Dollars) (Cash Basis)

06/05/2014

Page 1

| Category Description | 01/04/2013- 31/03/2014 |
|-------------------------------|---------------------------|
| INCOME | |
| Bursary | 1,000.00 |
| Callers School | |
| Equipment | -50.00 |
| Hall Rent | -300.00 |
| Instructor's Accommodation | -848.55 |
| Instructor's Equipment Rental | -300.00 |
| Instructor's Fee | -2,100.00 |
| Instructor's Travel | -318.00 |
| Long Distance Calls | -20.00 |
| Refreshments | -40.00 |
| Supplies | -198.09 |
| Syllabus Production | -147.69 |
| Tuition | 1,675.00 |
| TOTAL Callers School | -2,647.33 |
| Kickoff Dances | |
| Calgary | |
| Hall Rent | -131.25 |
| Income | 378.00 |
| Refreshments | -1.60 |
| TOTAL Calgary | 245.15 |
| Caller Expenses | -27.21 |
| Caller Fee | -800.00 |
| Caller Travel | -589.43 |
| Edmonton | |
| Hall Rent | -100.00 |
| Income | 399.00 |
| TOTAL Edmonton | 299.00 |
| Red Deer | |
| Hall Rent | -135.00 |
| Income | 196.00 |
| Refreshments | -34.73 |
| TOTAL Red Deer | 26.27 |
| TOTAL Kickoff Dances | -846.22 |
| Memberships | |
| Badges | 0.00 |
| Other Memberships | 1,080.00 |
| TOTAL Memberships | 1,080.00 |
| TOTAL INCOME | -1,413.55 |
| EXPENSES | |
| Dues and Subscriptions | |
| Callertab | 79.80 |
| Roundalab | 108.92 |
| Society | 5.00 |
| Other Dues and Subscriptions | 172.81 |
| TOTAL Dues and Subscriptions | 366.53 |
| Meetings & Seminars | |
| Expenses | |
| Treasurer | 41.57 |
| TOTAL Expenses | 41.57 |
| Hall Rent | 890.00 |
| Honorarium | |
| Exec Secretary | 100.00 |
| Newsletter | 100.00 |
| TOTAL Honorarium | 200.00 |
| Meeting Expenses | 51.03 |

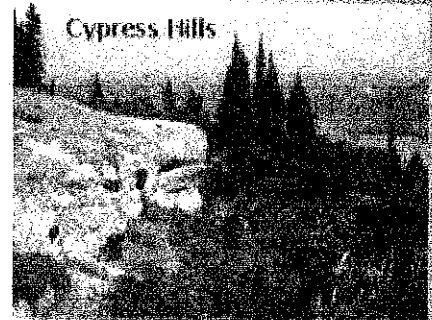
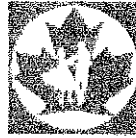
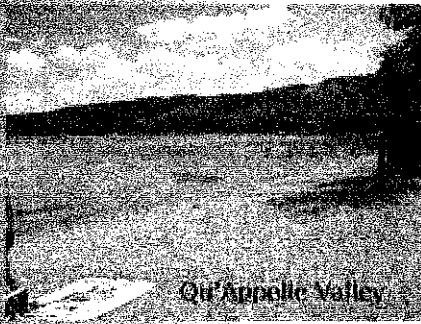
SRDIAA Profit & Loss Statement 2013-14

01/04/2013 through 31/03/2014 (in Canadian Dollars) (Cash Basis)

06/05/2014

Page 2

| Category Description | 01/04/2013- 31/03/2014 |
|---------------------------|---------------------------|
| Newsletter | 357.83 |
| TOTAL Meetings & Seminars | 1,540.43 |
| Misc. | |
| Auditor | 75.00 |
| TOTAL Misc. | 75.00 |
| TOTAL EXPENSES | 1,981.96 |
| OVERALL TOTAL | -3,395.51 |



FESTIVAL 2016

Canadian Square & Round Dance Society

July 28, 29 & 30

Saskatchewan Trade and Convention Centre
Delta Regina

Contact Bill Treleaven 306-580-7141

tree-line@hotmail.com

www.saskfestival2016.ca

Follow



Sign me up

Powered by WordPress.com





CALLERLAB

42nd Annual Convention

Save the Date!
Springfield
Missouri
March 30-April 1, 2015

*Register Before
August 31, 2014
To be eligible
for door prizes*

**We will be staying at the beautiful University Plaza Hotel & Convention Center
333 John Q. Hammons Parkway, Springfield, MO 65806 417-864-7333 Fax 417-831-5893**

Save your spot. Save the date. Save your price.

Guest First & Last Name _____ Partner's First & Last Name (If attending) _____
Address _____
City: _____ State: _____ Zip: _____ Country _____
Email _____
Phone: _____

Callers (\$210.00 each)..... \$ _____
Partners (\$200.00 each)..... \$ _____
BDPLS (Beginner Dance Party Leaders Seminar)(\$50.00) \$ _____
Session Recordings in MP3 format (\$25.00) \$ _____

Minimum deposit is \$100.00 per person

Total \$ _____ 0

Deposit Amount \$ _____

Balance Due \$ _____ 0

Payment in full due by March 15th 2015

MasterCard, Discover, American Express or Visa Card#

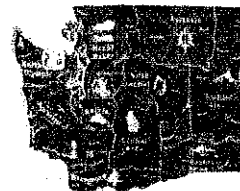
Expiration Date _____ (CID#) _____

Signature _____

Return to: CALLERLAB, 200 SW 30th Suite 104, Topeka, KS 66611

If you have special needs (ex: dietary) please write below, continue on back if needed.

Florida Federation of Square Dancers



Square & Folk Dance Federation of Washington

2015 - 64th National Square Dance Convention

**"Experience New England" in Springfield, Massachusetts
June 24 - 27**



2016 - 65th National Square Dance Convention

**Des Moines, Iowa
June 22 - 25**



2017 - 66th National Square Dance Convention

**Cincinnati, Ohio
June 21 - 24**



| | | |
|--|---|--|
| <p>Click here for DOSADO.COM™</p> | <p>The Original Community site for Modern Western Square Dancing. The largest square and round dance resource on the web.</p> | <p>Click here to visit DOSADO.COM</p> |
|--|---|--|

Comments, questions, suggestions? Email us at nsd@squaredance.ws

Copyright © 2014 PEJ Enterprises. All Rights Reserved.

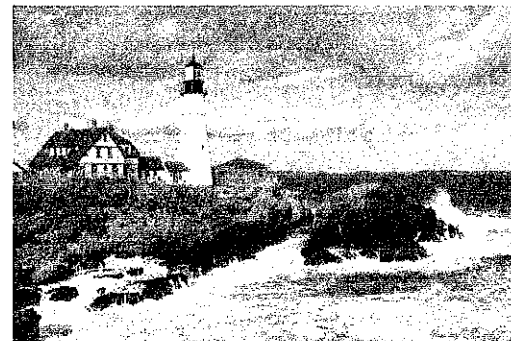
**64th National Square Dance Convention
presents a 6 Day/5 Night Bus Tour**

New England Adventure

June 28 thru July 3, 2015

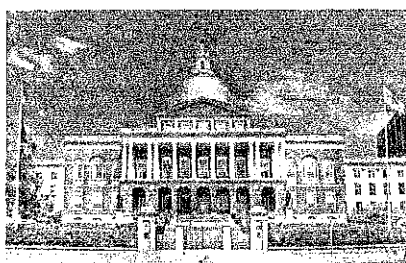
Package Includes:

- Roundtrip Motor Coach Transportation for Tour
- 5 Nights Hotel Accommodations
- 5 Breakfast, 5 Dinners and 2 Lunches (12 Meals)
- 4 Evenings of Entertainment
- *Newport Playhouse, Blue Man Group, Indian Head Resort Show and a Show on the Dinner Cruise!*
- Admission to the Breakers Museum in Newport, RI
- Dinner Show at the Newport Playhouse, RI
- Visit to Plymouth Rock and the Mayflower
- Blue Man Group Show in Boston
- JFK Presidential Library in Boston, MA
- Guided Tour of Boston and Freedom Trail
- Guided Tour of Portland, Maine
- North Conway Outlet Shopping
- Ben & Jerry's Ice Cream Original Factory Tour
- Dinner Cruise on Lake Champlain in Vermont
- Vermont Teddy Bear Factory Tour
- Bennington Monument & Hildene (Lincoln family Home)
- Norman Rockwell Museum - Admission
- All taxes tips and gratuities

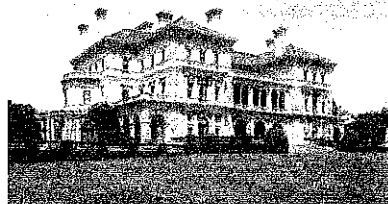


\$1,499 per person double
 \$250 Deposit to hold seat
 \$1850. Single & \$1360. Triple
 \$1290.00 Quad (Prices are per person)

Cancellation Protection is available at
SIGN UP only for \$79 per person



Breakers Mansion, Newport, RI



For More Information:

(Chairman of Social & Special Events)
Chuck and Jo-Ann Simmons
 at (413) 525-7381

Email: Ceejay32@verizon.net

OR

Tom Houle at (413) 896-4810

(Vice Chairman of Transportation)
 Email: Tours64NSDC@gmail.com

Website: 64nsdc.org

GUIDELINES FOR CLASS ANGELS

WHAT IS A SQUARE ANGEL?

Heavenly beings? Well, square dance angels are a little more down to earth. They are the wonderful people who respond to the appeal to introduce square dancing to the public by demonstrating at shopping malls, one-night stands, TV spots and special programs. They bring others to square dance classes and aid the teacher/caller by filling in squares so that all class members may dance.

DEFINITION:

Participant of a dancing square that discreetly, privately, carefully and subtly indicates movement through the square. Gives dignity and encouragement. NOT AN INSTRUCTOR.

ARE YOU REALLY AN ANGEL?

Most callers appreciate the support and help of experienced dancers in the beginning classes, but "Angels" can actually make the caller's task more difficult and discourage, rather than encourage, new dancers.

An angel will be an asset if he will only remember the first attempt and the first classes he attended. An Angel will not bring his "dancer ego" into the lesson sessions. Sometimes we forget that we were not born with all the basics installed for good square dancing and we too had to be shown right hand from left hand.

AN ANGEL:

1. An Angel guides the new dancer and if done properly, only two people know that guidance was given - the one who guided and the one who was guided. Guidance is subtle - never pushing, pulling or humiliating.
2. An Angel can keep an enthusiastic attitude and an interested facial impression during the time the instructor is attempting to teach or demonstrate. If the Angel acts or looks bored or loses patience during this time, then perhaps he or she is not cut out to be an "Angel".
3. An Angel does not attempt to explain a new movement during the time the instructor is talking. A new dancer cannot listen to two people at the same time. Answer any questions between tips or take the student to the instructor for help.
4. An Angel is careful not to say anything even in jest that may hurt a new dancer's feelings or make him feel inferior or humiliated.
5. An angel will offer his place in a square to a student who comes in late.

6. An angel does calmly regroup if a square breaks down. He does what the instructor teaches in lessons to get a derailed square going.
7. An angel is friendly. Introduces himself to the new people and makes them feel welcome.
8. An angel tries to be as slow as a learner while new movements are being taught. Does not do the movement until it has been explained.
9. An angel does not do any of the trick movements - gimmicks, bumps, kicks etc. that confuses a learner's ability to grasp the new movements.
10. Does not express gripes or complaints about how the club is run or other general problems about other club members, officers or the instructor.
11. Responds quickly to get squares set up ready to go. Encourage the new dancers to get on the floor quickly.
12. Wears badges and proper square dance attire. Observes the good manners and commandments of square dancers.
13. Invites the new dancers to stop for coffee if this is a practice with the club.
14. An angel arrives on time and is ready to dance.
15. An angel dances with different dancers so as to share their personality with others.
16. An angel is one who dances the calls the way they are called and not as they would like.

Compiled by: Central Arizona Callers Association
Endorsed by: Grand Canyon Square Dance Association

From articles by: Denver Area S & RD. Council Bulletin, Richard & Darkis Sherbert. Angels, by Marilyn Dailey, August issue American Square Dance Magazine, Harry & Marge Evans, North Wales, PA., Points from "What is a Liberty West Angel?" by Dennis & Terese Farrar



Square Dance Article Co-Op

Anticipating the Caller

by **Nasser Shukayr**

This article resides on another web site. It is framed within the Article Co-Op for your convenience.

ID: 1 [edit](#) [xdelete](#)

Article Co-op

Anticipating the Caller

copyright (c) 1996 by Nasser Shukayr

"Excuse me sir, do you have time to answer a few questions?"

"Sure. Mainly it's the people. Where else can you walk into a room full of people and hug ALL of the women?"

"What do you like most about square dancing?"

"I know. Also, I like the music, and moving to the music".

"HEY, you're answering the questions before I ask them!! What else do you like about square dancing?"

"It's good for occasional variety, but a little bit goes a long way. I think it should be just one tool, out of many, at a caller's disposal."

"Do you particularly care for the puzzle-solving aspects?"

"I have no idea, it's just something I do.

"How do you KNOW what I'm gonna ask, BEFORE I ask it?"

"Probably it would be the dress code."

"If you could change ONE thing about square dancing, what would it be?"

"It combines three forms of exercise: Mental, social, and physical."

"What makes square dancing your favorite recreational choice?"

"About eight years".

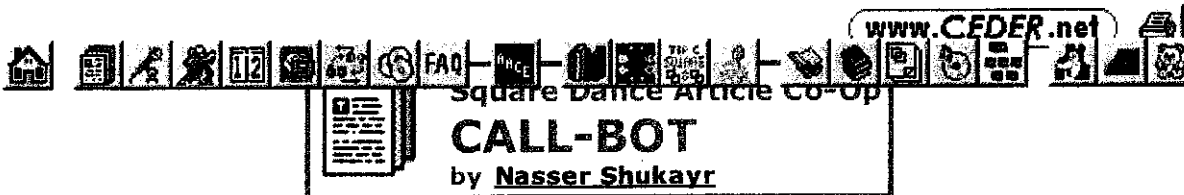
"How long have you been dancing?"

"It gives you the chance to anticipate what the caller is gonna say."

"What's something that square dancing offers which you simply cannot get anywhere else?"

"You're welcome".

Nasser "thanks for answering a few questions" Shukayr



This article resides on another web site. It is framed within the Article Co-Op for your convenience.

ID: 32 [edit](#) [delete](#)

[Article Co-op](#)

CALL-BOT is a ROBOT which has been programmed to perform the duties of a top-notch caller! Various individual components are carefully crafted to work together. Buy a CALL-BOT today and you'll receive years of dancing satisfaction!

The PATTERN module calls your favorite sequences, always finds your corner, offers endless variety and never breaks down your square. Last year's enhancement was the Dance-While-Calling feature, which lets you dance any level with only seven dancers and one CALL-BOT. New for 1996 is the Tip-Limiter feature. The Tip-Limiter ensures that CALL-BOT never calls a tip lasting too long. The Tip-Limiter is very EASY to operate. If CALL-BOT starts calling too much patter, activate the Tip-Limiter with a sharp slap upside CALL-BOT's head.

The SINGING module beautifully sings YOUR favorite songs. In our continuous quest for improvement, this year's CALL-BOT is made of a new material and no longer sounds "tinny". It now sounds "titanium-y".

The TEACHING module patiently teaches by definition from all formations and arrangements, yet gets your new dancers up to club level in record time. For a small extra fee, the PATTERN module can be enhanced to actually call all the variations taught by the TEACHING module.

CALL-BOT can be the best worker your club ever had, because of the WORKER module. CALL-BOT shows up early for every dance, sets the air conditioning to the proper dance temperature, makes perfect coffee, never needs help carrying sound equipment into or out of the hall, stays late to sweep the floor, and makes sure the lights are turned off before leaving the hall. For a small extra fee, the WORKER module can be upgraded to the LEADER module. With the LEADER module, CALL-BOT doesn't do ANY of the WORKER tasks, but instead persuades someone ELSE to do 'em.

No caller would be complete with a winning personality. CALL-BOT's PERSONALITY module is always in a great mood, sees things from YOUR point of view, tells the latest jokes, reads your mind, and is a great listener if you happen to enjoy griping. Speaking of griping, the PERSONALITY module has recently been upgraded to fit the REAL world, and CALL-BOT will now tirelessly gripe about its calling assignments at a convention.

The RECRUITING module is your key to a never-ending supply of new dancers!


Resolving a completely messed up floor

By Dave Wilson &

adapted to Mainstream by Jerry Jestin

The following has been adapted to Basic calling, although Courtesy Turn and hence **Right & Left Thru** is restricted to normal couples. (use circle 4 ½)

- a. Make sure the floor is completely messed up, for example by calling some "if you want to" calls.
- b. Dance into Starting **Double Pass Thru** formation.
- c. Getting the girls into the center:
 1. If you are a *boy* and in the center:
Zoom (others step forward)
 2. Centers **RLT** (circle 4 ½)
 3. If you are a *boy* and in the center:
Zoom (others step forward)
 4. Centers ½ Sashay.
 5. Repeat 1 thru 3.
 6. *boys* must be out of the center if the dancers followed the directions to this point.
- d. Dance into normal Starting **DPT**. (Even though you are in a normal **DPT** position, dance them a little at this point and then get them back into a **DPT** position.)
- e. Getting the *Sides* into the center:

- 
1. If you are a *Head* and in the center:
Zoom (others step forward)
 2. Centers **RLT** (circle 4 ½)
 3. If you are a *Head* and in the center:
Zoom (others step forward)
 4. *Heads* must be out of the center if the dancers followed the directions to this point
- f. Getting an 8 Chain Thru formation, outsides with original partners, centers not:
1. Centers, if you are looking directly at your original partner: 2 Ladies Chain (or equivalent).
 2. Zoom
 3. Centers, if you have your original partner beside you: 2 Ladies Chain (or equivalent).
 4. Centers Pass Thru.
- g. Getting known sequence:
1. Tell the dancers, "This is the most difficult part!"
 2. If you are looking at your original corner:
Centers Partner Trade & Pass Thru.
- (You do this to create an illusion. The dancers who are looking at their original corner think they have succeeded. So, you put them on the other side of the square so that everyone on the floor is now thinking they will never make it!)
- h. Resolve, for example (cross the street box):
Square Thru 3, Trade By, Allemande Left.

18 REASONS TO SQUARE DANCE

1. It's good clean wholesome fun - foul & obscene talk is forbidden, no alcoholic beverages is a national association rule.
2. Mayo Clinic encourages Square Dancing - burns about 500 calories per hour, strengthens bones, and helps cardiovascular system.
3. Economical - fees are to pay the caller and rent the hall - that's all!
4. Good exercise - dancing for 2 hours is equal to a 4-mile hike.
5. Helps to relieve stress - while dancing, you are listening to a caller and following instructions leaving little time to worry, also relaxes mind and loosens tense muscles.
6. An alcohol free environment - drinking and dancing do not mix, your reaction to calls must be sharp.
7. Drinking before or during a dance is strictly prohibited.
8. Chases away the blues - You'll never be lonely at a square dance.
9. Square Dances are held in modern facilities - It's a myth that dances are held in barns or haylofts.
10. Everybody welcome - Children, single people, couples, families, we all have good clean fun together.
11. Classes include line and round dancing - a pleasant diversion from dancing in squares of eight.
12. It is an American Heritage - The National Dance for over 200 years.
13. Also an international activity - Square dancing is in foreign countries.
14. All age groups welcome - Children 8 to adult (younger kids may try)
15. It's easy - If you can walk, you can square dance!
16. Square Dancing is rewarding - you graduate with a degree and can dance anywhere, even while on vacation.
17. It is available here in your community & surrounding towns.
18. Square Dancing is fun for all ages - 8 people work as a team in a square. Wear comfortable clothing - long sleeved shirts for the men, comfortable flat heeled shoes or cowboy boots for men and women.

THE A - Z OF FRIENDSHIP

- (A) ccepts you as you are
- (B) elieves in "you"
- (C) alls you just to say "Hi"
- (D) oesn't give up on you
- (E) nvisions the whole of you
- (F) orgives your mistakes
- (G) ives unconditionally
- (H) elps You
- (I) nvites you over
- (J) ust "be" with you
- (K) eeps you close at heart
- (L) oves you for who you are
- (M) akes a difference in your life
- (N) ever judges
- (O) ffers support
- (P) icks you up
- (Q) uiets your fears
- (R) aises your spirits
- (S) ays nice things about you
- (T) ells you the truth
- (U) nderstands you
- (V) alues you
- (W) alks beside you
- (X) -plains things to you
- (Y) ells when you won't listen and ...
- (Z) aps you back to reality

A friend is someone we turn to when our spirits need a lift. A friend is someone we treasure, for our friendship is a gift. A friend is someone who fills our lives with Beauty, Joy, and Grace, and makes the world we live in a better and happier place.

BE KIND TO THE BEGINNERS

Be kind to the beginners even though they often flub,
With courtesy, let's greet'em; they're the new blood of the club,
And when we see them struggling, let us lend a willing hand,
Guide them o'er the rough spots and to help them understand,
Be good to the beginners when they join you in a square,
And introduce your partner to the gent and his lady fair,
And though they may be strangers when we walk into the set,
Remember that a stranger is a friend you haven't met.

Rounds of the Quarter & Runners Up First Quarter 2014



Phase 2 Round of the Quarter

Beverly & Robert MacKay, Chaircouple, phase2ROQ@roundalab.org

I Gotta Know (TS)

by Peg & John Kincaid

Artist: Elvis Presley, available at Amazon.com

1st Runner Up

Phil The Fluter's Ball (TS) – Birgit & Richard Maguire

"Phil The Fluter's Ball" by Brendan O'Dowa, available on iTunes

2nd Runner Up

The Story Of My Life (TS) – Karen & Ed Gloodt

"The Story Of My Life" by Marty Robbins, available as download from Amazon



Phase 3 Round of the Quarter

TJ & Bruce Chadd, Chaircouple, phase3ROQ@roundalab.org

Amafidia (RB)

by Bob & Patsy Heath

STAR 131 - Amapola

1st Runner Up

Play A Simple Melody (FT/JV) – Karen & Ed Gloodt

CD: The Best of the Dansan Years, Vol. 7, Johnny Howard & His Orchestra

2nd Runner Up

Over The Rainbow (RB) – Stefan & Ilona Lankuttis

TIE

Alec Medina, CD Chartbreakers for Dances or Casa Musica download

2nd Runner Up

Rockin' with the Rhythm of the Rain (Single Swing) – by Ray & Marilyn Steinich

RCA 5184-7-RG or PB-14362 by the Judds, also Amazon.com download



Phase 4 Round of the Quarter

Karen Fisher, Chairman, phase4ROQ@roundalab.org

Black Satin (JV)

by Karen & Ed Gloodt

"Black Satin," Katie Webster, The Swamp Boogie Queen

1st Runner Up

Lasso the Moon (WZ) – TJ & Bruce Chadd

Aron Garret, CD: Premium Standard – Ballroom Fascination,

also download from casa-musica.de

2nd Runner Up

Crying (RB) – Birgit & Richard Maguire

Tony Evans & His Orchestra, available on iTunes



Phase 5 Round of the Quarter

Tim Eum & Cindy Hadley, Chaircouple, phase5ROQ@roundalab.org

Love The Tango (TG)

by David Goss & Ulla Figwer

CD: Ballroom Beats, Tk 14 by 5 Alarm, also download from iTunes

1st Runner Up

Cute Girl (TG) – Mark & Pam Prow

“Munca Cita,” Casaphon Premium Standard Ballroom Emotions, Tk 5,
also download from www.casa-musica.de

2nd Runner Up

Michelle (FT) – Karen & Ed Gloodt

CD: 20 Jahre Karl Schmidt Big Band, also available as download from Amazon



Phase 6 Round of the Quarter

Dave Goss & Ulla Figwer, Chaircouple, phase6ROQ@roundalab.org

No Selections this Quarter

Dances Considered for Rounds of the Quarter First Quarter 2014

Phase II

Dance Tonight (TS), Rey & Sherry Garza
Distant Melody (WZ), Rey & Sherry Garza
Down in Mississippi (TS), Bev Oren
Far Banks of the Jordon (TS), Ron & Georgine
Woolcock
How Long Has It Been (WZ), Charlie Brown & Linda
Cooley
I Gotta Know (TS), Peg & John Kincaid
Let's Go Steady Again (TS), Ray & Cindy Bishop
Many, Many Tears Ago (TS), Don & Phyllis Brown
Moon River II (WZ), Ron Hartzell
Phil the Flutter's Ball (TS), Birgit & Richard Maguire
Rockin' Years (WZ), Fred & Linda Ayres
Runnin' Behind (TS), Larry & Susan Sperry
Save Your Love (Five Count), Annette & Frank
Woodruff
Speakin' of the Devil (TS), Dorothy Sanders

Take It With You (TS), Dorothy Sanders
Take My Hand Precious Lord (WZ), Charlie Brown &
Linda Cooley
Thanks A Lot (TS), Betty Skillett & Ray Terrell
The Flowers Sunset & Trees (WZ), Charlie Brown &
Linda Cooley
The Kiss In Your Eyes (WZ), Nancy & Dewayne
Baldwin
The Story of My Life (TS), Karen and Ed Gloodt
You Raise Me Up (WZ), Walter & Eula Brewer

Phase III

Amafidia (RB), Bob & Patsy Heath
Black Velvet (CH), Dorothy Sanders
Blue Canadian Rockies (WZ), Ron & Georgine
Woolcock
Cattle Call Waltz (WZ), Mike & Michelle Seurer
Circle Of Life (BL), Peg & John Kincaid

Rounds of the Quarter & Runners Up Second Quarter 2014

Phase 2 Round of the Quarter

Beverly & Robert MacKay, Chaircouple, phase2ROQ@roundalab.org

- ROQ Winner** Weave Me The Sunshine (TS), by Karen & Ed Gloodt
Perry Como, Platinum & Gold Collection, available as download from Amazon
- 1st Runner Up** Under The Bridges Of Paris II (WZ) – Don & Linda Hichman
Foster & Allen, CD: Songs of Love & Laughter, also available as Amazon download
- 2nd Runner Up** Foolish Heart (WZ) – Nancy & Dewayne Baldwin
TIE STAR 226
- 2nd Runner Up** On The Rebound (TS) – Bente Knudsen
CD: Instrumental Moods, Floyd Cramer, Tk 20, RCA/BMG Music

Phase 3 Round of the Quarter

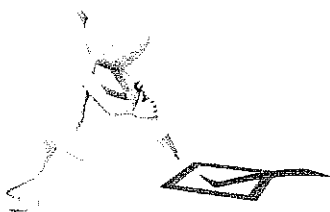
TJ & Bruce Chadd, Chaircouple, phase3ROQ@roundalab.org

- ROQ Winner** Play A Simple Melody (FT/JV) by Karen & Ed Gloodt
CD: The Best of the Dansan Years, Vol. 7, Johnny Howard & His Orchestra
- 1st Runner Up** A Time For Waltz (WZ) – Kristine & Bruce Nelson
"A Time For Us", The Columbia Ballroom Orchestra, CD: Let's Dance, Vol. 7,
Tk 11, also download from Amazon or iTunes
- 2nd Runner Up** You're Just In Love (QS/TS) – Karen & Ed Gloodt
Johnny Howard & His Orchestra, CD: The Best of the Dansan Years,
also download from Amazon, etc.

Phase 4 Round of the Quarter

Karen Fisher, Chairman, phase4ROQ@roundalab.org

- ROQ Winner** A Thousand Years (RB), by Paula & Warwick Armstrong
Jaelyn Thomas, CD: Latin Music 10, Tk 16, also download at www.casa-musica.de
- 1st Runner Up** Rumba Del Corazon (RB) – Karen & Ed Gloodt
"Slow Rumba", Helmut Licht, CD: The Slow CD, also download from Amazon
- 2nd Runner Up** Enchanted Boy (RB)– Bob & Patsy Heath
"Nature Boy" by Joe Bourne, CD: The Best of Step in Time with the Music
of Nat King Cole, download from www.casa-musica.de



Do you want your dance
danced around the world?
Then the music
must be readily available!

Phase 5 Round of the Quarter

Tim Eum & Cindy Hadley, Chaircouple, phase5ROQ@roundalab.org

- ROQ Winner** **At Your Service (QS) by Kristine & Bruce Nelson**
 "Be Our Guest" by Michael Franic from Beauty & The Beast,
 download from www.casa-musica.de
- 1st Runner Up** Moonlight Fantasy (FT) – Kristine & Bruce Nelson
 Gunter Noris & His Swing Orchestra, CD: Big Band Highlights,
 also download from Amazon & iTunes
- 2nd Runner Up** Cute Girl (TG) – Mark & Pam Prow
 "Munca Cita" – Casaphon Premium Standard Ballroom Emotions, Tk 5,
 also download from www.casa-musica.de

Phase 6 Round of the Quarter

Dave Goss & Ulla Figwer, Chaircouple, phase6ROQ@roundalab.org

- ROQ Winner** **Only Time (RB) by Curt & Tammy Worlock**
 Dancelife CD: Lust 4 Latin "Only Time", Tk 9
- 1st Runner Up** Sugar (FT) – Bill & Carol Goss
 Sugar by Peggy Lee, CD: Love Songs, Tk 9, also Rhapsody download
- 2nd Runner Up** Coco Beach (FT) – Mark & Pam Prow
 Coco Beach – Prandi Sound CD: Ancona Open Vol. 9, Tk 11

Dances Considered for Rounds of the Quarter Second Quarter 2014

Phase 2

A Little Too Late (TS), Kristine & Bruce Nelson
 Down By The Lazy River (TS), Doug & Cheryl Byrd
 Everybody's Got Somebody But Me (TS), Bev Oren
 Foolish Heart (WZ), Nancy & Dewayne Baldwin
 Free To Be ... You And Me (TS), Hank & Judy Scherrer
 Keep It A Secret (WZ), Dorothy Sanders
 Life's A Dance (TS), Bob & Linda Berka
 My Second Home (TS), Dorothy Sanders
 On The Rebound (TS), Bente Knudsen
 Shake Me Waltz (TS), Dorothy Sanders
 Small Town Southern Man (TS), Earl & Goldie Restorff
 Somebody to Love (TS), Kristine & Bruce Nelson
 Somethin' Bout A Boat (TS), Dan & Allison Drumheller
 Springtime In The Rockies (WZ), Pat Zeeman & Garry
 Dodds

Under The Bridges of Paris II (WZ), Don & Linda
 Hichman

Weave Me The Sunshine (TS), Karen & Ed Gloodt

Phase 3

A Time For Waltz (WZ), Kristine & Bruce Nelson
 Bonnie Jean (WZ), Jim & Adele Chico
 Dance With Me (WZ), Dorothy Sanders
 Don Juan (TG), Hank & Judy Scherrer
 Hopelessly Yours (WZ), Larry & Susan Sperry
 I'm In The Mood (TS), Dorothy Sanders
 Nature Boy Rumba (RB), Susie & Gert-Jan Rotscheid
 No Good (CH), Dorothy Sanders
 No Other Love (TG), Bill & Maxine Ross
 Play A Simple Melody (FT/JV), Karen & Ed Gloodt
 Somebody Done Somebody Wrong (FT), Carolyn &
 Tony Ahart

Phase 3 (continued)

Stand By Me Bachata (Bachata), Rey & Sherry Garza
 The Look (RB), Milo & Cinda Molitoris
 Tulsa Time (CH), Nancy & Dewayne Baldwin
 What Kind of Fool (RB), Nancy & Dewayne Baldwin
 When Will I See You (RB), Ron & Jan Betzelberger
 You Raise Me Up (WZ), Doug & Cheryel Byrd
 You're Just In Love (QS/TS), Karen & Ed Gloodt

Phase 4

A Thousand Years (RB), Paula & Warwick Armstrong
 Abraca-Cha (CH), Kristine & Bruce Nelson
 Come Go With Me (JV), Doug & Cheryel Byrd
 Dance With the Devil (CH), JL & Linda Pelton
 Enchanted Boy (RB), Bob & Patsy Heath
 Good Rockin' Daddy (JV), Hank & Judy Scherrer
 Great Googa Mooga (JV), Doug & Cheryel Byrd
 I Can't Dance (FT), Ken & Sue Davis
 In the Still of the Night (FT), Jim & Adele Chico
 My Tango Baby (TG), Dan & Sandi Finch
 Rumba Del Corazon (RB), Karen & Ed Gloodt

Phase 5

At Your Service (QS), Kristine & Bruce Nelson
 Cute Girl (TG), Mark & Pam Prow
 Ever Since The World Began (WC), Bill & Maxine Ross
 Hey Rumba (RB), Sue Powell & Loren Brosie
 Hidden Persuasion (FT), Milo & Cinda Molitoris
 Moonlight Fantasy (FT), Kristine & Bruce Nelson
 Razzle Dazzle (FT), Barbara & Wayne Blackford
 The Last Blues Song (FT), Judy & Hank Scherrer
 The Way You Look Tonight (FT), Milo & Cinda
 Molitoris

Phase 6

Coco Beach (FT), Mark & Pam Prow
 Como (BL), Kristine & Bruce Nelson
 Criminal (RB), Bill & Maxine Ross
 Io Ci Saro (WZ), Rey & Sherry Garza
 Only Time (RB), Curt & Tammy Worlock
 Pick Yourself Up (FT), Milo & Cinda Molitoris
 Pontoon WCS (WC), Bob & Sally Nolen
 Skyfall (RB), Stefan & Ilona Lankuttis
 Sugar (FT), Bill & Carol Goss

Dance – Into A Healthy Old Age

By Sylvia Booth Hubbard
SeniorLivingGuide.com – Fall 2009

The answer to staying healthy and happy as you age may be as close as the nearest dance floor, according to a chorus of studies. Dancing offers mental, physical, and social benefits, while perhaps reducing the risk of illness and even counteracting the ravages of aging.

“It alleviates social isolation and quite literally helps take away the aches and pains associated with older age,” said researcher Dr. Jonathan Skinner.

Scientists at the Albert Einstein College of Medicine found that ballroom dancing helps prevent dementia and Alzheimer’s disease. Another study found that older people who danced had better balance and gait than non-dancers.

In the dementia study, volunteers were studied over a 20-year period. They answered questions on how often they engaged in six hobbies that stimulate the brain, including reading, writing, and doing puzzles. They also detailed how often they participated in eleven physical activities, including bicycling, swimming, team sports, and ballroom dance.



Those who took part in brain-stimulating activities lowered their risk of dementia as much as 47 percent. But the researchers found no reduction in rates of dementia for physical activities — except for ballroom dancing, which lowered the risk by an amazing 76 percent.

“Dancing is a complex activity,” said Dr. Joe Verghese of the Albert Einstein College of Medicine of Yeshiva University in New York City. There’s an intellectual aspect to dancing. When you dance, you have to remember the steps and how to dance them, you have to move in time with the music and you have to adapt to the actions of your partner. All are mentally demanding.”



39TH ANNUAL

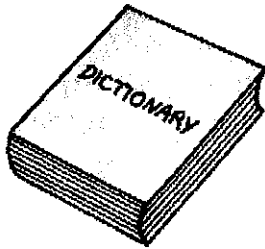
ROUNDALAB CONVENTION



SPRINGFIELD, MASSACHUSETTS

“THE CITY OF FIRSTS”

JUNE 21-24, 2015



Sheraton Springfield Monarch Place Hotel

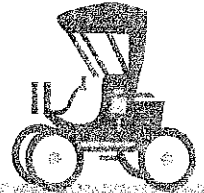
One Monarch Place

Springfield MA 01144-1099

For reservations visit www.roundalab.org

Or call 413-233-9161 (talk to Tom Shea) or 800-325-3535 (24-hr reservation desk)

Be sure to tell them you are attending Roundalab
to get our special rate of \$110 + tax (Up to 4 persons)



If you are staying for the National Square Dance Convention and would like to remain at the same hotel, you MUST make those reservations through the NSDC housing committee. Write "RAL" on your NSDC housing form. NOTE: Price goes to \$135.00 plus taxes per night, beginning Wednesday June 24, 2015.

BE
FIRST

TO
REGISTER



ROUNDALAB CONVENTION COSTS

PRIOR TO 2-1-2015

\$125 PER PERSON CASH/CHECK—\$131.25 PER PERSON CREDIT CARD

AFTER 2-1-2015

\$150 PER PERSON CASH OR CHECK—\$157.50 PER PERSON CREDIT CARD

OPTIONAL MEAL PACKAGE

\$125 PER PERSON CASH OR CHECK FOR 5 MEALS—\$131.25 CREDIT



NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

E-MAIL _____

OF REGISTRATIONS _____ @ \$125 / \$131.25 = _____

OF MEALS _____ @ \$125 / \$131.25 = _____

TOTALS = _____

CC # _____ EXP DATE _____

SEND REGISTRATION TO:

ROUNDALAB

2803 LOUISIANA ST.

LONGVIEW, WA 98632

roundalab@roundalab.org

1-877-943-2623 or

360-423-7423

Syllabus will be delivered electronically, unless otherwise requested.