

NEW SOUTH WALES



Let's Go Dancing

**SEPTEMBER
2018**

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Produced by: The Square & Round Dance Association of NSW



Committee for the 40th NSW State Convention

**ENQUIRIES
1800 643 277**



What's Happening

Welcome to this month's edition of Let's Go Dancing. It certainly has been busy starting with the 39th NSW State Convention at Tuncurry (pictures opposite) and ending with a combined square dance demonstration at Shannon's Classic Car day at Eastern Creek.

Sandra & Ron Potter and their committee should be congratulated on a friendly and enjoyable weekend. At the convention, Barry Wonson, chairman of ACF presented Silver Microphone Awards to Karen Fenton & Maree Huffadine for calling twenty-five years. Congratulations ladies! Brian Hotchkies also made a presentation to Julie Wright & Brian Chetwynd for completing his callers' school. We enjoyed delicious soup, great dancing, sizzling sausages and beautiful weather. What more could one ask for?

In this issue, there is an informative article by Betsy Gotta on page 15 about promoting square dancing. It was interesting at the demonstration at Eastern Creek to watch the number of spectators watching, taking videos and photographs as we had fun dancing. Did we gain any new dancers from this, possibly not but it puts square dancing in the public eye.

There are lots of pictures this issue and for those who are viewing the magazine online lots of colour. Find a comfortable chair, sit back and enjoy reading the September issue of Let's Go Dancing! Till next time.

Ros



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<https://www.facebook.com/NSWSquareDancing/>



NSW President's Report

Congratulations to Sandra, Ron & the committee of the 39th NSW State Convention on such a wonderful convention. Who could forget delicious home-made soup, great location and dancing.

The new promotional leaflets for SARDA have been printed. They were distributed to clubs who attended the 39th NSW State Convention. If you would like a bundle please contact the Secretary and we will get them to you.

Knee Deep Squares, Panther Squares and Mountain Devils participated in a square dance demonstration, with Chris Froggatt calling, at Shannon's Classic Car Day at Eastern Creek on Sunday 12th August. Chris did an excellent job calling as we moved from one location to the next. We had many interested onlookers videoing and taking photographs. Each club handed out the SARDA promotional leaflets with their own contact details attached.

Rosalind and I attended Brian Hotchkies' 30th birthday celebration for Dinosaur Dancers and presented Brian with a Certificate of Achievement and Lorraine with a bunch of flowers to commemorate the occasion.

Shirley and David Gibb's club Wandering Stars celebrated 40 years unfortunately I was unable to attend but I have heard they had a great night. There are photographs on the back page provided by Chris & Linda Froggatt.

Andy Lown has recently resigned from the position of caller/cuer registrar. Andy started calling in 1984 and started his first club in 1988. He was made a Life Member of the Callers' Association for his commitment to square dancing. After the amalgamation Andy stepped into the spot of caller/cuer registrar. He continues to develop his calling skills by attending callers' seminars and workshops. It is with regret that he has resigned from this position but we know he will continue to promote and enjoy square dancing.

Our AGM will be held on the 30th March 2019 at which time all positions will be vacant. There will also be some nominated positions available. Please consider how you can best help square dancing.

David

David Todd

President





CARPENTER & CO

Caller: Gary Carpenter

Great time for Carpenter & Co at the State Convention at Tuncurry. Two dressed sets, Gary, Wendy and Julie involved in the entertainment, an after party then hosting the post Convention BBQ. Seeing as how TAWS were running the Convention we'd offered to cook the sausages etc. What we hadn't considered till the shopping arrived was that there was 12kg of onions to slice. Rather than do it in the morning we had a little working bee in my cabin, a couple peeling, me on the slicer, someone precooking a couple of kilos. It was a bit of fun but the smell of onions didn't leave the cabin all night. The morning worked out well. I am again amazed at how well we jell and work together. Thank you to everyone that lent a hand. To top the morning off we had news that another addition to the Carpenter Clan had arrived. Owen John Parata born 04:17 @ 3.48kg. That's grandson No 5...

HILLBILLIES SQUARES Beecroft.

Callers Vickie and Steve

Kathy and Bill are in Darwin having completed the West Coast, when visiting Mataranka they even had their photo taken and put in the local paper. Graham and Doreen have been bush walking in Mongolia. Two weeks bush walking and two weeks sightseeing. Ron Reiman has been running the club whilst Vickie is in Scotland and he's doing a great job. Thanks to everyone for coming in on the freezing nights. Happy Birthday Peter and David.

KNEE DEEP SQUARES

Chris & Linda Froggatt

We've had a very busy time promoting square dancing over the past month. We were asked to do a demonstration at Eastern Creek for Shannon's Classic Cars. Over 2000 vintage and classic vehicles were on display including buses, fire trucks and many others. We invited Mountain Devil Squares and Panther Squares to join us and it turned out to be a wonderful day. Hopefully we have sewn the seed of interest for the many people who took brochures and enquired about square dancing in general. As in previous demonstrations we have done, all the onlookers were really rapt to see our square dance dresses and loved Chris's calling and the music we danced to. Special thanks to Wal-Lyn, Bob, Joan-Norm, Bethany-Les, Colin-Carmel, Trevor, Helen-Ralph, June, Chris, Lynda, Robert-Barbara, Jens-Renate, Ron-Maree, Ros-David, Daniele and Gloria.

Many of our members thoroughly enjoyed the State Convention at Tuncurry. Our thanks to all the TAWS members who made sure we had a thoroughly great dancing program

NORTHERN NSW SQUARE DANCE ASSOCIATION

Proud Hosts of The

2018 ARMIDALE NEW ENGLAND FESTIVAL

19th 20th 21st October

New England Girls School (NEGS)
Uralla Road, Armidale

SQUARES: **MATTHEW & MICHAEL MILLS**

ROUNDS: **ED COLEMAN**

Weekend Program

FRIDAY NIGHT: 7.30pm Rounds 8.00pm Squares
SATURDAY: 1.30pm Rounds 2.30pm Squares
4.30pm NNSWSDA Meeting
7.30pm Rounds 8.00pm Squares
SUNDAY: 10.00am Squares 12.00pm
12.00pm : Sausage Sizzle

REGISTRATION FORM

Weekend Ticket (Pre Paid by 30th Sept) @ \$40 \$

Weekend Ticket (After 30th Sept) @ \$45 \$

SESSION PRICES:

Friday Night @ \$15 \$

Saturday Night @ \$15 \$

Saturday Afternoon @ \$10 \$

Sunday Morning @ \$10 \$

Sunday Sausage Sizzle @ \$5 \$

TOTAL \$

NAME/S:

ADDRESS:

CLUB:

EMAIL: PHONE:

Cheques: Please make payable to NNSWSDA. Post to Frances (see below)

Direct Deposit: BSB: 728 728 - Acc. Name: Northern NSW S/Dance Assoc.

Acc. No: 22303396 - Please include Surname in Deposit.

Post or email rego form to Frances McAlister:—

53 Invercauld Road. Goonellabah 2480. Email : johnfran53@hotmail.com

Other enquiries to Wilma—02 6662 6647 or Email - wilmaflan@bigpond.com

Website: www.nnswsda.com

Facebook: www.facebook.com/nnswsda

Please Note: That whilst we do not refund any monies for cancellations we DO hold it over to be used at any of our future 3 weekend events. Phone Wilma for further info.

Club News

KNEE DEEP SQUARES Continued

and we had the best of dancing comfort, calling and then our free Aussie breakfast. It was greatly appreciated by all our members. We were especially proud of our three dressed sets and thanks to everyone who participated.

We've had quite a few members on the sick list of late and we wish them all a speedy recovery. Wishing Julianna a speedy recovery from her cataract surgery, and have a great trip to the Greek Isles. Welcome home travellers Marina, Terry.

We joined the Wandering Stars for their 40th Birthday dance. Thank you to David and all the Wandering Stars members who made it such a fun night and made us feel so welcome. We all thoroughly enjoyed the lovely supper and birthday cake. Our best wishes to Shirley for a speedy recovery. Happy birthday wishes Lance, Virginia, Marian, Anne, Faye G.

Wishing Katie and Alex a wonderful wedding and life together as husband and wife and many happy nights of square dancing together.

MOUNTAIN DEVILS

Caller: David Todd

Dancers from Mountain Devils, Knee Deep Squares and Panther Squares participated in a square dance demonstration at Shannon's Classic Car day recently. I'm sure the spectators enjoyed watching the dancers if the number of phones videoing and taking photographs were any indication. It was a great opportunity to promote square dancing. Dancers from Mountain Devils also visited Emmaus Nursing Home to entertain the clients and enable the more active to join us for a dance. Our beginners from our first intake are enjoying dancing on a Friday night while our second group on Monday have just started the learning journey.

PANTHER SQUARES

Caller: Maree Huffadine

Wonderful to see Gloria back on the dance floor after an elongated period of recuperation after surgery. Robyn had a lovely trip to Norfolk Island, wants to go back again SOON! Ron & Molly back from a successful journey to England and as you read this they're enjoying the wildflowers of Western Australia for a few weeks. Pam & Rob continue their 2 month trip to North Queensland. Panthers, together with Knee Deep Squares and Mountain Devils, entertained the crowds with their square dancing demonstration at the Shannon's Classic Car Day at Eastern Creek Motorsport complex recently. Thank you to all involved. Best wishes to Suzanne for a quick recovery after hip surgery. Birthday wishes this month to Ralph & Pam. See you on the dance floor!

Square and Round Dance Association of NSW Inc

supported by Newport Ocean Waves

Invites you

SARDA's Got Talent

Followed by

A Christmas Dance

Saturday 24th November 2018

Ted Blackwood Community Centre Hall

Cnr Jackson & Boondah Roads Warriewood



Log-In Instructions for SARDANSW Website

1. Go to www.sardansw.com
2. Go to 'members area' page.
3. Click on 'sign up.'
4. Add your details. Use the e-mail address you have given to SARDA as your username and use your membership number as the password.
5. Within a few minutes you will be automatically approved (if you're details are correct) and you will be then be able to log in whenever you wish.
6. For the moment, couples who share an e-mail address will both have to log in through one membership number. If you have separate e-mail addresses then you can log in individually.
7. If you have any difficulties send an e-mail to jadenfrigo@bigpond.com for assistance.



PELICAN PROMENADERS

Cuer: Anne Glazier/Julie Wright

All our Pelican Promenaders who made it to Tuncurry thoroughly enjoyed the convention! A huge thank you to the committee for a fantastic weekend. Thank you for allowing Wendy and myself to be part of the program, such a fantastic opportunity for both of us, as up and coming callers / cuers.

Now back to our regular dancing. With our 'Black Tie' night celebrating our 4th birthday, as a round dance club, at the end of August. Anne and Rob have decided to take a well deserved holiday for the first two weeks of September, but the dancing shall continue. Anne has asked me to continue running the club while she is absent. I'm looking forward to the challenge! "Put music to our troubles, and we'll dance them away"

RED BARONS

Caller: Barry Wonson

The Red Barons Wednesday A dance and Thursday night Mainstream/Plus clubs recently showed Barry Wonson their appreciation for his many years of calling in Sydney. It appeared that both clubs would have to close until a more affordable hall could be found. A wonderful night was enjoyed where many present and past members dressed in red, white and black, club colors to dance what was to be our last night, in our hall at Oatley. Speeches were made and Barry, The Red Baron, was presented with a plaque, some port and a card to express everyone's thanks.

After a brief recess the club has been fortunate enough to return in our new hall at East Hills Baptist Church. We are all very excited and look forward to dancing with Barry calling both nights. Pictures inside back cover of the magazine.

RIVERSIDE 8'S

Caller: Tony Bowring

Dancers back from a very successful NSW State Convention. Congratulations to TAWS for a very friendly weekend of dancing in Tuncurry. Looking forward to Berry next year. Learner recruitment under way with demonstrations at Probus evenings and the annual Byabarra fund raising function in the coming weeks.

Several NNSWSDA events coming up soon and dancers looking forward to these. Great to have some Victorian dancers all the way from Phillip Island, thank you Marg & Ray, always welcome and great to see you once again. The year has so far been successful with plenty of great dancing on a weekly basis. Hall is excellent for both sound and a great atmosphere. See you on the dance floor.

Solo Dancers



Tuncurry provided excellent facilities and beautiful weather for the 39th NSW State Square Dance Convention. Congratulations to all those who assisted Sandra and Ron in providing a very enjoyable weekend of dancing and entertainment. The Sunday Soup and Finger Food was a treat and apart from a few “sound” hiccups on the floor everything seemed to run smoothly. Thank you also to Carpenter and Co for organising the Monday morning brekky which was generously provided by SARDA. Looking forward now to 2019 in Berry. Jason and Leanne have provided great National Conventions with Teddy Bears and Jig-Saw Puzzles so it will be interesting to see how the farmyard will look – and what animals they will muster up in Berry.

A Solo Dress-set was organised for Tuncurry and special thanks go to those who participated – namely Antoinette, Alicia, Julie and Rosemary who were partnered by Max, Philip, Jesse and Brian. There were twelve dress-sets on the floor and they all looked superb. On the Friday night there was a Banner Parade and much appreciation goes to Ron who carried the Solo Banner.

It is hoped that every Solo dancer had a great time in Tuncurry. There appears to be more ladies dancing the left-hand position now, which is great, as they get more opportunity to dance and provide other ladies with a much needed partner. However, I hope men will continue to ask the ladies, who wear a sash, for a dance. It is very easy to assume the sash is a permanent fixture when, in fact, it can be removed quite easily. If a lady is wearing trousers, then that indicates they are happy to only dance the left-hand side. Some ladies, of course, will wear a skirt and only want to dance the left-hand position, so men don't be offended if you get a knock-back. There are still many more ladies waiting for your valued invitation.

Winter is leaving and Spring is coming. Hopefully some rain will come too. Please feel free to Email ejboyd@bigpond.com or phone 0409457342.

Eileen Boyd (Tamworth Cloverleaf Dancers)



WILLI-WHIRLERS & SUMMERLAND LARRIKINS

Caller: Wilma Flannery

Dancers from the Casino club travelled to Tuncurry for the State Convention. It was a great weekend and we all had a wonderful time. Our dancers are eagerly looking forward to our Woolgoolga weekend which will have been and gone by the time this goes to print. Very quiet for birthdays this month with only Rob Lannoy celebrating his birthday as well as a wedding anniversary with wife Jean. Everybody now looking forward to our Armidale weekend in October with Matthew and Michael Mills calling the squares and Ed Coleman cueing the rounds. All our thoughts and prayers are with Del who was recently diagnosed with breast cancer and will be starting treatment in the very near future. We wish her all the best.



BEHIND THE MIKE

Alannah Smith ACF Public Relations

The hot topic at the moment in the ACF is an ongoing discussion on what the ACF can do to encourage new callers. This topic has arisen in the past with some frequency, and these latest discussions on it have been lively and, as you can imagine, plenty of good ideas have arisen.

For example, given the expenses new callers experience in starting their craft-training, equipment, hall hire, promotion, insurance etc-most ACF members agree that providing some form of financial aid would be of most immediate benefit to a new caller. This could perhaps also include loan of equipment and/or music for new clubs.

Another major discussion point revolves around the idea of providing some sort of scholarship arrangement to newer callers to attend caller schools, ACF events, or the ACF caller conference, etc. Watch this space for further developments on this very interesting idea.

Many of our experienced callers have been talking of how valuable they found it was, as new callers, to join their state and national associations so they could develop networks to seek guidance from colleagues and discuss problems or issues that arose. So potentially, an idea to aid new callers could be to subsidise first-year membership for ACF and/or State Associations. Maybe even financial assistance to seek inspiration from overseas and study what is done to assist and encourage new callers in other countries. (Though don't get your passports out just yet!)

Continued page 14



Shannon's Classic Car Day at Eastern Creek.



NSW Lucky Membership Draw

Metro: 201302 N'port Ocean Waves
Country: 3584 B-Bar – H

Previous Winners

Max Hall Cloverleaf Dancers
Graeme Kirkwood Guys & Dolls
Winners please contact Barbara Doust on
(02) 9602 6377
or write to:
12 St Pauls Crescent, Liverpool NSW 2170

The Healthy Side Of Round Dancing



Round dancing is a perfect activity for improving physical, mental, emotional, social, and even artistic or creative health. We're not just fooling around. Continuing the article from last month.

Mental Health

Lately, we are hearing more and more that the very best form of exercise for the brain is dancing. It is the brain that coordinates the activity. Exercise increases blood flow to the brain so it can feed and breathe. Carla Morris recently wrote in *American Dancer* (Nov.–Dec., 2006):

A study printed in the 2003 *New England Journal of Medicine* involved observing 469 men and women who were at least 75 years old and were studied for an average of 5.1 years each. The researchers wanted to determine whether physical activity played a part in the onset of dementia, or if mental activity was an important factor.

They monitored cognitive activities such as reading, crossword puzzles, learning to play a musical instrument, as well as physical activities such as housework and different forms of exercise. The group found that overall those who were mentally active were 75 percent less likely to develop dementia. Though physical activity had less of an impact, the most effective activity was ballroom dancing, which lowered the risk by 76 percent...

Think of all that coordinated muscular activity, precise movements in specific sequences, finely meshed lead and follow, all this matched to one piece of music after another. Does this happen by itself? No, the brain and entire nervous system directs it in great waves of mental activity. How many different figures have we learned — and figure combinations, and dreaded modifications? Probably just as many as crossword puzzle clues or bridge hands. And we have to think fast. The cue comes, and we don't have the luxury of thinking it over and maybe looking it up in a manual. We have to process those hundreds of cues, one after the other. We coordinate with the music and at the same time with our partner. This is heavy-duty mental exercise.

Emotional Health

Round dancing is emotionally and psychologically healthy. Modern society is hectic. The details differ for each individual, and we occasionally find one or two people who seem to skip along the sidewalks of life with nothing but smiles and joy. But most of us encounter tense times. Our working life is frantic, meals are rushed, our homes are cluttered, our calendar is full. If any evidence is needed that these are widespread problems, just look at the best-selling books and big-circulation magazines that promise to simplify, unclutter, and help you find peace.

So, let's go dancing. The moment the music starts, cares melt away. At home, you might use the same music to carry you away from the troubles of the moment or as background for chores and other activities, but on the dance floor, there are no chores or deadlines. Instead, we are with agreeable companions, in a happy, relaxed environment. We get to move in graceful ways. Our minds are swept clean of all those fussy little dust bunnies that have built up during the week. A dance is a mini-vacation at a stream side resort spa.

Where life is a hectic web-work of activities and responsibilities pulling in all directions, dancing is a smooth, linear flow. Where life can hunch you over, pull you in, and cast your gaze to the ground, dancing expands your body, stretches you up, and directs your eyes up and out. Where life is full of surprises and unexpected demands, emergencies to cope with, and fires to put out, dancing is pleasant and predictable. We have danced this dance before; at least we have danced these figures before. As we enter the hall, we leave our daily stress, impatience, and anxieties outside. We become our secret alter egos (Fred Astaire? Ginger Rogers?) and immerse ourselves in the peace of the dance. Even a challenging dance takes us away from our troubles and leaves us refreshed.

Social Health

We are probably still thinking about forms of emotional health, but humans are social creatures. No one likes to feel lonely. To meet our social needs, we create all sorts of reasons and excuses to get together. We want friends, closer friends, regular contact, affirmation and encouragement. Surely dancing does these things better than most activities. Dancers are open, friendly, non-judgmental, and forgiving people. Conversation is not likely to be dominated by lectures, sermons, harangues, or grouses. It will be light and interesting, fun and optimistic. Dancing is playful and flirtatious. When you get together to play cards, you have that card table between you, but dancing can be quite intimate. Other games are competitive; dancing is cooperative.

Artistic Health

Finally, round dancing helps us to develop artistic or creative health. Dancing is an art form, but instead of paint and canvas, the dancers' medium is their own bodies. Dancers are not just walking around the room in time to the music. We are rising and falling, swaying and changing sway, opening our heads and bodies and closing them. We call them "picture figures" for a reason. We are continuously creating these ephemeral works of art as we progress through each dance.

Humans seem to have an inborn need to create. Certainly, we have been doing it ever since the time of those old cave paintings and probably before. So express yourself in your dance. Let your artistic side out a little. You might feel that it is not really your place to give way to artistic expression. You might fear that you would make a spectacle of yourself. But you won't. Look at dancers who look "good" to you. Is it because they know the figures or the routine better than others do, or is it because they are including some artistic expression?

Concluded next page

The Healthy Side Of Round Dancing

So, let's not take our round dancing for granted. It is wonderfully good for us. It strengthens and heals our physical, mental, emotional, social, and our artistic selves. And of course, it's fun, too.

This article was written by Harold & Meredith Sears and published in the Dixie Round Dance Council (DRDC) Newsletter, April, 2007. This article can be found at <http://www.rounddancing.net/dance/articles/healthy.html>



Behind the Mike continued

A nationally coordinated plan to recruit, train and enthuse both new callers and dancers has also been suggested. The ACF endeavours to support state associations to promote and encourage new callers and dancers also. After all, individual clubs and state associations are in the best position to know who their up-and-coming callers are, and what resources would best assist clubs to grow. This is a big issue, but from my own experience and observations, mentoring is one of the most valuable tools in our arsenal to encourage and support new callers. Seeking as many occasions as possible to pair newer callers with more experienced ones should provide a lot of opportunities to encourage newer callers to develop their skills. We all know that calling is about more than singing and hoedowns, new callers soon realise they also need to develop teaching skills, lots of tact, and a certain flair for entertaining, if they are to attract and retain their dancers. The nature of calling and running clubs has been through many changes over recent years, and this also fuels discussion in the ACF on how to spearhead ideas for encouraging and supporting new callers. Happy dancing – and calling!

Cheers,
Alannah

This article appeared in the August Review but did not make the deadline for this magazine.

Good Things about Square Dancing

Encouraging new dancers to join

This article is reprinted with permission from the newsletter 'Behind the Mike' collated by Barry Wonson. This is the keynote address delivered by Betsy at this year's Northern New Jersey Square Dance Association's (NNJSDA) D.R.E.A.M. (Dancers Recruiting Educating and Motivating) 2018 seminar. Roy's article will follow next month.

We are involved in a great activity – Square Dancing! We must be involved, or you would not be here listening to this speech and I would not be making the speech. Our question is how can we involve others?

Each of us needs to be an ambassador for our activity. Now some of you are becoming uncomfortable, thinking, "I am not good at talking to strangers," or "I am not good at selling things or convincing people to try things." I am not talking about knocking on doors like a religious group; I am talking about just being aware of opportunities to talk about our activities. We all have square dance T-shirts or polo shirts, but where do we wear them? Do we wear our square dance T-shirts to a dance event or do we wear them to a baseball game?

If we wear our square dance T-shirt to a ball game or a movie, we are publicising our activity, just by having a visible mention of square dancing. It also can help members of the public to understand that people who square dance are "regular" people, not a category.

One of the barriers to convincing people to try square dancing is their preconceptions about the activity. They know that:

1. We always dance to country music,
2. We have to wear those funny outfits, and
3. We are all from rural areas in the West or Midwest.

You and I know that square dancers are regular people who have held a variety of jobs, have different levels of education and enjoy other "normal" pastimes in addition to square dancing. Recently, clubs have relaxed dress codes and different callers use a variety of music. **The public however; has not yet modified their preconceptions.** For example, a few years ago, I was hired to call a beginner square dance party for a group of college students from overseas. Since I was working with younger people, I picked a variety of music, using some rock, some modern pop, some country etc. At the end of the dance, the group leader told me that for future bookings, I needed to use more country music to give the students a "real" square dance experience. He disregarded my explanations that real squares dancers dance to a variety of music.



Continued next page

Good Things about Square Dancing Continued

Encouraging new dancers to join



Some years ago, a member of an NNJSDA club wrote a human interest story about square dancing. He quoted square dancers about how much they enjoyed square dancing. Each quote included the dancers name, age and occupation. There was a good cross-section of dancers quoted. That fall several clubs in the Northern NJ area had more people come to classes to try the square dancing activity than in past years. I believe that the article changed the perceptions of square dancers from a bunch of like-minded blue collar people pretending to be hillbillies to a varied group of individuals enjoying a stimulating hobby. These new dancers found someone that seemed like them who square danced, so they

felt that they might enjoy square dancing.

We may not be able to change the public's perceptions about square dancing immediately, but we can try. When we talk about our activity we can emphasize how well square dancing meets many human needs.

The other night on the news there was a story about how many people today feel lonely and isolated even though they stay connected on social networks. Square dancing fills the need for face to face social connection. We need to meet together to enjoy the dancing.

This news story prompted me to check online for what people needed to have good health. One website listed the following basic human needs: Need to give and receive attention; Need to heed the mind/body connection; Need for purpose and goals; Need for community and making a contribution; Need for challenge and creativity; Need for a sense of intimacy; Need for a sense of control; and a Need for status. Let's consider how square dancing meets many of those needs.

Since dancers function on groups of 8, people can give and receive attention and feel like they have a sense of community. Since many clubs often donate to charity, the need to make a contribution is satisfied. Learning the calls involved in the programs can satisfy the need for purpose and goals. **Unfortunately, many dancers have attached status to what program/level they have achieved instead of how well they execute the calls.**

Square dancing also provides mild aerobic exercise – music plays at 124 to 126 beats per minute which means the dancers who walk with the beats can be walking 2.5 miles per hour. Have you checked your fit-bit before and after a dance? Those of us who dance on a regular basis are fitter than when we started due to the regular walking. New class members are often tired before the angels, because the new class members are not yet used to all of the walking that takes place during a dance.

Square dancing and the learning of calls provide mental stimulation and used the puzzle solving functions of the brain. One of the things that people find when they are square dancing is that they must concentrate and focus on the caller's commands. This means that for the length of the tip, the dancers can forget the other problems and concerns that are in their life. I do not mean to say that all tension is relieved, because many new dancers can stress about remembering the calls and how to do them. However, the regular tensions of their lives are forgotten for a while.



If you post on social media, do you mention how much fun you had at the square dance you attended last night? If you have non-square dancing Facebook friends, they will hear about your activity. Mention that the caller used music by Bruno Mars (if you know about such music) or the pirate –themed decorations and/or clothing worn by the dancers. Such a post may help change the stereotypic expectations of non-square dancing friends. At the very least, you are communicating to others about how you love this activity (and you didn't have to knock on a strangers' door).

Now, if you talk about all the information about square dancing that I have mentioned in this speech, you will either bore potential dancers to death or make them run screaming from the conversation.

The strategy is that if you happen to mention that you square dance and a person responds with mild interest, make one point about how square dancing fills a need in your life..... For dancers and callers in everyday life, make one point and if it generates interest, you will have time to introduce the activity and talk it up. Your passion will keep them interested and hopefully it may become theirs.

My point is that we need to let the general public know what square dancing is today and how much we enjoy the people and the activity. If nobody talks about square dancing, nobody will change their minds about trying square dancing.

Betsy Gotta April 2018



NSW Calendar

29th September	SARDA Betsy Gotta	Woonona-Bulli RSL
5-7th October	Hunter Valley Weekend	West Wallsend
19th-21st October	New England Dance Festival	Armidale
24th November	SARDA Christmas Dance	Warriewood

2019

30th March	Southside Rounds 30th Birthday Annual General Meeting SARDA Amateur Callers' Dance	Pennant Hills Pennant Hills
29th June	Dinner Dance Central Coast	Venue to be advised
9th-12th August	40th NSW State Convention	Berry
30th November	SARDA Dance	Venue to be advised

Internet Sites

SQUARE DANCE AUSTRALIA	https://squaredanceaustralia.org/
ARDA	http://www.rounddancing.org.au/index.html
ACF	http://www.aussiecallers.org.au/
ACT SQUARE DANCE SOCIETY	http://www.squaredancecanberra.org
SARDA NSW	https://www.sardansw.com/
NORTHERN NSW	https://www.facebook.com/NSWSquareDancing
QLD SQUARE DANCE SOCIETY	http://www.nnswsda.com/
SQUARE DANCE VICTORIA	https://www.squaredancingsocietyofqueensland.org
SA SQUARE DANCE SOCIETY	http://www.vsda.org.au/
TAWS	http://www.squaredancingsa.com/
NEW ZEALAND S & R	www.taws.info
CANADIAN S & R	http://www.nzsqaredance.webs.com
BRITISH SQUARE & ROUND DANCING	http://www.squaredance.ca
EUROPEAN WEB SITES	www.ukquaredancing.com
TRAVELLING IN EUROPE	http://eaasdc.de
JAPAN SQUARE DANCE ASSOCIATION	http://www.benzcenter.de/RouteSDC/locations.html
CALLERLAB WEBSITE	http://www.callerlab.org
SQUARE DANCE CHOREOGRAPHY PROGRAM	http://www.callarama.com
<u>A Great Website For Dancers To Use Between Classes</u>	
http://www.tamtwirlers.org/tamination/info/index.html	

The European Square Dance Convention



Along with twenty-three other Australians from all states of our beautiful country, I danced at the 10th European Square Dance Convention in Amsterdam. There were 2,164 dancers in attendance, from twenty-one different countries. There were dance halls for the following levels - Mainstream, Basic, Plus, A1, C1, C2, Round Dancing and another hall in a building 600 metres distant for combined A1 & A2.

The main hall danced Plus most of the Convention except for the Trail-in dance and final two hours on Sunday. I danced here for the majority of the time but was brave enough to go into the A1 hall once.

The standard of calling was amazing. The standard of friendship also was amazing. There seems to be no barrier between dancers from other countries. As I've explored Amsterdam this week, I've come across other dancers and been surprised to be remembered.

The next European Convention is to be held in Sigtuna, Stockholm in July 2020. It would be great to gather some of our dancers and go together.

By Anne Mathas.

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NSW CLUB DIARY THURSDAY

- CARPENTER & CO** Caller: Gary Carpenter 0429 827 793
9 Anzac Road Tuggerah NSW 2259
Weekly 7pm Basic & Mainstream
- JUST BLISS** Caller: James Brooks 0408 110 995
Eastlakes Public School. 7 Florence Avenue Eastlakes NSW 2018
Weekly 7pm Mainstream
- NORTHERN WAVES** Caller: Frances McAlister 0407 663 017
Lismore Heights Sports Recreation & Community Centre 181 High Street Lismore 2480
Weekly 4.30pm Basic, Mainstream & Plus
- THE RED BARONS** Caller: Barry Wonson 02 4229 4059
East Hills Baptist Church Cnr. Forrest Road &, Lehn Rd, East Hills 2213
Weekly 7.30pm Mainstream & Plus
- SUSSEX/SHOALHAVEN** Caller: Jan Johnson 02 4443 4436
Wandandian Progress Hall Princes Hwy Wandandian NSW 2540
Weekly 7pm Rounds & Squares-Basic, Mainstream & Plus

NSW CLUB DIARY FRIDAY

- KNEE DEEP SQUARES** Caller: Chris Froggatt 0421 133 518
Jannali Community Hall Cnr Jannali Avenue & Mary Street Jannali NSW 2226
Weekly 7.30pm Basic & Mainstream
- MOUNTAIN DEVILS** Caller: David Todd 0411 888 515
Blaxland East Public School 53 Old Bathurst Road Blaxland East NSW 2774
Weekly 7pm Mainstream & Plus
- SAINTLY DEVILS** Caller: Margaret Piper 0402 227 966
Drummond School Hall Cnr Rusden & Niagara Streets Armidale NSW 2350
Weekly Rounds 7pm Squares 7.30pm Basic, Mainstream & Plus
- SUMMERLAND LARRIKINS** Caller: Wilma Flannery 02 6662 6647
Alstonville Uniting Church Hall 60 Main Street Alstonville NSW 2477
Weekly 7.30pm Mainstream & Plus
- WESLEY SENIORS** Contact: Margaret McAlpine 02 9389 3191
220 Pitt Street, Sydney NSW 2000
Weekly 10am-12noon Plus

NSW CLUB DIARY SATURDAY

- CLASSIFIED A** Caller: Brian Hotchkies Lynn Ed 0429900454
 Berowra Uniting Church 4/6 Alan Rd, Berowra Heights NSW 2082
 3rd Saturday 8pm A1 & A2
- DINOSAUR DANCERS** Caller: Brian Hotchkies 02 4392 0336
 Gosford 50+ Leisure & Learning Ctre Hall 217 Albany Street Nth, Gosford NSW 2250
 1st Saturday 8pm Plus
- TUMBI COUNTRY** Caller: Brian Hotchkies 02 4392 0336
 Gosford 50+ Leisure & Learning Ctre Hall 217 Albany Street Nth, Gosford NSW 2250
 2nd Saturday 8pm Mainstream (& a little Plus)

NSW CLUB DIARY SUNDAY

- SUNSET ROUNDS** Cuer: Dorothy Ranger 02 9522 7307
 Sylvania Heights Public School 33 Lisbon Street Sylvania Heights NSW 2224
 Weekly 4pm Easy/Intermediate Rounds



NSW METROPOLITAN CLOGGING

- | | | | | |
|-------------------------|-------------|-------------------------|-----------------|-------------------|
| THURSDAY | WEST PYMBLE | Hillbillies Cloggers | Vickie Dean | 9979 5736 |
| FRIDAY | HURSTVILLE | Hillbillies Southsiders | Vickie Dean | 979 5736 |
| SATURDAY Morning | GUILDFORD | Strictly Cloggers | Jason Nicholson | Colleen 9727 3483 |

Footnote: Clubs dance in the evenings except where an earlier time is shown. Visitors are advised to telephone clubs to confirm details.

Advertising Rates

Advertising in the printed copy of Let's Go Dancing charges are as listed below:

	1 issue	2 issues	3 issues	4 issues
Full page	\$55	\$104	\$144	\$180
Half page	\$32	\$60	\$86	\$109
1/3 page	\$21	\$40	\$57	\$71
1/4 page	\$16	\$30	\$42	\$50

Advertising in the electronic copy of the National Review **only** is \$10 for a full page and \$5 for a half page for square dance events and \$20 a page for business advertisers.

If you wish your advertisement to be included in both the electronic and printed Review a full page would be \$65 and a half page would be \$37 for square dance events.



SQUARE DANCING AUSTRALIA HOMEPAGE

URL: <http://www.squaredance.org.au>

E-mail: admin@squaredance.org.au or

Info Line 1800 643 277 Free Call from Mobiles & Landlines

EMERGENCY CALL FOR MEDICAL AID



- 1 When a dancer goes down, a second dancer attends him/her.
- 2 Remaining couples join hands and take a step backward. This will allow the injured person and attendant air and room.
- 3 Raise joined hands as high as possible in the form of an arched circle.
- 4 On seeing this signal, the caller or hall monitor will immediately place an Emergency Call for Medical Aid.

REMINDER

The electronic copy of the Australian Square Dance Review is available **FREE** **if you wish to be notified when it is available go to** <https://www.squaredanceaustralia.org/nat-soc/publications/review/subscribe/> . Available February, May, August and November

DISCLAIMER

The opinions expressed in Let's Go Dancing are those of individual contributors and may not necessarily agree with the opinions of the editor or of SARDA NSW, nor are we responsible for any goods advertised for sale.



Red Barons Square
Dance Club





Wandering Stars celebrating 40 years
with David & Shirley Gibbs

Dinosaur Dancers celebrating 30 years
with Brian & Lorraine

