

THE SQUARE &  
ROUND DANCE  
INSTRUCTORS  
ASSOCIATION OF  
ALBERTA

**SEPTEMBER 2015**



*“Leaves falling in love with the ground” ~Andrea Gibson*

.....

**The SRDIAA Newsletter**

September, 2015

Editor: Tom Gray

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*CONGRATULATIONS, CALLER SCHOOL 2015 GRADUATES.*

*Back Row, L to R: School coordinator Lorne Smith, Bill Wood, Henry Hughes, Barb Smith, Dave Littlefair, Tom Gray, Bill Hilchie, Kendall Smith, Laura Gervais, Dave Symington; Sharon Dales, Marvin Dales, Lane Wright, Barry McCombs, Caller Coach Tim Marriner.*

*Front Row, L to R: Jean Wood, Sheralyn Donaghy, Claudia Littlefair, Dawn Gray, Vickie Quinn, Kathy Smith, Delores Young, Renzi Struik, Valerie Wright, Carol Cormier.*

*My apologies to anyone misidentified or misspelled - Tom*

**NOTES:**

**SRDIAA NEWSLETTER**  
**September 2015**

**Table of Contents**

Cover..... 1  
Caller School 2015 Class Photo.....2  
Table of Contents.....3  
SSRDF Convention Poster.....3  
SRDIAA Executive .....4  
Membership List (As of Sept, 2015).....5,6  
Minutes of previous meeting (May, 2015).....7-10  
Financial report to ??.....11  
Sit-Down Dancing.....12  
Rounds-of-the-Quarter.....13-14  
Square Dancing Makes You Smarter.....15-16  
Notes From Direction.....17  
Physical Benefits of Dancing.....18  
Live Ten Years Longer - The Truth Revealed!.....19  
USDA West.....20  
Convention 2015 Summary.....21  
Event Posters.....21-22

**36th Annual Dance Weekend**  
and AGM  
**Nov. 6, 7 & 8, 2015**  
Hosted by Zone 6



@ Comprehensive High School, 1100 - 11<sup>th</sup> Ave. NE, Swift Current

***NEED A LIFT? COME TO SWIFT!***

Weekend of Square & Round Dancing and Clogging  
2 lunches and banquet  
\$75/person by Oct. 4, \$80 after  
Deadline for meals - Oct. 29/15  
\$10/session/person  
All day Saturday including meals \$50



More information: **Al: 306-750-7714** **Denise: 306-778-3694**

Cheques made out to: **SW SK Square & Round Dance Zone 6**  
c/o Denise Benjamin 303 - 453 Walsh Trail Swift Current, SK. S9H 4Z8



**SRDIAA EXECUTIVE  
2015/2016 Season**

<b>President</b>	David Littlefair 322 Mapletree Way Strathmore AB T1P 1H9	403-934-5966
<b>Past President</b>	Lorne & Bernadette Anderson* 128 Greenwood Drive Spruce Grove AB T7X 1X6	780-960-2911
<b>Vice-President</b>	Lorne & Barbara Smith 3111 107 Avenue Calgary AB T2W 2X6	403-251-5390
<b>Treasurer</b>	Joan Boyd Box 42 Round Hill AB TOB 3Z0	780-679-0152
<b>Secretary</b>	Claudia Littlefair 322 Mapletree Way Strathmore AB T1P 1H9	403-934-5966
<b>Newsletter Editor</b>	Tom Gray 3 Camelot Avenue Leduc AB T9E 4M5	780-718-2733
<b>Directors</b>		
Calgary	Dave Symington	403-276-5706
Central	Henry Hughes	780-621-6238
Edmonton	Murray & Barbara Few	780-434-2000
	Arlene McLafferty	780-469-2998
North	vacant	
South	Betty-Ann & Melvin Fieldberg	403-666-3929

\* \* \*

*Part of the joy of dancing is conversation. Trouble is, some men can't talk  
and dance at the same time. - Ginger Rogers*

## S.R.D.I.A.A. MEMBERSHIP LIST

Members for 2015/16 as of September 9, 2015

Name & Address	Phone, Fax, and E-mail	Categories Covered
<b>Baudais, Ken &amp; Janet</b> 322, 11620 Elbow Drive SW Calgary AB T2W 3L6	(403) 969-5982 Ken.baudais@gmail.com www.kenbaudais.ca	Mainstream
<b>Boyd, Joan &amp; Terry</b> Box 42 Round Hill AB TOB 3Z0	(780) 679-0152 boydwt@hotmail.com pjboyd@shaw.ca	Mainstream Phase II (Joan)
<b>Dales, Marvin &amp; Sharon</b> PO Box 75 Coleville, SK	306.965.2603 dalesmarvin@gmail.com	Mainstream
<b>Dunn, Cliff &amp; McKee, Jane</b> 5424 - 58A St Crescent Lacombe AB T4L 1L7	(403) 787-4094 Cjdancinglacombe@yahoo.ca	Phase II-III
<b>Edwards, Ron &amp; Rosemary</b> Box 557 Veteran AB TOC 2S0	(403) 575-3751 edwagn@veterancable.net	Mainstream
<b>Eliasson, Glen &amp; Audrey</b> 12132- 135A Avenue NW Edmonton AB T5L 373	(780) 454-6357 gee4@telus.net	Mainstream Phase III
<b>Fieldberg, Betty Ann &amp; Melvin</b> Box 565 Etzikom AB T0K 0W0	(403) 666-3929 bettodd@hotmail.com	Mainstream
<b>Gervais, Laura</b> 3406 49 Avenue Lloydminster, SK S9V 0R5	306.825.2616 sundownsound2013@gmail.com	Mainstream
<b>Gray, Tom &amp; Dawn</b> 3 Camelot Avenue Leduc AB T9E 4M5	(780) 718-2733 TomGrayCaller@shaw.ca <a href="http://blog.graywriterrv.com/?page_id=20">http://blog.graywriterrv.com/?page_id=20</a>	Mainstream
<b>Heming, Palma</b> PO Box 322 Turner Valley AB T0L 2A0	902-489-3970 palheming@gmail.com	Mainstream Phase II
<b>Hilchie, William &amp; Vicki Quinn</b> 86 Baxter Crescent Whitecourt AB T7S 1E5	(780) 778-4639 skydiver@persona.ca	Mainstream
<b>Hughes, Henry</b> Box 16 Buck Creek AB TOC 0S0	(780) 621-6238 HenryHughes66@gmail.com	Mainstream
<b>Jeske, Larry</b> 44 Kendall Crescent Red Deer AB T4P 3S5	(403) 346-7148 (403) 505-5044 (cell) jeskelarry@gmail.com	Mainstream
<b>Lees, Robert &amp; Marian</b> Box 1424 Estevan SK S4A 2K9	(306) 634-8403 rlees@sasktel.net	Mainstream Phase II (Marian)
<b>Littlefair, David &amp; Claudia</b> 322 Mapletree Way Strathmore AB T1P 1H9	(403)934-5966 dlittlefair@jkoverweel.com	Mainstream Phase II (Claudia)
<b>Mahoney, Patricia</b> 136 Valencia Road NW Calgary AB T3A 2B8	(403) 288-0116 patriciamsm46@gmail.com	Phase V

<b>Name &amp; Address</b>	<b>Phone, Fax, and E-mail</b>	<b>Categories Covered</b>
<b>McCombs, Barrie &amp; Carole Cormier</b> 3111 Utah Drive NW Calgary AB T2N 3Z9	(403) 289-4227 bmccombs@ucalgary.ca	Mainstream
<b>Morgan, Ron &amp; Connie</b> PO Box 5461 Lacombe AB T4L 1X2	(403) 396-1523 live2dance@xplornet.com	Mainstream
<b>Murray, Ida &amp; Alex</b> 23 Howlett Avenue Red Deer AB T4N 6K2	(403) 347-8098 aimurrav@telusplanet.net	Clogging
<b>Nelson, Mary &amp; Bruce</b> 15 Gale Avenue Sherwood Park AB T8A 2K7	(780) 467-1141 mbnelson@shaw.ca	Phase IV to VI
<b>Smith, Gary &amp; Eileen</b> 11 Park Drive Whitecourt AB T7S 1H8	(780) 778-3214 garys@albertanewsprint.com	Mainstream - Plus
<b>Smith, Kendall &amp; Kathy</b> 4715-40 Street Lloydminster, SK S9V 0C1	Ph 306.825.377 Cell: 780.522.4896 thewollyway@gmail.com thewollyway@shaw.ca	Mainstream
<b>Smith, Lorne &amp; Barb</b> 3111-107 Avenue SW Calgary AB T2W 2X6	(403) 251-5390 l.b.smith@shaw.ca	Mainstream - C1 Phase II - III
<b>Struik, Renziena</b> 259 - 2 Avenue NE Swift Current, SK S9H 2C9	306.778.2197 Renzienas135@gmail.com	Mainstream Phase II+ Social Dance
<b>Symington, David &amp; Marlene</b> 7622 Fairmount Drive SE Calgary AB T2H 0X7	(403) 276-5706 dmsymington@shaw.ca	Mainstream
<b>Tharme, Joan &amp; John Byers</b> 4235-87 Street NW Edmonton AB T6K 1C3	(780) 463-9381 tharme@shaw.ca	Clogging Phase II - III
<b>Wood, Jean &amp; Bill</b> 5192 Hwy 97B, Salmon Arm BC V1E 2P7	250.833.9227 Wjilwood@telus.net	Mainstream
<b>Wright, Valerie &amp; Lane</b> Box 84 Moose Jaw SK S6H 4N7	306.691.0579 star5@sasktel.net	Mainstream
<b>Young, Delores</b> 9808 Mapes Road Vanderhoof, BC V0C 3J1	250.567.5780 youngdolores08@gmail.com	Phase II+ Mainstream

"Can I tell you how terribly grateful I am that no one had a cell phone, tablet, or digital camera when I was square dancing in Phys Ed?" ~<https://www.pinterest.com/shockrastudio/dance-lol/>

When you hear sweet syncopation, and the music softly moans  
't ain't no sin to take off your skin, and dance around in your bones

--Tom Wait

# MINUTES

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

## Square & Round Dance Instructors Association of Alberta

May 24, 2015 ANNUAL GENERAL MEETING at Kerrywood Nature Centre,  
Red Deer, Alberta

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### 1. Call to Order

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Dave Littlefair called the meeting to order at 10:10 am, with 17 members present.

Aberle, Dorothy	Baudais, Ken
Boyd, Terry & Joan	Byers, John
Dunn, Cliff	Gray, Tom & Dawn
Littlefair, Dave & Claudia	Mahoney, Patricia
Murray, Ida	Nelson, Mary & Bruce
Smith, Lorne	Symington, David
Tharme, Joan	

- Regrets received from Alan & Carola Ellis. Joan Tharme spoke on behalf of Wayne Russell, who expresses his regrets that he is unable to attend our morning meetings because of health issues, and that afternoon meetings would be feasible for him.

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### 2. Welcome to New Members - n/a

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### 3. Additions to/Approval of Agenda

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**MOTION: Moved by Ida Murray; seconded by Ken Baudais that the Agenda be approved. Carried.**

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### 4. Minutes of Previous AGM - May 25, 2014

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**MOTION: Moved by Lorne Smith, seconded by Mary Nelson; that the Minutes of the May 25, 2014 AGM be adopted as distributed. Carried.**

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### 5. Business Arising from the Minutes - none.

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### 6. Correspondence - none.

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### 7. Treasurer's Report - See Attachment #1 (5 Pages)

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

- Our bank balance as of March 31, 2015 is \$5,594.30. This includes fees, but not expenses, for the July 2015 caller school.
- Dave Patterson of Big Red Income Tax & Accounting, reviewed the financial statements and found them to be in good order.

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## 8. Area Reports

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### A. Edmonton - Murray Few/Arlene McLaffery (absent)

#### Square Dance:

- Jerry Story dance and workshop was well attended. He presented the Club 50 program – an 8 to 12 week program with three starts in a year.
- Caller workshops for new callers Alan Ellis and Tom Gray continue.
- Full slate of summer dances starting with a New Dancer Ball on June 2.
- Eight new dancers in Devon using a modified 50-call program.

#### Round Dance:

- Dances held on July 15 and August 12.
- 11 new Round Dancers this year.

### B. Central - Henry Hughes (absent)

#### Square Dance:

- Changes to Central & District executive: Larry Jeske, president; and Doreen Kurney, secretary.
- There are many weekend campouts and the Holiday Ranch has several dances lined up.

#### Round Dance:

- Rocky Mountain House club have 4 new couples. They dance twice a month.
- Innisfail have 5 or 6 couples that attend weekly.
- Lacombe has 2 new couples.
- Thursday night sessions had 6 couples who will amalgamate with the Lacombe round dance club.
- Mondays in Lacombe will be dancing only, no teaching. Thursdays will be a teach night.

### C. Calgary - David Symington

#### Square Dance:

- Jerry Story's Plus dance was attended by 8 squares; Mainstream saw 12 squares.
- Freshman Frolic on May 9 was attended by 12+ squares.
- Mike Sikorsky is coming in 2016; and Jim Hattrick in 2017.
- About 55 new dancers graduated this year.
- Weekly Summer Dances start thru June to August, with a break during Stampede at which time there are several club dances. All the Summer Dances will be held at the air-conditioned Kerby Centre in Calgary.
- We anticipate several demos with crowd participation during Stampede and at Stampede Breakfasts.
- Autumn Dance tickets featuring caller Barry Clasper were disbursed to Calgary SRDIAA members for sale.
- Calgary Callers executive remains unchanged: President Lorne Smith, Treasurer Barrie McCombs, Secretary Claudia Littlefair, SRDIAA Rep Dave Symington, Librarian Ted Kornak, ASRDF Rep Lorne & Barb Smith; C&D Rep Myrna Kornak.

#### Round Dance:

- Cue Steps have had good attendance throughout the year. There'll be monthly round dances during the summer.

### D. South - Betty Ann Fieldberg (absent) - no report.

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## 9. Area Reports

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### A. ASRDF - Ida Murray

- There isn't much to report from the last Federation meeting, held on March 15/15.
- Everything is on target for Convention 2015 in Lacombe. As of March 13, there were 77 registrations including 13 callers and 12 cuers. The theme for the Saturday night dance is "Club Colours." Donations from the church service will go to Ronald MacDonald House in Red Deer.



- Alberta's memberships in the Canadian Square & Round Dance Society (CSRDS) consist of 1 federation, 10 associations, 60 clubs, and 1759 dancers for a total of 1830 members. (In 2014 there were 1889 members, but the breakdown wasn't reported.)

#### **B. Callerlab & RoundALab - Dorothy Aberle**

- Yearly membership has been paid for both associations.
- Dorothy is retiring her position as Callerlab & RoundALab Representative and Newsletter Editor. She also thanked Tom Gray for doing the January newsletter.
- Appreciation was expressed to Dorothy by a round of applause for all the time and effort put into the Newsletter.

#### **C. SRDIAA Newsletter**

- Tom Gray volunteered to be the Newsletter Editor. Note: future newsletters will be distributed via email.

#### **D. Alberta Convention - Lacombe 2015**

- The committee is meeting this afternoon.
- To date there are 120 registrants, which includes leaders.
- Canadian Society is having their annual meeting at the Convention, so this will bring people from across Canada to the Convention.

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### **10. Old Business**

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#### **A. Fall 2015 - Autumn Dances and Workshop with Barry Clasper, Ontario**

- All arrangements are in place. Rounds will be cued by local cuers.
- Topic suggestions for the workshop: teaching new dancers, sounding a room, showmanship, developing stronger dancers.

#### **🍷📄 2017 - Callers Cost and Availability**

- Jerry Jestin - \$2500 – no other charges.
- Charlie Robertson - \$1800 US.
- Jerry Junckt and Tim Crawford – unavailable.
- Ray Brendzy –no reply to date.
- It was noted that Barry Sjolín was also listed to be contacted. Dave Littlefair will contact him.

#### **C. Caller School 2015 - Lorne Smith**

- Total registered is 14. Money has been received from 13, and there is a money order coming in the mail for the 14<sup>th</sup> registrant. There are four new callers and ten experienced callers. Three are from BC, seven from Alberta, and four from Saskatchewan.
- Participants will be receiving an information letter in the near future.
- Accommodations are in Wetaskiwin where the hotel rate is less than at Pigeon Lake.
- Canadian Society confirmed their support for the school with a \$1000 grant – 50% to arrive prior to the school.
- Alberta Federation will also help, if needed.
- An all-day refresher course day will be held in January, 2016 to satisfy the Canadian bursary requirements.
- Posters are being distributed advertising the two dances, July 21 and July 23, as well as for dancers during the week for “practice squares”.
- Tim Marriner is doing an evening Mainstream dance in Calgary on Friday, July 24. Advance tickets are \$5, and door tickets are \$10. Tim returns to the U.S. on Saturday morning.

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### **11. New Business**

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## A. .Election of Officers

Lorne Smith volunteered to chair this portion of the meeting.

Three positions are open: President, Secretary and Treasurer.

- President: Tom Grey nominated Dave Littlefair, who accepted. No other nominations.
- Treasurer: Claudia Littlefair nominated Joan Boyd, who accepted. No other nominations.
- Secretary: Mary Nelson nominated Claudia Littlefair, who accepted. No other nominations.

These nominees were voted in by acclamation.

Other positions:

- Vice-President: Lorne Smith.
- Newsletter Editor – Tom Gray.
- Callerlab & RoundALab Representative – Tom Gray.
- Coffee and Paper Goods – Joan Boyd.

In recognition and appreciation, a round of applause was given to outgoing Treasurer, Joan Tharme and outgoing Newsletter Editor, Dorothy Aberle.

Signing Authority for SRDIAA cheques are: President Dave Littlefair, Treasurer Joan Boyd, and Member-At-Large Tom Gray.

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## 12. Additions to Agenda

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### A. 2016 Alberta Convention:

- Calgary & District are organizing this Convention, to be held in High River.
- Dave Symington and Dave Littlefair are Square Dance Co-chairs and Mary & Ron Milton are Round Dance Chair.

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## 13. Next Meeting & Workshop

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- Workshop with Barry Clasper: Saturday, September 19, 10am-4pm; Sunday, September 20, 10am-Noon.
- SRDIAA General Meeting: 1pm
- At Kerrywood Nature Centre, Red Deer.

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## 14. Adjournment

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**MOTION: Moved by Tom Gray that the meeting be adjourned.**

- Time: 11:20 am. Note: Because the meeting finished early, the Workshop started at 12:30 pm instead of 1pm.
- Claudia Littlefair expressed personal thanks to both Dorothy Aberle and Joan Tharme for all the ‘behind the scenes’ work and assistance they provided during their terms in office.

\* \* \* \* \*

# LEADER WORKSHOP

- Prior to the workshop, we formed a square and Lorne led us through the some of the material he used for the Pacific Teen Competition at the beginning of May. It was challenging!
- A hands-on workshop on “**Beautiful Basics**” was conducted.
  - *Refer to the workshop notes - Attachment #2 (9 Pages) [Not included in newsletter]*

# SRDIAA FINANCIAL REPORT APRIL 1 TO AUGUST 31, 2015

(Reconciled to August 31, 2015)

**Opening bank balance April 1, 2015** (audited)

## INCOME

### **Callers' School**

Bursary (Canadian Society 50% advance) \$500.00  
 Tuition (\$385x6) - (\$385x2 = \$770. Baudais & Byrne refund uncashed) \$2,310.00  
 Instructor's Travel Reimb (Calg & Dist for Marriner) \$100.00

**Memberships** (20 @ \$40 = \$800) - (\$40 Byrne refund uncashed) \$800.00

## EXPENSES

### **Autumn Dances 2015**

Red Deer Hall Rent \$202.50 - Golden Circle \$202.50  
 Ticket Production \$24.16

### **Callers' School 2015**

Lone Ridge Hall Rent \$375.00  
 Instructor's airfare (Marriner) \$728.81  
 Guest Instructor's Fee (Tim Marriner \$1750US bank draft) \$2,278.50  
 Bank draft fee \$7.50  
 School Coordinator's Fee (Lorne Smith) \$1,100.00  
 Instructors' Accommodation (5 nights) (Smith & Marriner) \$980.90

### **Dues & Subscriptions**

Callerlab \$91.45  
 Roundalab \$129.86

### **Meetings & Seminars**

Hall Rent Kerry Wood May 24 \$172.00  
 Honorarium - Exec Secretary 2014/15 \$100.00  
 Honorarium - Newsletter 2014/15 \$100.00  
 Newsletter \$100.22

### **Misc**

Auditor #130 (2013-14 audit) \$75.00  
 Auditor #137 (2014-15 audit) \$75.00

**TOTALS AS AT AUGUST 31, 2015**

**August 31, 2015 bank balance** (reconciled)

DEBIT	CREDIT	BALANCE
		\$5,594.30
	\$500.00	
	\$2,310.00	
	\$100.00	
	\$800.00	
\$202.50		
\$24.16		
\$375.00		
\$728.81		
\$2,278.50		
\$7.50		
\$1,100.00		
\$980.90		
\$91.45		
\$129.86		
\$172.00		
\$100.00		
\$100.00		
\$100.22		
\$75.00		
\$75.00		
<b>\$6,540.90</b>	<b>\$3,710.00</b>	<b>-\$2,830.90</b>
		<b>\$2,763.40</b>

**NOTE: Once all cheques written as at Aug 31, 2015 have cleared balance will be \$1,953.40**

Respectfully submitted - Joan Tharme, Former Treasurer \_\_\_\_\_

# Sit-Down Dancing

*Adapted from a blog post by Calvin Campbell (<http://blog.d4bp.com/wp/sit-down-dancing/>)*

Banquets are often a hassle. You have to arrive early to set up your PA. Then you have to wait while the people eat. Then you have to listen to a speaker or presentation. Many times liquor is served--although usually the meal means the amount of drinking is limited and buffered by the food--and often there are toasts.

By the time it's your turn, the people are tired of sitting, but they really don't know whether they want to dance. They may feel they are too full to dance. They may feel they are too intoxicated to dance. They may just want to take a quick run to the bathroom before they dance.

Here is an "icebreaker" I picked up from Jerry Helt years ago. He has the people sitting at the table join hands around the tables. Then he puts on the music and has the dancers do the following.

- Circle Left/Right = Lean to the Left or lean to the Right.
- Forward & Back = Lean Forward and lean Back
- Tap your Left toe then your Right Toe.
- Act like you are walking while sitting.
- Put your Right Hand up and wave your hand. Same for the left hand.
- Wave Right and Left, with both Hands held up high.



And so on. He has a routine that includes a lot more, but I'll stop there.



I have added some actions of my own. I have them pat their hands on the table top in time to the music. Right Hands then Left Hands then alternate hands. Finally, I have them clap their hands to the music.

The music for this needs to be really great. I often use "**Blues Berry Hill**" by the **Nitty Gritty Dirt Band**. I start the music in the background to get their attention and then raise the volume as they get into the spirit of the thing.

I find that most of the crowd will go along with what I'm asking them to do. All you need is one person at each table that wants to join in and the rest of the people at a table will humor them and at least join hands and go along with the foolishness for a little while.

**Blues Berry Hill** runs for little over three minutes. You need to time your actions and just do a little bit of each action. When the people are clapping their hands and the music is really rolling I fade the music. The people usually applaud.

Now, I have their attention and their approval. They have been successful in dancing while sitting down. I can usually get enough people to come join me on the dance floor to get the stand up dancing going.

*Calvin recommends Blues Berry Hill, a bluegrass piece popular with cloggers, but you'll have something in your music collection that will work just as well.*

*Sit-Down Dancing is popular in nursing homes; see [www.sitdowndancing.com](http://www.sitdowndancing.com).*



# Rounds-of-the-Quarter and Runners Up

3rd QUARTER 2015

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## PHASE 2: Don Brown, Chairperson

ROQ: **Say it Again (TS)** Ron & Georgine Woolcock MCA Nashville, MCA\_53579 or  
CD: **The Definitive Collection, Tk 8** by Don Williams or download available

1st Runner Up: **Green Waves II (WZ)** Casey & Sharon Parker Green Waves by Ballroom  
Orchestra & Singers, CD: Dancelife: Bring 7 Smiles to Your Feet, Vol 1, Tk 3, also iTunes download  
available

2nd Runner Up: **Cowgirl Swing (TS)** Ron & Georgine Woolcock Stomp Music, CD: Nashville  
Country, Tk 21 by Dave Sheriff, download also available

## PHASE 3: TJ & Bruce Chadd, Chaircouple

ROQ: **Too Ra Loo Ra (WZ)** Karen & Ed Gloodt “Too Ra Loo Ra Loo Ra!”, Columbia  
Ballroom Orch., CD: **Let’s Dance, Vol. 6**, also Amazon download

1st Runner Up: **Makin’ Whoopee! (FT)** Yasuto Watanabe “Makin’ Whoopee!”, Paola Fabris &  
Riccardo Chojwa, CD: Standards, Vol. 3, or Casa Musica download

2nd Runner Up: **L’Air De Nuit (WZ)** Don & Linda Hichman Norman Candler & The Magic Strings,  
CD: The Art Of Ballroom, or Casa Musica download (music edited)

## PHASE 4: Regina Aubry, Chairperson

ROQ: **All I Do Is Jive (JV)** George & Pamela Hurd “All I Do Is Dream Of You”,  
The Michael Buble Collection, CD 4, Tk 6, also Amazon download

1st Runner Up: **Asi Asi Mambo 4 (MB)** Don & Linda Hichman By Claude Blouin, Casa Musica  
download

2nd Runner Up: **Follow Me Cha (CH)** Joe Scarlatella & Monica Shanks “Follow Me” by Alex  
Brouwers, CD: Dance Chart Hits: Zum welttagtag 2001, also Casa Musica download

## PHASE 5: Tim Eum & Cindy Hadley, Chaircouple

ROQ: **Serenade Of Love (TG)** Mark & Pam Prow “Serenata de Amor” Bassano  
Open Daydreaming 11, Tk. 6, or Casa Musica download

1st Runner Up: **Bells Of Angelus (WZ)** Milo & Cinda Molitoris “The Bells of Angelus”, Phil  
Coulter, CD: “Serenity” or iTunes download

2nd Runner Up: **Nothing Feels So Good (FT)** Michael & Regina Schmidt CD, Casaphon – Ballroom  
Glamour, Tk. 16, “Loving You” by Paul Louis Reeves, or download

## PHASE 6: Dave Goss & Ulla Figwer, Chaircouple

ROQ: **NO DANCES SELECTED**

## 4th QUARTER 2015

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### PHASE 2: Don Brown, Chairperson

ROQ: **Green Waves II (WZ)** Casey & Sharon Parker **Ballroom Orchestra & Singers, Album: 'Dancelife: Bring 7 Smiles to Your Feet', Vol 1, Tk 3, also iTunes download**

1st Runner Up (Tie): **It's De Lovely (TS)** Carter & Ruby Ackerman The Starshine Orchestra, Album: 'It's De Lovely, The Music of Cole Porter', also Amazon download

1st Runner Up (Tie): **It Feels So Right (TS)** Alex & Jennifer Kennedy Columbia Hall of Fame Record 13-33375, "A Song In The Night" by Johnny Duncan

2nd Runner Up: **Come Go With Me (TS)** Yasuyo Watanabe The Del-Vikings from album: 'Liddypool - Who Put The Beat In The Beatles', also iTunes or Amazon download

### PHASE 3: Debbie & Paul Taylor, Chaircouple

ROQ: **Cha's Cha Cha (CH)** Shirley & Don Heiny **Artist: Charlie Brisette, casa musica download**

1st Runner Up: **Gardenias In Her Hair (RB)** Mary Ann Callahan & Craig Cowan "The Girl With Gardenias in Her Hair" by Marty Robbins, Album: 'Have I Told You Lately That I Love You', also download

2nd Runner Up: **Hear My Song Rumba (RB)** Ron & Georgine Woolcock Artist: Bouke Scholten, Album: 'Bouke Sings Elvis & Other Hits', Tk 2, or download

### PHASE 4: Regina Aubry, Chairperson

ROQ: **Baby, Please Come Home (JV)** Karen & Ed Gloodt **Scooter Lee, CD: 'The Best of Scooter Lee', also Amazon download**

1st Runner Up (Tie): **Asi Asi Mambo 4 (MB)** Don & Linda Hichman Claude Blouin, Casa Musica download

1st Runner Up (Tie): **In This Life IV (ST)** Karen & Ed Gloodt Colin Raye, Album: '16 Biggest Hits', also iTunes download;

2nd Runner Up: **Never Let Me Go (WZ)** John & Margaret Race Artist F.R.P., Album: 'Freedom', also Casa Musica download

### PHASE 5: Tim Eum & Cindy Hadley, Chaircouple

ROQ: **Mambo With Me (MB)** Peg & John Kincaid **"Mambo Italiano" by Wiseguys Orch., Amazon download**

1st Runner Up: **Nothing Feels So Good (FT)** Michael & Regina Schmidt "Loving You" by Paul Louis Reeves, Album: 'Casaphon - Ballroom Glamour', Tk. 16, or download

2nd Runner Up: **Saboteur WCS (WC)** Milo & Cinda Molitoris "The Finger Points To You" from "Saboteur" soundtrack by Maxaym, Album: 'Premium Standard Ballroom Glamour', or casa musica download

### PHASE 6: Dave Goss & Ulla Figwer, Chaircouple

ROQ: **Au Revoir Paris (WZ)** Randy & Marie Preskitt **Andy Williams, Album: 'Under Paris Skies', also Amazon download**

1st Runner Up: **Fascinating Rhythm (FT)** Debby & Tim Vogt Paola Fabris, Album: 'Ancona Open Ballroom', Vol. 6', also Casa Musica download

2nd Runner Up: **The Masochism Tango (TG)** Bill & Carol Goss Tom Lehrer, Album: 'The Rest of Tom Lehrer', Tk. 2, also Amazon download

# Dancing Makes You Smarter

by [Richard Powers](#)

In 2003, the [New England Journal of Medicine](#) reported on the effects of various recreational activities on mental acuity as people age.

The 21-year study of senior citizens 75 and older was led by the Albert Einstein College of Medicine in New York City. Their method for objectively measuring mental acuity in aging was to monitor rates of dementia, including Alzheimer's disease.



The study examined

- *Cognitive* activities such as reading books, writing for pleasure, doing crossword puzzles, playing cards and playing musical instruments.
- *Physical activities* like playing tennis or golf, swimming, bicycling, dancing, walking for exercise and doing housework.

One of the surprises of the study was that while the cognitive activities served to reduce dementia, *almost none of the physical activities appeared to offer any protection against dementia*. There can be cardiovascular benefits of course, but the focus of this study was the mind.

## **Only Dancing Works**

There was one important exception: *the only physical activity to offer protection against dementia was frequent dancing*.

- Reading - 35% reduced risk of dementia
- Bicycling and swimming - 0%
- Doing crossword puzzles at least four days a week - 47%
- Playing golf - 0%
- **Dancing frequently - 76%**. That was the greatest risk reduction of any activity studied, cognitive or physical.

What could cause these significant cognitive benefits? It appears that participation in mentally engaging activities lowers the risk of dementia by improving neural plasticity, the constant rewiring of neural pathways, as opposed to habitual patterns of thinking and living.

## **About Intelligence**

What exactly do we mean by "intelligence"?

As neuroscience educator Robert Sylwester notes, mobility is central to everything that is cognitive, whether it is physical motion or the mental movement of information. Since we can move, we need a cognitive system that can comprehend sensory input and intelligently make **choices**. As Jean Piaget put it, **intelligence is what we use when we don't already know what to do**.

## **Why dancing?**

We immediately ask two questions:

- *Why* is dancing better than other activities for improving mental capabilities?

- Does this mean *all* kinds of dancing, or is one kind of dancing better than another?

### What kind of dancing?

Not all forms of dancing will produce the same benefit, especially if they only work on **style**, or merely retrace the same **memorized paths**. *Making as many split-second decisions as possible, is the key to maintaining our cognitive abilities.* Remember: intelligence is what we use when we don't already know what to do.

We wish that 25 years ago the Albert Einstein College of Medicine thought of doing side-by-side comparisons of different kinds of dancing, to find out which was better. But the kind of dancing most of [the test subjects did] in retirement was what they began when they were young: freestyle social dancing -- basic foxtrot, waltz, swing, and maybe some rumba and cha cha. Freestyle social dancing isn't that simple! It requires a lot of split-second decision-making, in both the Lead and Follow roles.

At this point, I want to clarify that I'm not demonizing memorized sequence . There are stress-reduction benefits of any kind of dancing, cardiovascular benefits of physical exercise, and even further benefits of feeling connected to a community of dancers. So all dancing is good.

But when it comes to preserving (and improving) our mental acuity, then some forms are significantly better than others. While all dancing requires *some* intelligence, I encourage you to use your **full** intelligence when dancing. *The more decision-making we can bring into our dancing, the better.*

This benefit is greatly enhanced by dancing with different partners, not always with the same fellow [or gal]. With different dance partners, you have to adjust much more and be aware of more variables. This is great for staying smarter longer.

### Full engagement

Those who fully utilize their intelligence in dancing, at all levels, love the way it feels. That's the most succinct definition I know for intelligent dancing: **a highly active attention to possibilities.**

Once this highly active attention to possibilities, flexibility, and alert tranquility are perfected in the art of [dancing], dancers find it even more beneficial in their other relationships, and in everyday life.

### Dance often

The study made another important suggestion: *do it often*. Seniors who did crossword puzzles four days a week had a measurably lower risk of dementia than those who did the puzzles once a week. If you can't take classes or go out dancing four times a week, then dance as much as you can. More is better.

And do it now, the sooner the better.

---

*Richard Powers is a dance instructor at Stanford University. Although his article was aimed at ballroom dancing, his comments and conclusions clearly apply strongly to square dancing.*

Read the [full article](http://socialdance.stanford.edu/syllabi/smarter.htm) at <http://socialdance.stanford.edu/syllabi/smarter.htm>.

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## THINK ABOUT THESE PRINCIPLES

When in discussions, especially heated ones, think about these principles:

- Try to curb your cynicism. Accord the other person the benefit of the doubt and don't automatically assume nefarious motives or deception without real evidence.
- Acknowledge that the other person has a point of view. That is what you are trying to shift. Before you can change that point of view, you need to understand what it is. Conversely, the other person needs to know your point of view: it is the context which makes your position sensible. Describe it to them clearly and unemotionally.
- When faced with a compelling argument, recognize that conceding the other person's point does not indicate weakness. Rather, it is a form of strength. Understanding another person's point of view and admitting it has more validity than your own does not constitute "losing". It constitutes learning.



From the Chairman's Speech, 42nd Callerlab Convention, by Barry Clasper. page 4-5.

## SLAVERY TO THE LISTS

No caller has a right to expect anything from the dancers beyond their attendance. It's his or her job to discover what the dancers are or are not capable of doing and then deliver a dance that will entertain and give them the joy of succeeding. To expect the dancers to come up to the caller's ability to call is dead wrong!

No list is going to tell me what is or isn't safe to call for any particular group. For example, the Mainstream list is a valuable tool. It gives me a great starting place to make those instant program decisions. Beyond that, there is a standard applications booklet from CALLERLAB that can give you the safest ways to present any of the Mainstream calls.



But until you face the dancers and find out, through gentle exploration, you'll never know what that group of dancers is or is not capable of doing. Whether that's the way it should be or not, that's the way it is...

The list is just a tool box and we need to...choose the right tools for the job at hand. The list is just a starting place.

*by Daryl Clendenin, page 10*

### The Flu Do-Si-Do

Choose your partners, one and all:  
Aspirin, Advil or Tylenol!  
Now fling those covers with all you've got.  
One minute cold, the next minute hot.

Circle right to the side of the bed,  
Grab the tissues and Sudafed.  
Back to the middle and don't goof off,  
Hold your stomach and cough, cough, cough.

Promenade right down the hall,  
Toss your cookies in the shower stall  
Remember others on the brink  
Wash your hands, wash the sink.

Wipe the doorknob, the light switch too,  
Now you've got it, you're doing the flu.  
Some like it cold, some like it hot,  
If you like neither, then get the shot.

<http://www.cybersalt.org/clean-jokes/the-flu-do-si-do>  
In the style of old-time rhyming couplets calling.

## THE PHYSICAL BENEFITS OF SQUARE DANCE: A QUARTER CENTURY OF EVIDENCE

Most square dancers have seen some “evidence” of the health benefits of square dancing. What most dancers don't realize is that some of that information comes from a famous study started 35 years ago.



In 2003, the *New England Journal of Medicine* published an article titled “Leisure Activities and the Risk of Dementia in the Elderly.” This in turn was based on the Bronx Aging Study, which between 1980 and 1983 studied dementia-free English-speaking white folks (64% female), mostly Jewish, between 75 and 85 years of age, then followed them until 2008 (when only one remained alive) to see which ones developed dementia.

To no one's surprise, people who did mental and physical exercises on a regular and frequent basis were less susceptible to dementia. What was surprising was that dancing provided the greatest benefit. But that study did not specify what *kind* of dancing the participants did. In the 80s, square dancing was immensely popular, and it's not unreasonable to ascribe those benefits to square dance.

It's not unreasonable, but it's weak logic. All too often, journalists paraphrase results (as I just did) without citing the original study, so it's hard to verify their conclusions.

For example, so many times you'll see something

to the effect of “Studies have shown that square dancers can walk up to five miles in a single night!” or “Square dancers burn up to 400 calories each 30 minutes of dancing.” But *nobody ever cites the studies* so for all you know, somebody made up the whole thing (as noted elsewhere in this newsletter).

Is there anything more recent or more specific? I was able to find a few more recent studies, but little specific to Square Dance.

A 2012 study published in the journal *Complementary Therapies in Medicine* found that Argentine Tango lessons of 1.5 hours a week were significantly better at lifting depression and reducing stress than “mindful meditation” and no treatment. Can we generalize to square or round dancing?

An excellent article in the *European Journal of Physical and Rehabilitation Medicine* showed that dancing of various types improved balance in Parkinsons sufferers, and especially “...tango, which has walking as its basic step, may serve as a means of focusing conscious attention on walking.” Since square dance also uses a walking step, these benefits might also be claimed. The greatest benefits came to those who danced most often.

### References:

- Bronx Aging Study (BAS) <http://www.ialsa.org/study/bronx-aging-study-bas>
- *Complementary Therapies in Medicine* (2012 Dec;20(6):377-84. Doi: 10.1016/j.ctim.2012.07.003. Epub 2012 Aug 3. )
- *European Journal of Physical and Rehabilitation Medicine* (2009 Jun; 45(2): 231–238)
- CalorieLab <http://calorielab.com/burned/?mo=se&gr=03&ti=dancing&q=&wt=150&un=lb&kg=68>

CalorieLab.com says that square dancing burns 238 Cal per hour if you dance “fast”. The current speed for square dancing is 124 beats per minute, which is not “fast”.

I've heard women say they can judge how a guy will be in bed by how he dances. I hope that's not true. Because I come from rednecks, and my people invented square dancing, which means we're so bad at it we have to have someone tell us what to do while we're doing it. - Steve Neal

# SQUARE DANCERS CAN LIVE 10 YEARS LONGER

You've probably seen references to a famous study done by Dr. Arron (yes, the name is usually misspelled) Blackburn. Most sources assume that it was cited in a Mayo Clinic Health Newsletter dated January 1994, but now...

## The truth is revealed!

The article originally appeared in a supermarket tabloid, Weekly World News, August 31, 1999, on page 33, datelined Lubbock, Texas and bylined Michael K. Todd. (The blurry copy at right was the best I could do, sorry. For the source, see <http://tinyurl.com/ovsbhhh>).

The article shared space with stories about Bat Boy (a human/bat cross imprisoned in a government medical lab), a haunted toilet, and a UFO dug up in the desert. Gotta love it!

*An extensive online search failed to turn up any evidence that Dr. Aaron (or Arron) Blackburn ever existed or that such a study was ever done, in Lubbock or anywhere else.*

Golly gee willikers, Mabel, do you suppose the Weekly World News made it all up? *Nawwww! If it wasn't true they wouldn'ta printed it.*

The story has been blithely quoted as factual on countless square dance web sites and in countless club newsletters. And everybody quotes everybody else and nobody checks the source. Because, I think, in the end, we WANT it to be true.



# SQUARE DANCING ADDS 10 YEARS TO YOUR LIFE!

By MICHAEL K. TODD / Weekly World News  
**LUBBOCK, Texas — Square dancing can add 10 years to your life, a surprising new study reveals!**

"It's clear that square dancing is the perfect exercise," researcher Dr. Aaron Blackburn told reporters. "It combines all the positive aspects of intense physical activity with none of the negative elements."

The study was based on physical examinations which indicated that both female and male square dancers could expect to live well into their 80s. But people who get their exercise from more strenuous sports often were not expected to live more than 73 years.

Dr. Blackburn said square dancing is a low-impact activity requiring constant movement and quick direction changes that help keep the body in shape.

"The movement raises the heart rate like any good aerobic exercise should," Dr. Blackburn said. "And all the quick changes of direction loosen and tone up the muscles — but not so severely as to cause injury."

(Sports like basketball and football didn't do well in the study because they required participants to twist and turn their bodies too strenuously in directions they were never meant to go.)

"Square dancers suffer very few injuries but almost all basketball players get sprained ankles or twisted knees at some point in their careers," he said. "And anytime the body is injured it takes away from life expectancy."

Square dancing is also better than a sport like tennis that features a lot of quick starts and stops.

"And in square dancing, even when the dancers aren't moving, they're clapping their hands and tapping their feet," Dr. Blackburn said.

"Tennis players spend much more time standing around and then expend their energy in short bursts, which doesn't contribute to long-term fitness."

And perhaps most importantly, Dr. Blackburn noted that many square dancers continue dancing into their 70s and 80s.

"You don't see a lot of 80-year-old basketball players but that's just the age when square dancers are hitting their peak," he said.

**Toe-tapping tunes are the BEST WAY to stay young!**

Despite the number of people in a family, a mother's opinion still constitutes a majority.

"The *Weekly World News* was a largely fictional news [tabloid](#) published in the United States from 1979 to 2007, renowned for its outlandish cover stories often based on supernatural or paranormal themes and an approach to news that verged on the satirical."  
 --wikipedia.com



# USA WEST Helena, MT

July, 2015

Photos: Jim & Judy Taylor of ARTS and Tom Gray

Official attendance: 586.

Local instructors accounted for 14 of the Albertans present -- Alan & Carola Ellis, Spruce Grove; Jerry & Janice Jestin, Delburne; David & Claudia Littlefair, Strathmore; Tom & Dawn Gray, Leduc; Mary & Ron Milton, Strathmore; Patricia Mahoney & Wally Wychopen, Calgary; Larry & Joyce Warman, Strathmore (who, not feeling well, turned over some of his spots to Alan Ellis); Wendy Krueger, Abbotsford, also attended (the sole person from BC).



Comments from Tom & Dawn Gray:

- Excellent facility with plenty of room for all activities
- There were at least two squares of young people (under 25)
- The Pitchfork Fondue was neat
- Good exposure to a wider variety of callers and styles.
- Demos from various groups were excellent -- some top quality dancing!

I can tell you what I believe they could have improved.

- The floor of course was the biggest problem. [It shifted and had to be taken up.] I was told they thought they were to receive 3/4 inch and they actually received 3/8 inch.
- The sound was not the best because they had very old equipment and in this day and age there is no excuse for that.
- Scheduling the callers...seemed to be a problem...to let a caller only call singing calls all weekend tells me he or she should not be on the program....

Just my thoughts. Jerry Jestin

Comments from a young sound engineer about the sound equipment at USDA West: "It's old and it's crap. There's better equipment out there and they should be using it!"



Red Lion Hotel (photo by USA West)



Pitchfork Fondue Cook

Comments from Claudia Littlefair: *Something I appreciated was the "State Parade". We have our banner parade, but often people forget to bring their banners, and after the 10-min parade is over, there is no place to hang the banners anyways. It seems to be a lot of trouble for such a short period of time. I liked that everyone was given a pre-made sign to carry. Not as colorful, but includes all the clubs, regardless whether you brought your banner or not. Also, the signs could be posted/hung up after the parade is over. It would make a meaningful display.*

Right: waiting in line for fondue -Pat, Ron, Joyce, Dawn



## Colorado's High Country Dancers



Above: Dave Sullivan, muleskinner, at the afterparty

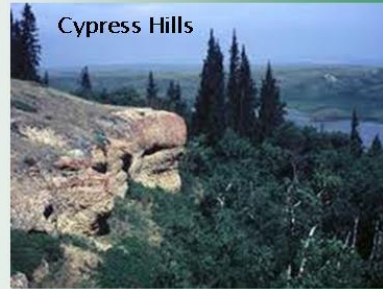
Above Right: Loading the pitchfork;

Right: River City Riders





Qu'Appelle Valley



Cypress Hills

# 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**



RCMP Training Depot & Museum



Saskatchewan Legislative Building



Mackenzie Art Gallery

**BARRY CLASPER  
TORONTO**



Barry lives in Toronto, Ontario with his wife Pam. They started dancing in 1973, just two weeks after the birth of their youngest son. Barry started calling in 1984 when a local C2 tape group asked for help with some things they couldn't find on teaching tapes. He figured if he was going to write material to help them, he might as well call it. Since then he has expanded in both directions and now calls from Basic through C4.

*Square & Round Dance Instructors  
Association of Alberta (SRDIAA)  
Presents*

## **2015 Alberta Autumn Dance With BARRY CLASPER**

**3 MAINSTREAM Dances!**

**\$10 – Same Ticket Good for All 3 Dances!**

**Pre-Rounds: 7:30 pm**

**Squares: 8-10 pm**

*QUICK REMINDER --*

*EDMONTON, Sept. 17, St. Edmund's Hall, 13120 - 116 Street*

*CALGARY, Sept. 18, Braeside Community Hall, 11024 Braeside Drive;*

*RED DEER, Sept. 19, Golden Circle Seniors Centre, 4620-47A Ave*

### **CONVENTION 2015 HIGHLIGHTS**

"I think it was a wonderful convention," said director Norman Demeule. "Everyone had a good time and we had no negative comment from anyone."

There were 248 registered with 36 walk-ins for a total of 284 dancers, coming from nine provinces. A total of 26 leaders lent their talents -- 21 from Alberta and five from out of Province (BC 3, SK 1, MN 1). The Trail in Dance (not officially part of Convention) had 191 in attendance, and the Friday Trail out Dance also had very good attendance (possibly equal to trail in)

The Silent Auction brought in \$1,170.00, all from donated items. A big thank you to dancers and others who contributed and purchased.

One thing that made this Alberta Convention unique was that it was held in conjunction with the Annual General Meeting of the Canadian Square and Round Dance Society. It was Society representatives that gave us the nine-province total (a couple from Newfoundland was ill and didn't make it, or all 10 would have been included)

The collection from the Sunday non-denominational service totalled \$523.31, which was given to Ronald McDonald House in Red Deer.

A great relaxed After Party on Sunday evening after the Closing Ceremonies featured free food and refreshments, and surprise entertainment from a group of yodeling "Old Ladies". Callers & Cuers were introduced to the crowd and received Appreciation Certifications, and thanks from everyone present. "A good time was had by all," concluded Norm Demeule.