Chase the Fun 2016
Friday, June 17th to 19th
Chase Community Hall
Back for a Return Engagement

Weekend Pass $35.
if registered by May 15th
Catered Dinner $20.
Dry Camping $5. per night

Please send Cheque (Canadian funds)
Made payable to: Thompson-Shuswap Square & Round Dance Assoc.
c/o George & Nancy Alison, 3533 Eagle Bay Rd. Blind Bay, BC V0E 1H1
or register online at www.chasethefun.com
For further info: 250-675-5375 or gnalison@telus.net
www.chasethefun.com

Thompson-Shuswap Square & Round Dance Association

Schedule

Friday: Trail in Dance
Panel of Callers & Cues
Pre-rounds 7:30 to 8 pm - Mainstream 8 to 10:00 PM

Saturday:
Round Dancing - Phase II to IV 9:30 to 11:30 AM
Mainstream Workshop - 1:00 to 2:00 PM
Plus Dance - 2:30 to 4:30 PM
Catered Supper 6 PM
Pre-rounds 7:30 to 8:00 - Mainstream 8:00 to 10:00 PM

Sunday: Trail Out Dance
Rotary Pancake Breakfast
Panel of Callers & Cues - 9:00 to 11:00 AM

Cuer
Martann Sanford
Caller
Steve Edlund
Cuer
Sandy Meyer
## Registration Form

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Dry Camping Space Requested □ Yes □ No

*Weekend Pass (includes all dances) $35 before May 16; $40 after that date
**Dinner tickets must be purchased by June 10, 2016 - New Menu!

Dry camping is $5 per night - paid when you arrive. It is preferable that you arrive after 2 pm on Friday.

---

**REGISTRATION**

Please send Cheque (Canadian Funds) payable to Thompson-Shuswap Square & Round Dance Association
c/o George & Nancy Alison
3533 Eagle Bay Rd, Blind Bay, V0E 1H1

For further info: gnalison@telus.net
250-675-5375

www.chasethefun.com
# VALENTINE 2016
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**ISSN 2292-213X**
THOMPSON-SHUSWAP
SQUARE & ROUND DANCE ASSOCIATION
EXECUTIVE MEMBERS

President: BILL WOOD, Salmon Arm
  (250) 833-9227
  wijlwood@gmail.com
Past President: PAULA WEIR, Salmon Arm
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  paulaweir37@gmail.com
1st Vice President: GEORGE ALISON, Eagle Bay
  (250) 675-5375
  gnalison@telus.net
2nd Vice President: MERV MEYER, Kamloops
  (250) 376-5636
  meyerdance@telus.net
Secretary: MARIANN SANFORD, Blind Bay
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  mbsanford@telus.net
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  bmurrell@shaw.ca
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  gnalison@telus.net
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  wewinter67@telus.net
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  oinkers18@yahoo.ca
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  paulaweir37@gmail.com
Awards Chair: ALLEN & LEXIE EBL, Salmon Arm
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  allex@telus.net
Webmaster Region 9: JEAN WOOD, Salmon Arm
  (250) 833-9227
  region9webmaster@gmail.com
Year Dangles: LINDA PARKER
Four Score and More badges: LINDA PARKER
Dance Convenor: BERYL MURRELL
Meeting Convenor: WERNER MATHYS

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ALLEN & LEXIE EBL, Salmon Arm
Alternate Federation Delegates:
MERV & SANDY MEYER, Kamloops
GEORGE & NANCY ALISON, Eagle Bay

OKANAGAN
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  (250) 498-0773
  wh_morey@telus.net
Vice President: Bob Byrne, Vernon
  (250) 549-4318
Secretary: CARLA GYLE, Westsyde
  (778) 754-2280
  cgyle@shaw.ca
Treasurer: LYNDA COLAUTTI, Kelowna
  (250)768-3855
  got2bcloggin@telus.net
Publicity & Region 3 Webmaster: DIANE TUCKER, Oliver
  (250) 497-6970
  dmtucker@shaw.ca

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BRIAN ELMER, Westsyde
ROSALYN GARNETT, Westsyde
BETH MCGIFFORD, Penticton
Alternate Federation Delegates:
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BOB CARLGREN, Westsyde

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GRACE BYRNE, Alternate
PAULA WEIR, Delegate
Got 2 B Cloggin
LYNDA COLAUTTI, Representative
Okanagan Cloggin
BARB BIZOVIE, Representative
Penticton Squares
BETH MCGIFFORD, Delegate
DIANE TUCKER, Delegate
Rythym Rounes
PETER & STELLA TENANT, Representatives
Star Country Squares
YVONNE & LEN LEDUC, Delegate
Westsyde Squares
BRIAN ELMER, Delegate
LYNDA BJALEK, Delegate
GERRY McMULLEN, Alternate
TINA TAYLOR, Alternate
Westsyde Youth
BRIAN ELMER, Representative
WELL ROUNDED SQUARE
SUBMISSION GUIDELINES

Submitted material does not reflect the views or opinions of the editorial staff of the Well Rounded Square.

DEADLINES FOR ADS & ARTICLES
October issue: September 1, 2015
November issue: October 1, 2015
December/January issue: November 1, 2015
February Issue: January 2, 2015
March issue: February 1, 2015
April issue: March 1, 2015
May - September issue: April 1, 2015
Ads that require artwork must be submitted 2 weeks prior to deadlines

Acceptable formats for the digital submission of written items are doc, pdf, pub, xdoc, rtf, txt, and all graphic formats in a recommended resolution of 300 dpi. Please attach it to or include it in the body of an email sent to: submissions@wellroundedsquare.com

CLUB NEWS
Each club, within the Thompson-Shuswap and the Okanagan Square and Round Dance Associations, is entitled of up to one page of information per issue. This does not include full-page posters. Please submit club news to clubs@wellroundedsquare.com by the above deadlines.

ARTICLES
Newsworthy articles pertaining to all forms of dance, as well as general interest to dancers, are printed free of charge. Please remember that we are here to promote these forms of dance no matter what or where it may be. Although the editors reserve the right to refuse or edit articles, the author is solely responsible for the content, including necessary permissions.

LETTERS TO THE EDITORS
The editorial staff will show no bias and will remain neutral towards all letters submitted. However, we reserve the right to refuse to print any letter which we deem to be slanderous or intentionally hurtful to another individual(s). Please try to limit your letters to 500 words or less.

Thompson-Shuswap
Square & Round Dance
Association Dances

Chase Community Hall
547 Shuswap Ave., Chase BC
Panel Of Callers & Cuers
February 21 Valentines Dance
MC: Mariann Sanford
March 20 St Patrick’s Day Dance
MC: Sandy Meyer
April 17 AGM (11:30 AM)
& Freshman’s Frolic
MC: Merv Meyer
12 noon to 1:30 pm Regional Meeting
(except February 21st)
Dancing starts at 2 pm
Rounds Between Tips
Please Bring Finger Food to Share

HELP WANTED
The 2016 “Chase the Fun” Weekend is looking for volunteers.

Due to volunteers like you, the 2015 weekend was a fun time for all.

If you would like to volunteer for “Chase the Fun” on the weekend of June 17th - 19th, 2016 please contact Chairperson, Jean Wood at jwood@wellroundedsquare.com 250-833-9227 or Secretary, Liz Ellis at lizgellis@yahoo.ca
On behalf of the executive of the BC Square and Round Dance Federation I would like to wish you a Happy New Year with lots of dancing, fun and good health. I hope you have done your promotion for January new dancer classes and hope that you get an enthusiastic response.

The board of directors meeting will be held on Saturday April 2, 2016 at the ASAA Hall, 33889 Essendene Avenue, Abbotsford. Please ensure that there are four delegates ready to represent you and your Region and that our Secretary, Wendy Krueger has been advised who your regional delegates are. (wkrueger@shaw.ca)

A big thank you to members, clubs and associations who submitted their Federation and Society dues on time. As of the deadline we have 68 clubs, 1863 dancers and 95 leaders registered. This does not include pre-teen, teen and wheelchair dancers registered.

Region 2 is planning to host a Provincial Festival on July 6 to 8, 2017 at Cloverdale (Surrey) BC. The website will be up and running early in the New Year and registration forms available.

Please check it out, register early, and promote it everywhere you go!

http://www.bcfestival2017.squaredance.bc.ca/

Ken (and Sally) Crisp, President BCS&RDF,
1459 Claudia Place
Port Coquitlam, BC, V3C 2V5
604 941 6392
kcrisp@telus.net
Happy New Year to all of you and hope you had a good break over the holidays and that you are just chomping at the bit to get back into square dancing!

Today is our 3/4 dance and I hope we get some new dancers - we have extended an invitation to the new dancer class in Vernon as well as our own new dancers in Region 9. We are still in critical need of new dancers and again I ask what can we do?

My personal opinion is that we must offer a shortened version such as the West Coast 10 week program that is meeting with much success in Kamloops and in the Lower Mainland and Vancouver Island. Another option is the Caller-lab 12 week program which is also meeting with much success. We as a Region should request this program and at least take a look at it. What do the rest of you think?

Some Dances to look forward to over the next couple of months - please make plans to visit one of these or all of these dances in Regions 3 and 9. We must support our fellow clubs and in turn they will help support your club.

Some of the dances in Region 9 include:
- Saturday, February 13th: Kamloops Square Dancers Sweetheart Swing featuring Gary Winter as Caller and Cuer.
- Sunday, February 21st: Region 9's Valentines Dance in Chase.
- Sunday, March 20th: Region 9’s St. Patrick’s Day Dance in Chase
- Easter Monday, March 28th: In Sorrento, the Ta'Lana Twirlers host the 33rd Annual Bunny Hop featuring Murray Few as Caller and Cuer.
- Sunday April 17th: Region 9’s Freshman’s Frolic
- Saturday May 7th: Mayfest 2016 featuring Steve Edlund and Mariann Sanford

As you all know ours is a volunteer activity and what seems to be happening is that we get the same volunteers doing everything over and over again. Please remember in order to move square dancing forward we all have to do our share, avoid club politics, treat everyone with courtesy and respect and most of all have FUN!!

Happy Dancing and see you in a square, somewhere.

Bill Wood,
President, T-SS&RDA
Here’s wishing everyone a Happy New Year and a Great Dancing Year

Following the December meeting of the OSRDA we held a novice callers mike time. The participants were Bob Byrne and Brian Elmer, both of them did great and we dancers had a great time.

The next OSRDA meeting is on February 07th. at 12 pm in the Seniors Centre at West Kelowna. The meeting will once again be followed by a caller mike time. Everyone is welcome.

The next OSRDA sponsored event is a Round Dance Workshop on Saturday 20th. and 27th. of February. The plan is for upper level 3 and basic 4 moves that dancers are rusty on. The 20th. will cover Waltz and Foxtrot, the 27th. Rhumba and Cha.

The event will be held at the West Kelowna Sr. Centre from 2-4 pm. Cost is $7 per person. Cuers are Peter & Stella Tennant. Following the workshop on the 27th. there will be a Round Dance to put to use the moves that were featured at the workshops. Dance time is 7-9 pm. Cost $7 per person. Come out and enjoy.

Remember to mark your calendar for the above events plus March 12th. for Spring Fling and May 14th. for season close dance. More details later.

See you on the floor.

Bill Morey.
President OSRDA.
FROM THE EDITOR'S DESK - FEBRUARY 2016

Happy New Year to all of you - our loyal readers. We hope you have had a good Christmas and may the New Year be good to you!

We certainly had a good and happy holiday season with visits from family. It's always good to see them but it is also exhausting so it's also nice to see them go!

February is Valentine's month so, of course, this issue has lots and lots of hearts. This issue has an anonymous, but very "Heartfelt" poem that we are sure you will enjoy.

This issue also features February Dance posters that for obvious reasons have a Valentine's theme. These include Kamloops Square Dancers Sweetheart Swing featuring Gary Winter as Caller and Cuer on Saturday February 13. On Sunday February 21 is Region 9's Valentines Dance in Chase.

Also in this issue are notices for a couple of April dances - The Gold Classic Dancers host their 17th Annual Buttercup Ball in Chase on April 2nd. The Westsyde Squares Party night is Saturday April 9th with Steve Edlund and Sandy Meyer. On April 28th, in Sorrento, the Ta'Lana Twirlers host the 33rd Annual Bunny Hop featuring Murray Few as Caller and Cuer.

There's more to come in the months ahead!

In this issue you'll find article about volunteers and volunteering. As you all know ours is mostly a volunteer activity and what seems to be happening is that we get the same volunteers doing everything over and over again. Please remember in order to move square dancing forward we all have to do our share.

Happy Reading.

Valentine's
not just for birds and bees
And young lovers holding hands,
But dancers like us
with creaky knees
Who swing through
right and left
grands.
Continued on
page 17
Chicago Round Dance Club
1455 S. Austin St.
Chicago, IL 60616
773-378-4311
chicagogroundedsquarechicago.com

For more information, please contact
Pat DM

Salmon Arm Round Dance Club
Salmon Arm
Round Dance Sampler
The Library
Downtown Activity Centre
451 Shuswap St S
Monday Nights 7 - 9 pm
Cuer: Jim Ellis
For more information, please contact
Jim Ellis (250) 832-4233
jellis47@shaw.ca

Salmon Arm Squares
Salmon Arm
Mainstream
Fifth Avenue Seniors’ Activity Centre
170 5th Avenue, SW
Wednesday Evenings
Mainstream 7 - 9 pm
Round Dance - Last Wednesday of the month
Caller: Donelle Dreaper
salmonarmsquares.squaredance.bc.ca
For more information please contact
Bernie Onderwater (250) 835-8205
bernond@live.ca

Ta'lana Twirlers
Blind Bay
New Dancer * Mainstream * Round Dance
Blind Bay Community Hall
2510 Blind Bay Road
Thursday Nights starting at 6:30 pm
Caller: Peter Weel & Leora Lane
Cuer: Mariann Sanford
talanatwirlers.squaredance.bc.ca
For more information, please contact
George & Nancy Alison: (250) 675-5375
Email: gnalison@telus.net

For more information, please contact
Bernie Onderwater (250) 835-8205
bernond@live.ca

The Well Rounded Square
February 2016

12
Thompson Valley Stars
Kamloops & Chase
West Coast * Mainstream * Plus * Round
New Dancer Lessons

Kamloops
Desert Gardens Community Centre
540 Seymour Street
Thursday Nights 7 - 10 pm
Westcoast New Dancer 7 - 8:30 pm
Mainstream 8:30 - 10 pm

Meyer Dance Studio
Review & Dance Plus
Tuesdays 7 - 9:30 pm
Phase 2 waltz & 2 step lessons
Wednesday - 7 - 9:30 pm

Chase - Plus
Chase Community Hall
547 Shuswap Avenue
Friday Afternoons 1:30 - 4 pm
Caller: Merv Meyer
Cuer: Sandy Meyer
Web: thompsonvalleystars.squaredance.bc.ca
For more in formation, please contact
Merv & Sandy Meyer (250) 376-5636
meyerdance@telus.net

Enderby River Dancers
Enderby
Mainstream * Rounds
Enderby Senior’s Centre
1101 Highway 97A
Across from the red basket
Friday Evenings 7 - 9:30 pm
Caller/Cuer: Alan & Laura Peterson
www.riverdancers.squaredance.bc.ca
For more information please contact
Robert and Grace Byrne (250) 549-4318
EnderbyRiverDancers@yahoo.com

Got 2 B Cloggin
Kelowna & West Kelowna
Clogging - Beginner * Easy * Intermediate
Advanced
Kelowna
Okanagan Boys & Girls Club
1434 Graham Road
Monday Evenings starting at 6 pm
West Kelowna
Westsyde Seniors’ Centre
3361 Old Okanagan Hwy
Saturday Mornings - Advanced - 9 - 11 am
Okanagan Boys & Girls Club
2829 Inverness Road
Wednesday Evenings, starting at 6 pm
Instructor: Lynda Colautti, CCI
For more information, please contact
Lynda Colautti
(250) 768-3855 or (250) 718-3088
got2bcloggin@telus.net

Okanagan Cloggin’
West Kelowna
Clogging - Beginner * Easy * Intermediate
Monday Evenings starting at 6 pm
Instructor: Barbara Bizovie
www.okanagancloggin.com
For more information, please contact:
Barbara Bizovie: (250) 768-8557
Okanagancloggin@hotmail.com

Nelson’s Tuesday Morning Plus
Vernon
Plus
Schubert Centre
3505 30th Ave.
Tuesday Mornings 9 to 11:30 am
Caller: Nelson & Kadie Reeme
For more information, please contact
Nelson or Kadie (250) 545-2259
nelsonkadiereeme@shaw.ca

PLEASE CHECK THE ACCURACY OF YOUR CLUB INFORMATION AND/OR EXECUTIVE INFORMATION FOR REGIONS AND THE BC FEDERATION.
I have been receiving conflicting updates. Thanks
R & R Rounders

Penticton
Rounds for New Dancers * Phase II & III

Seniors Drop In Centre
2965 South Main St.
Sunday afternoons starting at 1 pm
Cuer: Regine Anderson
rounders.squaredance.bc.ca
For more information please contact Regine Anderson: (250) 493-4248 reanderson@shaw.ca
250-493-0261

Lawn Bowling Club
260 Brunswick St.
Tuesday Nights starting at 6:30 pm
Caller: Ralph Halsall
Cuer: Regine Anderson
penticton.squaredance.bc.ca
For more in formation, please contact Judy and Flemming Ekelund pentictonsquares@shaw.ca

Penticton Squares
Penticton
Mainstream * Plus * Round
New Dancer Lessons

Star Country Squares
Vernon
Mainstream * Rounds
Knox Presbyterian Church
3701 32nd Ave.
Wednesday Nights 7 - 9 pm
Caller: Nelson & Kadie Reeme
Cuer: Allan Peterson
starc.squaredance.bc.ca/
For more information, please contact Mike Leach
Email: mikeleach123@gmail.com

New Dancer Class
Helina Seniors Centre
3310 37th Ave.
Thursday Nights 7 - 9 pm
Caller/Instructor – Allan Peterson
For more information, please contact Darlene Poetker (778) 475-1889
Email: dfordar@gmail.com
250-493-0261

Westsyde Squares
West Kelowna
Mainstream * Rounds
Westbank United Church Hall
3672 Brown Rd.
Wednesday Nights
New Dancer 6 - 7:30 pm
Mainstream 7:30 - 9:45 pm
2 Rounds between tips
Caller: Dustin McGifford
Cuer: Regine Anderson
westsyde.squaredance.bc.ca
For more in formation, please contact Lynda Bjalek (250) 763-0084 lyndabaj@shaw.ca or Ron McMullen (250)769-5446 ron_mcmullen@telus.net

Rhythm Rounds
Vernon
Round Dance Phase II, II+ & III+ & IV
Teaching/Reviewing Intermediate Figures
Sundays 2 - 4 pm * Tuesdays 1 - 3 pm
5484 25th Ave. (Big Chief Hall)
For more information, please contact.
Cuer/Teachers: Peter and Stella Tennant
(250) 542-3568 pstennant@shaw.ca

Pentagon Rounds
Penticton

Rhythm Rounds
Vernon
Round Dance Phase II, II+ & III+ & IV
Teaching/Reviewing Intermediate Figures
Sundays 2 - 4 pm * Tuesdays 1 - 3 pm
5484 25th Ave. (Big Chief Hall)
For more information, please contact.
Cuer/Teachers: Peter and Stella Tennant
(250) 542-3568 pstennant@shaw.ca

R & R Rounders
Penticton
Rounds for New Dancers * Phase II & III

Seniors Drop In Centre
2965 South Main St.
Sunday afternoons starting at 1 pm
Cuer: Regine Anderson
rounders.squaredance.bc.ca
For more information please contact Regine Anderson: (250) 493-4248 reanderson@shaw.ca
250-493-0261

Lawn Bowling Club
260 Brunswick St.
Tuesday Nights starting at 6:30 pm
Caller: Ralph Halsall
Cuer: Regine Anderson
penticton.squaredance.bc.ca
For more in formation, please contact Judy and Flemming Ekelund pentictonsquares@shaw.ca

Penticton Squares
Penticton
Mainstream * Plus * Round
New Dancer Lessons

Star Country Squares
Vernon
Mainstream * Rounds
Knox Presbyterian Church
3701 32nd Ave.
Wednesday Nights 7 - 9 pm
Caller: Nelson & Kadie Reeme
Cuer: Allan Peterson
starc.squaredance.bc.ca/
For more information, please contact Mike Leach
Email: mikeleach123@gmail.com

New Dancer Class
Helina Seniors Centre
3310 37th Ave.
Thursday Nights 7 - 9 pm
Caller/Instructor – Allan Peterson
For more information, please contact Darlene Poetker (778) 475-1889
Email: dfordar@gmail.com
250-493-0261

Westsyde Squares
West Kelowna
Mainstream * Rounds
Westbank United Church Hall
3672 Brown Rd.
Wednesday Nights
New Dancer 6 - 7:30 pm
Mainstream 7:30 - 9:45 pm
2 Rounds between tips
 Caller: Dustin McGifford
Cuer: Regine Anderson
westsyde.squaredance.bc.ca
For more in formation, please contact Lynda Bjalek (250) 763-0084 lyndabaj@shaw.ca or Ron McMullen (250)769-5446 ron_mcmullen@telus.net

Westsyde Youth Team Dance Club
Kelowna, West Kelowna, Peachland
Team Dancing
Tuesday Nights
www.westsidewayouth.squaredance.bc.ca
For more in formation, please contact Brian and Rosalyn (250) 768-2694 teamdancing@hotmail.com
Thompson Shuswap
Square & Round Dance Association

No Meeting

Valentine Dance

2:00 to 4:30 , Sunday, February 21, 2016

Chase Community Hall
547 Shuswap Ave., Chase, BC

Admission $5.

New Dancer Level with Rounds

MC: Mariann Sanford

Please bring finger food to share.
Remember - keep our dances Scent-free
ON BECOMING A CALLER
By Jean Wood

The hardest part about learning to call; my awful stage fright!

Last Spring, the Okanagan Square & Round Dance Association (OSRDA) sponsored a caller's workshop and I decided to attend to see if I felt that I would be able to call. I was going in cold as I had never attempted to call, nor had I ever sung in public.

Doug Davis of Colbert, Washington was a wealth of information and I quite enjoyed the day. The only problem that I found was the "mic time". As soon as I heard that phrase, I was in full panic mode. I was heading out the door when I was cut off at the pass by Grace Byrne. I eventually settled down and returned to do my part. Did I say I have horrible stage fright?

Once again, last spring, the OSRDA hosted another caller workshop. This time, Gary Winter of Edmonton, Alberta was our instructor. I absorbed even more information. I had even decided to get it over with and was the first to the microphone. I didn't give myself time to run and hide. Did I say I have ghastly stage fright?

In July I, along with my husband Bill, attended caller school in Wetaskiwin, Alberta with Lorne & Barb Smith (Calgary, Alberta) and Tim Marriner (Rock Hill, South Carolina). That time I could say that I learned a lot about calling but I think it all dribbled out my ears as we drove home to Salmon Arm. I have gone over that manual repeatedly and it still doesn't want to stick in my head. I've heard that eventually it will click.

Part of the program was, of course, "mic time". When we first started the course, Tim Marriner advised us that the microphone was kryptonite to some people. Heck, with me, it was the whole planet of Krypton. I could practice and get the singing call down pat but as soon as I stepped onto that stage, I forgot everything that I had learned and had practiced. I couldn't find the beat to preserve my dignity nor the tune to dance me away from that microphone. Needless to say, I goofed up my singing call. Did I say I have really, really bad stage fright?

Callers in the Okanagan and Thompson-Shuswap have allowed me to have time serenading the microphone. Unfortunately, I'm still having a great deal of trouble with my singing calls. I can get up on that stage to be an MC or do patter calls without too much trouble but that singing call is still my nemesis. I feel awkward taking time away from the regular caller, especially when I don't make it through the tip. As soon as I make an error, I turn red and start shaking and stuttering. Ugh!

The OSRDA is supporting the new callers by allowing them to have some stage time after their general meetings. The next meeting is at noon on February 7th at the Westbank Senior’s Centre, West Kelowna. In my honest opinion, the thing we need most are the dancers! Please come out to the OSRDA meeting and join the OSRDA's quest for new callers.

Our most recent venture; some of the new callers and cuers have gotten together to
have weekly practice. Last week, with the help of others, I was able to get through the singing call. That might have been that I had my back to the dancers on my first attempt. Afterwards, where there was some difficulty, I could walk the dancers through that part and I felt better and more confident in that sequence. In order to make the best use of this time, we NEED dancers! We are meeting on Monday nights in the library of the Downtown Activity Centre, 451 Shuswap St S, Salmon Arm, from 7 to 9 pm. In addition, if you want to try your hand at becoming a caller or cuer, we'd love to see you there.

I have always had a lot of respect, and a little fear, of the experienced callers. I have even more respect now as I know how much time is needed for learning and practicing to be a good caller. Those are hours that are needed in order to allow us to enjoy Square, Round, Clogging, Contra and Line Dancing.

I have had incredible support in my pursuit of becoming a caller. Unfortunately, I do feel the pressure to succeed and often that shakes me up. With that and the difficulty I'm having with the singing calls, I have, at times, questioned my ability to become a caller BUT I'm still here. I will eventually figure all of this out. I keep telling myself that, in the not too distant future, my stage fright will become more manageable and I'll be able to do a singing call without falling apart.

Please support your Callers, Cuers, Instructors and Leaders by getting out on the dance floor!

(Continued from page 11)

Do we need hearts and cooing doves
To remind us of our true loves?
No. We who dance our many squares
Enjoy the bonds of many years.

Here's to all you dancers
A Happy Valentines,
You may be creaky prancers
But try to hide the signs!

Valentine's not just candy and flowers
And tawdry store-bought gifts for your wife,
But a time to pause and thank the powers
That brought friends to enrich your life.

Epilogue

If at Valentine's you feel
Bereft of friends or lover,
Do not despair, for it is clear,
We all have one another.

~Anonymous
LOVE SONGS

This is exceptionally hard as it has multiple words (no spaces in the puzzle) in each clue

D Q Q E A U K B O A Y J F V F L E I R I S G X D R Y P P X Y D N
X B V O S S V I P X Q C R E Y A R P E L T T I L A Y A S I N K L
O Q G U M T Q L E A L I N T P R W M G A S E T X V V S N A E G
O K Y Q G O U S L I U S M M J W U M O N K O S X W O S T V M L Y
G S X O U A H A A U D W C E I C L R G K B V K L I D B S O O M
L X G M U M R H Z S N H Y T A S G I B I X U U G K N G G E R N M
I W I J I T I U I Q C O C E H G T I W C M I X R G K V H O T E L
W N P E E T O G Y E R W ' A B G G E H F T N E W Y W X C H H S B
T K N J V Y I V H W H S H Y V P U A R S C A C X D I U B A A T A
R E A C M O V A I T G O A E C Q I T A T T G P A P G O H P N T T
A Y H ' Q H L T W O U M N E N N D L H E I T A G N W Y U P A I T
E V I T U I H T E O P M E E A R G S U U M Y I D Y E Y Y F M E
H E M E A O L A U R Y M D Y E M T B D V D E A T X V C T E E G
M A Z T B A R N U D H E H E H E L O U Z N W S R U U H V L U G L T O
V C Y L Y A T B N P L T N T V I I N R L N I J M M V I D E I H F
J W X T R S K Y M B J F Y G Z O I O X D F Q E P I B I Z E H A N
T R W S F G N R L Y A T C W U P R R G W F W M S E H H S R P N C
U N S M R Z A L L L Q K O R D B T O F O U X Z J A N T S H G C L
Z R L U D V I L L Y G W S J E W E R S A B L H O Q W I I O N E O
V M W P S F H C R I N C T Q Z Z V Q Y M D K O Y G U M P H I E
M T I E V O L L S S E L D N E P Y L P E E D Y L D A M Y L U R T Y
R A X T H B U Q L C Z B N C I M R X W B Y R O T S E V O L K F O
F R N G V T F B R C E A C I Y F I R E A N D R A I N Z R V P Z U
The Artists Names (in brackets) are not included in puzzle.

Bless the Broken Road (Rascal Flatts)
Breathe (Faith Hill)
Close to You (The Carpenters)
Endless Love (Diana Ross & Lionel Ritchie)
Faithfully (Journey)
Fire and Rain (James Taylor)
Fly Me to the Moon (Frank Sinatra)
Greatest Love of All (Whitney Houston)
Hanging by a Moment (Lifehouse)
Happy Together (The Turtles)
Hero (Enrique Iglesias)
Home (Michael Buble)
I'm Yours (Jason Mraz)
I Knew I Loved You (Savage Garden)
Iris (Goo Goo Dolls)
I Say a Little Prayer (Aretha Franklin)
I Think I Love You (David Cassidy)
Kiss Me (Sixpence None the Richer)
Love Story (Taylor Swift)
More Than a Feeling (Boston)
My Girl (The Temptations)
My Heart Will Go On (Celine Dion)
Right Here Waiting (Richard Marx)
She's Got a Way (Billy Joel)
Stand by Me (Ben E. King)
Sugar Pie Honey Bunch (The Four Tops)
The Dance (Garth Brooks)
The Lady in Red (Chris De Burgh)
The Longest Time (Billy Joel)
This Kiss (Faith Hill)
This Will Be an Everlasting Love (Natalie Cole)
Time After Time (Cyndi Lauper)
Truly Madly Deeply (Savage Garden)
Unchained Melody (The Righteous Brothers)
Unforgettable (Nat King Cole)
When a Man Loves a Woman (Percy Sledge)
With or Without You (U2)
Without Love (Hairspray)
You Light Up My Life (LeAnn Rimes)
Your Song (Elton John)

DECEMBER PUZZLE ANSWERS:
NAME THAT CHRISTMAS TUNE

RATCT: Rock Around the Christmas Tree
SCICCT: Santa Clause is Coming to Town
WWYAMC: We Wish You a Merry Christmas
LISLISLIS: Let It Snow, Let It Snow, Let It Snow
ISMKSC: I Saw Mommy Kissing Santa Clause
HYAMLC: Have Yourself a Merry Little Christmas
HCSC: Here Comes Santa Clause
IBTLALLC: It's Beginning to Looks a Lot Like Christmas
FTS: Frosty the Snowman
JBR: Jingle Bell Rock
RTRNR: Rudolf the Red Nosed Reindeer
CROAOF: Chestnuts Roasting on an Open Fire
DHFC: Down Home for Christmas
SN: Silent Night
MWTOTY: Most Wonderful Time of the Year
LDB: Little Drummer Boy
SB: Silver Bells
DYHWIH: Do You Hear What I Hear
AIWFC: All I Want for Christmas
OHN: Oh Holy Night
SUNDAYS IN FEBRUARY/MARCH 2016
1-4:30 pm R3 R & R Rounders
2-4 pm R3 Rhythm Rounds

Feb. 5th Noon - 2 pm OSRDA Regional Meeting
Followed by New Caller practice

Feb. 21st - 2-4:30 pm R9 T-SS&RDA Valentine Dance

Feb. 28th 1:30-3:30 pm R3 R & R Rounders Come Dancing with Us

Feb. 28th 2-4:30 pm R3 Star Country Squares 3/4 Dance

Mar. 20th 1:30-3:30 pm R3 R & R Rounders Come Dance with Us

Mar. 20th 12-1:30 pm TSSRDA Regional meeting

Mar. 20th 2-4:30 pm TSSRDA St. Patrick's Dance

MONDAYS IN FEBRUARY/MARCH 2016
6 pm R3 Got 2 B Cloggin' Advanced Clogging
6 pm R3 Okanagan Cloggin' Clogging
7-9 pm R9 New Caller & Cuer Practice

Mar 28th 2-4:30 pm R9 Easter Bunny Hop Afternoon Plus

Mar. 28th 7-9:30 pm R9 33rd Annual Easter Bunny Hop Dance

TUESDAYS IN FEBRUARY/MARCH 2016
9-11:30 am R3 Nelson's Tuesday Morning Plus
1-3pm R3 Rhythm Rounds
1:30-3:30 pm R9 Gold Classic Dancers Round Dance
6:30-8:30 pm R3 Penticton Squares Mainstream
7-9:30 pm R9 Thompson Valley Stars Round Dance
7:30-9:30 pm R9 Bee Jay Dancers Mainstream

WEDNESDAYS IN FEBRUARY/MARCH, 2016
6 pm R3 Got 2 B Cloggin' Clogging
6-7:30 pm R3 Westsyde Square Lessons
7-9 pm R3 Star Country Squares Mainstream
7-9 pm R9 Salmon Arm Squares Mainstream
7-9:30 pm R9 Thompson Valley Stars Plus Review
7:30-9:30 pm R9 Kamloops Square Dancers Plus
7:30-9:45 pm R3 Westsyde Squares Mainstream

Feb. 10th 7 - 9 pm R9 Salmon Arms Squares Valentine Dance

Feb. 10th 7 - 9 pm R3 Star Country Squares Coffee Night

Feb. 24th 7:30-9:30 pm R9 Kamloops Square Dancers Sadie Hawkins Dance

Mar. 9th 7 - 9 pm R3 Star Country Squares Coffee Night

Mar. 16th 9 pm R9 Salmon Arms Squares St. Patrick’s Dance

Mar. 30th 7:30-9:30 pm R9 Kamloops Square Dancers Hawaiian Night
THURSDAYS IN FEBRUARY/MARCH 2016
7-9 pm R3 Star Country Squares New Dancers
7-9:30 pm R9 Ta'Lana Twirlers Mainstream
7-9:30 pm R9 Thompson Valley Stars Mainstream

FRIDAYS IN FEBRUARY/MARCH 2016
1:30-4 pm R9 Thompson Valley Stars Plus
7-9:30 pm R3 Enderby River Dancers Mainstream
Feb. 19th 7-9:30 pm Enderby River Dancers Rock and Roll Night
Mar. 18th 7-9:30 pm Enderby River Dancers Irish Goofers

SATURDAYS IN FEBRUARY/MARCH 2016
9-11 am R3 Got 2 B Cloggin' Clogging
Feb. 13th 2-4:30 pm R9 Kamloops Square Dancers Sweetheart Swing Plus
Feb. 13th 7:30-10 pm R9 Kamloops Square Dancers Sweetheart Swing
Feb. 20th 2-4 pm R3 OSRDA Round Dance Workshop
Feb 27th 2-4 pm R3 OSRDA Round Dance Workshop
Feb 27th 7-9 pm R3 OSRDA Round Dance

Ta' Lana Twirlers 33rd Annual
Easter Bunny Hop
Monday, March 28th, 2016
at the Sorrento Memorial Hall
Located just off the Trans Canada Hwy on Kuneschutla Rd, west of Sorrento town centre

with our featured guest caller/cue from Edmonton
Murray Few
New This Year!
Afternoon Plus Dance

Enderby River Dancers Rock and Roll Night

Dance into Spring
Buttercup Ball
Round Dance and Dinner
Sunday, April 3, 2016
Chase Community Hall
547 Shuswap Ave.

Pot Luck Dinner 5:30 PM
Dance 7:00 to 9:00 PM

Admission: $10.00 per Couple
Panel of Cuers
Phase 11 Waltz & Two Step with Phase 111 by request.
Please bring your own dishes & cutlery.
Refreshments following the dance.
For info Norm, 250-473-2786 or Nancy, 250-675-5375
Please, no scents!
Welcome back for our 2016 season – we had a great first half with lots of fun, learning new ‘mainstream’ moves which made the grey matter work overtime. We wish to thank Penticton Squares, Star Country Squares, Salmon Arm Squares and TaLana Twirlers for helping make our dances fun. We also want thank Allan and Laura Peterson (our caller and cuer) for giving us such a great time dancing – always doing something different and making it fun.

Our Christmas Dance was great with four and half squares and lots of food and door prizes – everyone left the hall in a great mood. We finished early but now are ready to start the next session starting with our Vacation Package in January and ending in April mid April with our Graduation Bash (remember all new graduates are free and get their Grad Bash Dangle) Mark your calendar (check out or website).

We start on January 8th at 7pm for Level 3 Rounds with refresher and Mainstream at 7:30-9:30pm with coffee on as usual – we welcome all to come and enjoy an evening of fun and great dancing. Hope to see you there

Happy Dancing
Bob Byrne, President
What a great start to the New Year, The TV Stars are dancing 4 times per week:

**Tuesday** night they have Round dance lessons in 2 Step, Waltz, Rumba & Cha, from 7:00 to 9:45 pm with up to 7 couples dancing.

**Wednesday** night the club either does a plus teach, or a review of new dancer Mainstream.

**Thursday** night is both new dancer lessons and mainstream at Desert Gardens. The new dancers are near the 3/4 mark in their lessons. All of our new dancers have returned and we continue to have 3 plus squares turn out each Thursday to continue on learning full mainstream. We also have several dancers who danced a few years ago coming to join in and catch up.

All of our mainstream dancers help with the new dancers, and then then dance full mainstream from 8:30 to 9:30. Jim Flack and Marg Montalbetti are always there to help the new and not so new dancers sharpen their dancing skills and keep us moving, so much appreciated by all.

The Association dances in Chase are continuing and we look forward to seeing many of these new dancers attend and gain more confidence in the skills they have learned.

**Friday**

The Plus group dance in the afternoon in Chase with 6 or more couples dancing full Plus and phase 2 & 3 rounds

Jim Flack continues to call a tip for us in both mainstream and plus each time we get together and is doing a fantastic job of calling and having the patters move smoothly. The club certainly appreciates the time and effort he has committed to this, and we look forward to hearing more from Jim in the future.

Ellen & Jim Seminoff
TV Stars Mainstream Club Reps

These pictures show the Christmas Dance of the Thompson Valley Stars Plus Club. We often dance two squares and are happy to have some new people joining us, especially since some of our members have gone south for the winter. It is lovely to share our love of square and round dancing with friends.

Merv has been doing a great job of reviewing all the Plus moves as well as calling some DBD. Sandy cues Phase II and III prerounds which we all enjoy. We have 2 or 3 ladies that do very well dancing the man's part, which means more couples can dance. We dance Friday afternoons 1:30-4:00 with a break in the middle for refreshments and visiting.

There will be no dancing on March 25th (Good Friday). Our last dance is on April 28th; then we'll all be looking forward to 'Mayfest' and 'Chase The Fun'. See you there.

Submitted by Marg Montalbetti, TV Stars
Top 50 “Love” Songs of All Time

Songs that contain the word, “love” in their title,
As listed by Billboard* (2/5/2015 by Fred Bronson)

49. "Baby Love" - The Supremes: No. 1 for four weeks (1964)
45. "You've Lost That Lovin' Feelin'" - The Righteous Brothers: No. 1 for two weeks (1965)
44. "This Guy's In Love With You" - Herb Alpert: No. 1 for four weeks (1968)
43. "Don't Let Go (Love)" - En Vogue: No. 2 (1997)
42. "Justify My Love" - Madonna: No. 1 for two weeks (1991)
38. "I Just Called to Say I Love You" - Stevie Wonder: No. 1 for three weeks (1984)
37. "Greatest Love of All" - Whitney Houston: 1 for three weeks (1986)
35. "Dreamlover" - Mariah Carey: No. 1 for eight weeks (1993)
34. "Love Hangover" - Diana Ross: No. 1 for two weeks (1976)
33. "Can’t Help Falling in Love" - UB40: No. 1 for seven weeks (1993)
31. "I Want to Know What Love Is" - Foreigner: No. 1 for two weeks
30. "What's Love Got to Do With It" - Tina Turner: No. 1 for three weeks (1984)
29. "She Loves You" - The Beatles: No. 1 for two weeks (1964)
28. "(Love Is) Thicker Than Water" - Andy Gibb: No. 1 for two weeks (1978)
27. "I Think I Love You" - The Partridge Family: No. 1 for three weeks (1970)
25. "I Wanna Dance With Somebody (Who Loves Me)"
   - Whitney Houston: No. 1 for two weeks (1987)
24. "Love Will Keep Us Together" - Captain and Tennille: No. 1 for four weeks (1975)
23. "Roses Are Red (My Love)" - Bobby Vinton: No. 1 for four weeks (1962)
19. "It Must Have Been Love" - Roxette: No. 1 for two weeks (1990)

*The Billboard Hot 100 is the music industry standard record chart in the United States for singles, published weekly by Billboard magazine. Chart rankings are based on radio play, online streaming, and sales (physical and digital).
17. "Woman in Love" - Barbra Streisand: No. 1 for three weeks (1980)
16. "Love Is Blue" - Paul Mauriat: No. 1 for five weeks (1968)
15. "To Know Him Is to Love Him" - The Teddy Bears: No. 1 for three weeks (1958)
13. "Because You Loved Me" - Celine Dion: No. 1 for six weeks (1996)
12. "My Love" - Paul McCartney and Wings: No. 1 for four weeks (1973)
10. "I Can’t Stop Loving You" - Ray Charles: No. 1 for five weeks (1962)
  9. "Best of My Love" - The Emotions: No. 1 for five weeks (1977)
  8. "Because I Love You (The Postman Song)" - Stevie B: No. 1 for four weeks (1990)
  5. "Silly Love Songs" - Wings: No. 1 for five weeks (1976)
  3. "We Found Love" - Rihanna feat. Calvin Harris: No. 1 for 10 weeks (2011)
  2. "I’ll Make Love to You" - Boyz II Men: No. 1 for 14 weeks (1994)

You can find out more about Top 50 Love Songs of All Time, and others, at [http://www.billboard.com/articles/list/1538839/top-50-love-songs-of-all-time](http://www.billboard.com/articles/list/1538839/top-50-love-songs-of-all-time)
On Father’s Day weekend 2015, a very exciting event took place at a small town 50 km East of Kamloops.

Early Friday afternoon, the Chase Community Hall was just a bustling with volunteers from different dance clubs in the area. Some were up on ladders putting up strings of lights; bouquets of flowers were strategically placed, dancing silhouettes were tacked on the walls, & rainbow (the colour scheme) streamers decorated the stage and food areas. There was even a ‘Memory Arch’ in one corner of the dance hall where you could get your photo taken by photographer and dancer Barb Shellop.

Friday evening started with pre-rounds at 7:30 -8:00 followed by mainstream dancing. Friday’s dance was put on by a ‘panel’ of callers & cuers from various clubs in the area. At 10 pm when the dance ended, large colourful platters of assorted vegetables, fruits and homemade cookies were made available to deserving dancers.

In the parking area next to the hall, 32 RV’s were ‘dry camped’. The weather was cooperating at a cool 17 degrees, perfect for dancing!

Saturday morning started at 9:30 with Round dancing. Mariann Sanford, (accompanied by Norm Dobbs as her partner) did a half hour review of moves such as ‘Susie Q’, ‘Whaletail’, ‘Side-stair-8’, ‘Tamaras’, & ‘Spin Turn with a Box Finish’. The remaining time was split with Sandy Meyer, each of them cueing 40 minutes of round dances that featured these reviewed moves.

This left only 1 hour before the 2-hour Mainstream dance in the afternoon. Steve Edlund of Surrey was the featured caller for ALL the square dancing on Saturday. Steve, (and his lovely wife Lynnette who also attended the ‘Chase The Fun’ jamboree), calls for many clubs in the Lower Mainland. Two hours of ‘Plus’ square dancing followed the Mainstream dance (with
Round dancing between tips), with 13 squares of dancers having a whale of a time on the floor. There were lots of smiles, and plenty of laughter.

Most of the dancers had registered for the catered dinner which took place in the hall at 5:30 after volunteers set up tables & chairs for over 100 people. Brent Olsen, President for ‘Kamloops Square Dancers’ gave a nice ‘Grace’ before dinner and the buffet consisted of chicken, beef, vegetable medley, potatoes and rolls. Dessert of strawberries & whipped cream on cake was served to all the dancers.

Pre-rounds (by Sandy) started at 7:30, followed by mainstream dancing, with Mariann cueing round dancing between tips. This time there were 15 squares on the floor, a wonderful turnout, having a delightful time to Steve’s interesting and joke-telling entertaining calling, which ended at 10 pm. To the amazement of Steve, Sandy & Mariann, they were presented with a huge beautiful basket of fresh fruit and a certificate each, stating “This Certificate Is Awarded To so and so, “A Featured ‘caller or cuer’ at the First Annual ‘Chase The Fun’ Square & Round Dance Weekend In The Thompson-Shuswap”. What a lovely gesture that was a total surprise.

To finish off a wonderful evening of fun, 4 varieties of Laura Peterson’s fabulous homemade pies were set out on long tables. Ice cream topping was an option available. There was also an abundance of homemade cookies, fruit, tea and coffee. Square dancers never go hungry!

To conclude the weekend, Sunday morning started with a breakfast of pancakes, ham, sausages, bacon, strawberries & whipped cream, tea, coffee & juice, put on by the Rotary Club. To work off this delicious breakfast, dancing started once again at 9:00 until 11:30 with a panel of 6 callers & 7 cuers, with 7 squares dancing.

Jean Wood, Webmaster for the TSS & RDA was the chairperson for this wonderful event. She tirelessly pulled together the various committees consisting of many volunteers who ALL did a wonderful job to make this event a great success, especially with the many different types of advertising that took place.

Square dancing is so much fun and so good for your health. Try it. Dance for the Health of it!

For more information about Modern Square Dancing, including new dancer sessions starting in the Fall, call 250-376-5636, or email: meyerdance@telus.net.

The benefits of the recreation can be explored at: www.thompsonvalleystars.squaredance.bc.ca/ or: www.TakeMeDancing.squaredance.bc.ca

See the online video: www.DancingKeepsYouYoung.ca
Volunteers: On Fire or Burnt Out!

I am a volunteer!

Much to the dismay of my husband, I often spend the equivalent of a normal work week working on stuff for Square Dancing.

There are many volunteers who put a huge number of hours into Square, Round, Contra, Clogging and Line Dancing. Look at your club executive, your regional executive and your provincial executive, not to mention the Canadian Society; how many of the same people are filling these positions and often times, more than one. Do we say, "Thank You"?

I'm not saying that volunteer contributions are always ignored. At the provincial level, there is the Sillery Award. How many of you know about the Sillery Award? The criteria can be found at http://squaredance.bc.ca/handbook/sillery_award.shtml. At regional levels, there are appreciation awards (of which Bill and I were recipients). Have you considered nominating a well-deserving person in your region? What recognition exists within your club? I would love to put, "Dancers of the Month" in the Well Rounded Square but who is going to make the nominations and is it always going to be the same people making the nominations or the same people receiving such nominations?

As part of the Square Dance community, I often hear, "I've already put in my hours" (When was the last time you did so? 5, 10, 20 years ago?) or, "I don't have time" (Often it is only a matter of a few hours a month. Attend that meeting and let your voice be heard. Spend a couple of hours to help decorate or serve coffee and goodies for an event. Go to a dance in support of yours or other regions.) or, "I just want to dance" (What will happen to that club if there's no executive to make sure things get done? What will happen to your region if there are no clubs? What will happen to the BC Federation if there are no regions? Will you still be dancing then?)

Lastly, in my honest opinion, are the politics really all that necessary or beneficial to Square Dancing? I have heard people say, "If so and so is involved, I won't do it" (Is this the Fun and Friendship that I heard about when I started square dancing? Is this Square Dancers are one big family that I keep hearing about?)

According to a survey done in 2013 by Stats Canada, almost half of Canadians volunteer time or make contributions to organizations, activities and/or community events. I think we might be lucky to get 10% attending regional or provincial meetings. That includes the AGMs, which is where the decisions are made for the following year. I have heard of one region who couldn't even get a quorum for their AGM. It almost contributed to the dissolution of that region. That could have been avoided by a few more volunteers stepping forward.

How many of our volunteers are On Fire when they first start volunteering? How many of our dancers get Burnt Out because they volunteer too much?

I am a volunteer and I will continue to be so as long as I dance. Why? Because I love to dance and I would definitely dislike seeing the dissolution of such a great activity.

Jean Wood

jwood@wellroundedsquare.com
The Okanagan Square & Round Dance Association presents

ROUND DANCE WORKSHOPS & DANCE

Featuring Roundalab Cuers/Teachers

Peter & Stella Tennant
Vernon, B.C.

Two upper level 3 Workshops in the afternoons followed by an Evening Dance at the same location. Peter & Stella will review or teach the following figures and will adjust to the needs of the dancers.

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(Figures are subject to change)

**Round Dance**
integrating moves from the workshops

**Saturday, February 27**
7 - 9 pm  $7 per person

**Westbank Seniors Centre - West Kelowna, B.C.**
3661 Old Okanagan Hwy

A certain minimum of round dancers is required. If planning to attend, please contact Bill Morey

250-498-0773  wh_morey@telus.net
Your clothes are literally hanging on you by a thread. With all the money invested in the fabric and all the time spent sewing, this is not the place to decide to economize. Quality thread is worth the price.

Thread the machine with white thread. Using a marker, color an inch of the thread just even with the top of the needle. Sew slowly on a scrap and watch the mark. It will go down, through the needle, around the bobbin, and back up through the needle backwards. The marked thread will do this many times before being sewn onto the fabric. That is a lot of movement and tension. Therefore, if the thread is more than ten years old - DO NOT- use it. Old thread becomes dry and brittle. Old thread can not be revived.

When buying a spool of thread write the year on it and keep it with the fabric it matches. Purchase spools of thread at the same time as the fabric. Thread colors change with the fashion seasons and if the fabric is not used for several months it will be difficult to match last year’s burgundy with this year’s dark wine. With that in mind, don't get stressed trying to find an exact match for a fabric. Choose the color that is nearest and when there are two colors that are close go with the one that is slightly darker than the fabric. For most sewing the types of thread found at the fabric store work well. Some stitchers favor one brand of thread over another. This may be due to their machine or the type of sewing. If you find that one brand of thread works well for you stick to that brand.

At the start of a project wind at least two bobbins in the new color. That much will be needed to complete almost any project. Wind bobbins at a medium speed. Yes, this takes longer than just tromping the pedal, but winding fast causes uneven filling of the bobbin and uneven stitching. Winding fast also causes the thread to heat and stretch, resulting in frequent breakage and puckered seams. Never wind one color thread over another. This causes a lumpy bobbin. The bobbin will hold less thread of the color being used, requiring more refilling. To save left over thread, wind it back on the spool. There are usually only a couple of yards of thread remaining, not worth keeping and the thread on the bobbin may not have a matching spool.

Purchase additional bobbins to make color changes easier. Be sure to get the right size bobbins for the machine. Some of the new machines have an electric eye that sends a message when the bobbin is getting low. These machines require plastic bobbins. Always keep full bobbins of most frequently used colors on hand.
What are the main causes of thread breakage?
* 50% is the quality of the thread
* ** 20% is the needle - poor quality, wrong size, wrong type
* ** 20% is the tension setting or using too short of a stitch length
* ** ** 5% is the condition of the machine - lint built up, timing, oiling
* ** ** 5% is the thread delivery system - machine is improperly threaded

Thread tension is a combination of the thread passing through thread guides and the pressure applied to the tension disks via the tension spring. Whenever threading your machine, make sure that the presser foot is up. This allows the thread to slip properly between the tension disks. Most machines are factory set for 50-60 weight sewing thread. When using a heavier thread for quilting or decorative stitching, the tension will have to be changed. Experiment with different threads and tensions. It can always be changed back.

Problem: - The top thread frays.
Probable Cause: - The needle is too small, the wrong type, or damaged. Tension is set too high. Cheap old thread. Machine improperly threaded.

Problem: - The bobbin thread shows up on the top.
Probable Cause: - The bobbin tension is too loose. There is dirt/lint under the tension spring or in the bobbin case. Top tension is too high.

Problem: - The thread makes a birds nest under the needle plate.

Probable Cause: - The top tension is to low. The machine is improperly threaded and the take up lever was missed.

Success is achieved by using the proper thread for the project, the correct needle for the type of fabric, and maintaining the machine in good condition. Tension should be on the thread not the sewer.

Seattle Logic - You know that you have had enough coffee when you can thread the sewing machine while it is running.

Karen Reichardt
d.k.reichardt@icloud.com

To My Chaste Partner

One must be a bit of a prude
To cringe at the sight of a nude,
But why is it rum
To see a bare bum
Revealed by a gal or a dude?

Someone asked an old man:
"Even after 70 years, you still call your wife - Darling, Honey, Luv. What's the secret?
Old man: I forgot her name and I'm scared to ask her.
BCFestival 2017 in Region 2
Thurs. to Sat. July 6, 7, 8, 2017

By Wendy Krueger, Co-Chair

The BCFestival 2017 website, Facebook page, and email address all went “live” on December 29th, 2015, three days ahead of schedule!! What a thrill to have accomplished all of this. The committee extends their heartfelt appreciation to Maureen Wilson, our website designer, and to Christine Dahl, our secretary, for the hours and hours of work they have put in to get all of this ready for us. With the utmost grace, these ladies withstood repeated interference from me, which I am sure had to be challenging for them. Congratulations and a big thank you, Maureen and Christine. We should do something to celebrate! I know--we are! This whole effort is doing something to celebrate the fabulous activity we all love.

With the preparatory phase finished now, Maureen and Christine will be able to relax. It is our Publicity, Advertising, and Promotion couple who will be gearing up for the next huge effort. Jean and Alex Galbraith have a lot of experience and ideas to bring to the campaign. But they are not undertaking this great campaign all alone. Let us all give them our utmost in enthusiastic support and willingness to help in every way.

Yes, DANCERS, CALLERS, AND CUERS of Region 2, of British Columbia and the surrounding area! We are on a campaign much like a political candidate’s election campaign. This campaign we are on is to SPREAD THE NEWS about BCFestival 2017, to SHOW INTEREST AND ENTHUSIASM for the event, and to secure YOUR VOTE as the best, most worthwhile choice you can make for how you will spend your time on July 6, 7, and 8, 2017!! In the end, it is YOU who will CHOOSE what you do with your three days, and it is YOU who will DECIDE whether those three days are to be spent in the company of energetic, happy, outgoing FRIENDS OLD AND NEW, enriching each other’s enjoyment of life through this shared experience. Your registration form is YOUR BALLOT.

Imagine a world where dancing starts at 10 a.m. each morning and finishes at 10 p.m. each night. Imagine the only other things you have to do besides dance are eat, sleep, and visit with other dancers! That sounds like a wonderful world to me. That’s the unique little slice of Dancer Heaven we are creating for you for three days at BCFestival 2017 in Cloverdale (Surrey) B.C.

Registration is open now. The registration forms are available on line at BCFestival2017.squaredance.bc.ca. Click the “Register Now” button. You can download the form from the website and print it with blanks and fill it in by hand. Mail it in with your cheque or money order. Or you can fill in the form on line and email it to us, and just send in your payment to the registrar by snail mail. Want to use on line banking? Email me.

If you have any questions, you can email the committee at BCFestival2017@gmail.com. You can ask for someone to phone you, or ask your question by email.

Visit the website BCFestival2017.squaredance.bc.ca and like us on Facebook at www.facebook.com/bc.festival.2017/

BCFestival 2017 in Cloverdale—Yours to enjoy only 17 months from now!!
A crowd of dancers wave BCFestival 2017 registration forms and promotional posters and give a rousing cheer at Abbotsford Grand Squares on Thursday, Jan. 14th, 2016. Co-chair David McVige, far left, had just picked up the materials at Bourquin Printers that afternoon and couldn't wait to reveal them. Co-chair Wendy Krueger, far right, created the photo op, but then collected back all the forms and posters for distribution by Jean and Alex Galbraith, who are in charge of publicity, advertising, and promotion. Registration forms are accessible on the BCFestival 2017 website anytime, and clubs are welcome to photocopy them for anyone without internet.
COME DANCE WITH US
THE R&R ROUNDERS
INVITE ALL ROUND DANCERS
TO JOIN THEM
FOR AN AFTERNOON OF DANCING
ON FEBRUARY 28 AND MARCH 20 2016
TIME 1:30 PM TIL 3:30 PM
$6.00 per person
LOCATION-SENIOR’S DROP IN CENTER
2965 SOUTH MAIN ST PENTICTON
INFO - REGINE ANDERSON 250-493-4248

R&R ROUNDERS
25th Anniversary
Windup Dance

Cuers
Regine Anderson
Ken Boyd
Sandy Meyer

What - Phase 2 through 4 rounds
When - Sunday April 24th 2016
1:30 to 3:30 pm
Where - Drop In Center
2965 South Main Street, Penticton BC
Cost - $8.00 per person

More info - Regine Anderson 250-493-4248
reanderson@shaw.ca

The Well Rounded Square

represent your kingdom with royal style

Friday - June 3rd
Princess Ball - Greeting Dance
9:00-10:00 pm
Queen of Hearts Tea Party
10:00 - 00

Saturday - June 4th
Continental Breakfast
8:00 - 9:00 am
Court Jester Jig (Prizes)
9:00 - 10:00 am

Workshops
Phase 3 - 4 Round Dancing
10:15 - 11:30 am
Plus Workshop
1:30 - 3:00 pm
Royal Pot Luck Buffet
4:30 - 6:00 pm
Honor us with a focal drink - NO DESSERTS
Round Dance
6:30 - 7:30 pm

Grand March into the Palace
7:45 pm to 8:00 pm
Mainstream Dance
8:00 - 10:00 pm
(With plus tips)
Evening Feasting & Tippling
16:00 - 00

Sunday - June 5th
Griddlecake Breakfast
8:00 - 9:00 am
Tape Thoe Well Dance
9:00 - 10:30 am

Weekend Packages
75.00/Couple
Friday, Saturday, Sunday
Regal events and games

Early Registration
$65.00/Couple

Hall size and RV sites limits our capacity, register early
Early Registration is before May 5, 2016

Chilliwack Rhythm Reelers
Request the Honor
Of Your Presence
At
Royal Event

To Celebrate the 30th Annual Rally in the Valley

June 3, 4, 5, 2016

Volume 3, No. 4
Vernon Star Country Squares host:

**3/4 Dance**

**February 28, 2016**

*Westsyde Squares*

“New to You” Clothing Shop will be there!

*Silent Auction*

Great items to bid on!

For all new callers in the Valley, join us for a fun filled energetic dance featuring all the moves that have been taught so far.

MC Allan Peterson with a Panel of Callers

**Halina Centre**

3310 37th Ave. Vernon,
(at the back of the Rec Centre)

**Time:** 2:00 - 4:30 pm

With Refreshments at 3:15 pm

**Cost:** $10 each (new callers Free)

http://starc.squaredance.bc.ca  Facebook “Star Country Squares”

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**Star Country Squares**

**Spring Dance**

**April 23, 2016**

**Caller:** Dustin McGifford (Penticton)

**Cuer:** Ken Boyd (Penticton)

**Westbank Seniors Centre**

3661 Old Okanagan Hwy

West Kelowna, BC

**Tickets:**

Dinner/Dance $25.00

Supper only $15.00

Dance only $10.00

http://starc.squaredance.bc.ca  Facebook “Star Country Squares”

---

**Vernon Halina Centre**

3310 - 37th. Ave,

Vernon

3/4 DANCE

Hear Ye!! Hear ye!!

Clothing sale extraordinaire!!!!

Gently used Square Dance Clothes for sale

Our members will be in Vernon and we are bringing raucous of good ‘new to you’ Square dance dresses, tops, skirts, crinolines, petticoats, shirts, ties - you name it. Come and browse.

WESTSYDE SQUARES 250-768-2694
ROUND OF THE MONTH  
February 2016

IN THE GARDEN

Choreographers: Nick & Mary Anne Turner  
Williams Lake, BC  
Canada

Release Date: April 2013

Music: Nashville Mandolins  -  iTunes MP3 Download

Rhythm & Phase: Waltz II+1 (Corte)

Difficulty: Average

Time & Speed: 2:32 Original slowed 5%

Footwork: Opposite except where indicated (W’s footwork in parentheses)

Sequence: Intro - A - B - C - B - Ending

INTRODUCTION

| 1 - 2 | Wait 2 measures in bfly; | BFLY wall w/ 2 meas; |
| 3 - 4 | Canter twice; | Sd L, draw R, cl R; sd L, draw R, cl R; |
| 5 - 8 | Left Turning Box; | Fwd L trng ¼ LF, sd R, cl L to CP LOD; bk R trng ¼ LF, sd L, cl R to CP COH; Fwd L trng ¼ LF, sd R, cl L to CP RLOD; bk R trng ¼ LF, sd L, cl R to Bfly W; |

PART A

| 1 - 2 | Waltz Away; and Together; | Fwd L trn away from ptr, sd & fwd R to slight bk to bk, cl L; sd & fwd R trn to ptr, sd L, cl R to BFLY WALL; |
| 3 - 4 | Balance Left and Right; | sd L, XR if, rec L; sd R, XR if, rec R; |
| 5 - 6 | Twirl Vine 3; Thru Face Close; | Relg trl hnds sd L, XR if, sd L. (W sd & fwd R trn 1 2 RF under ld hands, sd & bk L trn 1 2 RF, sd & fwd R) to SCP LOD, Thru R, sd L to fe, cl R to CP WALL; |
| 7 - 8 | Box; | Fwd L, sd R, cl L; bk R, sd L, cl R; |
| 9 - 10 | Step Swing; Spin Manuver; | Sd & fwd L to CP LOD, swing R fwd to pt down; Relg hnds fwd R trng RF, sd L to fe RLOD, cl R (W free LF full trn spin L, R, L) to CP RLOD; |
| 11 - 12 | Two Back Waltzes; | Bk L, Bk R, Cl L; Bk R, Bk L, cl R; |
| 13 - 14 | 2 quarter right turns to Pickup LOD; | Bk L ptrt, fwd R rise, sd & bk L CP LOD (fwd R ptrt, bk L rise brush, sd & fwd L); bk R, sd L, cl R; |
| 15 - 16 | Two Forward Waltzes; | Fwd L, fwd & sd R, cl L; Fwd R, fwd & sd L, cl R; |
| 17 | Canter Once to center; | Twd COH sd L, draw R, cl R; |

PART B (In Pickup)

| 1 - 4 | Left Turning Waltz Box; | Fwd L trng ¼ LF, sd R, cl L to CP COH; bk R trng ¼ LF, sd L, cl R to CP RLOD; Fwd L trng ¼ LF, sd R, cl L to WALL; bk R trng ¼ LF, sd L, cl R to LOD; |
| 5 - 6 | Forward Waltz; Drift Apart; | In CP LOD fwd L, fwd & slightly sdR, cl L; Slightly fwd R in place L, cl R LOD LOD (W Bk L, bk R, cl L LOD RLOD); |
| 7 - 8 | Twinkle Out; Twinkle In; | {THRU TWKLN OUT} XR if between ptrs, sd R trn 1 2 RF, cl L (W XR if between ptrs, sd L, trn 1 2 RF, cl L); |}
| 9 - 10 | One Forward Waltz; Manuver; | Fwd L, Fwd R, Cl L, Stg RF trn fwd R, contg trn sd L, cl R to CP LOD; (W Bk L commence RF upper bfly trn, cont RF trn to ptr & LOD sd R, cl L); |
ROUND OF THE MONTH
February 2016

IN THE GARDEN

11 - 12  2 R Turns to face WALL ;;  Bk L trng RF, contg trn sd R, cl L to CP LOD ; fwd R trng RF, contg trn sd L, cl R to CP WALL ;

13 - 14  Step Forward & Touch;  
Step Back and Touch;  
Fwd L, tch R; Bk R, Tch L;

15 - 16  Twirl Vine 3; Through Face Close;  
Rasg jnd ld hnds sd L, XRib, sd L (W full RF trn + ½ undr jnd ld hnds R, L, R) to SCP LOD ; Thru R & trn to fc, sd L, cl R to CP WALL ;

PART C

1 - 2  Box;;  
Fwd L, sd R, cl L; bk R, sd L, cl R;

3 - 4  Reverse Box;;  
Bk R, sd L, cl R; Fwd L, sd R, cl L;

5 - 6  Step Forward and Touch;  
Step Back Turn 1/4 to Pickup;  
Fwd L, tch R, - ;  
Stp back on R trng 1/4 LF to fc LOD, sd L, cl R;

7 - 8  Two Forward Waltzes to  
Sidercar;;  
Fwd L, fwd & sd R, cl L;  
Fwd R, fwd & sd L, cl R, Blend to Scar;

9 - 11  Three Progressive Twinkles;;  
In SCAR DLW fwd L, sd R to BJO DLC, cl L; fwd R, sd L to SCAR DLW, cl R ; In SCAR DLW fwd L, sd R to BJO DLC, cl L ;

12  Manuver;  
Stg RF trn fwd R, contg trn sd L, cl R to CP RLOD ; (W Bk L commence RF 
upper bdy trn, cont RF trn to fc ptr & LOD sd r, cl L) ;

13 - 14  Two 1/4 Right Turns to  
Pickup;;  
Bk L trng RF, contg trn sd R, cl L to CP COH ; fwd R trng RF, contg trn sd L, cl R to CP LOD;

15 - 16  Sway Left and Right;;  
Sd L wrght side stretch,-,-; Sd R wr/left side stretch,-,-;

17  Canter Once to center;  
Sd L to COH, Cl R, - end LOD

PART B (In Pickup)

1 - 4  Left Turning Waltz Box;;;;  
Fwd L trng ¼ LF, sd R, cl L to CP COH; bk R trng ¼ LF, sd L, cl R to CP 
RLOD;  
Fwd L trng ¼ LF, sd R, cl L to WALL; bk R trng ¼ LF, sd L, cl R to LOD ;

5 - 6  Forward Waltz; Drift Apart;  
In CP LOD fwd L, fwd & slightly sdR , cl L;  
Slightly fwd R, in place L, cl R LOP LOD (W Bk L, bk R, cl L LOP RLOD);

7 - 8  Twinkle Out; Twinkle In;  
{THRU TWKL OUT} XLif between ptrs, sd R trng 1/4 LF, cl L (W Xrif 
between ptrs, sd L trng 1/4 RF, cl L) ;  
{THRU TWKL IN} Xrif between ptrs, sd L trng 1/4 RF, cl R blending to CP 
LOD (W XLif between ptrs, sd R trng 1/4 LF, cl L blending to CP RLORD) ;

9 - 10  Forward Waltz; Manuver;  
Fwd L, Fwd R, Cl L; Stg RF trn fwd R, contg trn sd L, cl R to CP RLOD ; (W 
Bk L commence RF upper bdy trn, cont RF trn to fc ptr & LOD sd r, cl L) ;

11 - 12  2 R Turns to face WALL ;;  
Bk L trng RF, contg trn sd R, cl L to CP LOD ; fwd R trng RF, contg trn sd L, cl 
R to CP WALL ;

13 - 14  Step Forward & Touch;  
Step Back and Touch;  
Fwd L, tch R; Bk R, Tch L;

15 -16  Twirl Vine 3; Through Face  
Close;  
Rasg jnd ld hnds sd L, XRib, sd L (W full RF trn + ½ undr jnd ld hnds R, L, R) 
to SCP LOD ; Thru R & trn to fc, sd L, cl R to CP WALL ;

ENDING

1 - 5  Left Turning Waltz Box;;;  
Hold;  
Fwd L trng ¼ LF, sd R, cl L to CP LOD; bk R trng ¼ LF, sd L, cl R to CP COH;  
Fwd L trng ¼ LF, sd R, cl L to CP RLOD, bk R trng ¼ LF, sd L, cl R to CP 
WALL; Hold;

6 - 7  Canter Twice;;  
Sd L, draw R, cl R ; sd L, draw R, cl R;

8  Side Corte and Hold;  
Stp sd L relaxing knee leaving R leg extended; Hold;
For the last ten years, Star Country Squares Club members and their New Dancer Class have supported the Vernon Transition House and Venture Training "Life Skills". Transition House offers a safe home for women and children who find themselves in a precarious domestic situation, "Life skills" supports learning disabled adults living out in the community. During December members enthusiastically donate everything from new household goods, canned goods, and cleaning products to jewelry, toys, clothing and bedding, and, as in the case of Transition House, articles that either mother or child could present to each other as Christmas gifts. This year our Club members collected ten boxes of treasures, split evenly between the two organizations.

Yvonne Leduc, Coordinator
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**Hey Handsome!**

Have I told you lately
That I love you?
Well, just in case, I do!
In 2016, “Spectacular Saskatchewan” will welcome the world to the Canadian Square, Round and Clogging Dance Festival. The Festival will be centered in the “Queen City”, Regina on July 28, 29, 30, 2016.

Headquarters for the Festival will be at the Delta Hotel. The Delta is centrally located for shopping, restaurants, casino and museums. All are within walking distance. Known as the Land of the Living Skies, Saskatchewan is home to the 2013 Grey Cup Champions: Saskatchewan Roughriders.

We urge you to plan ahead and come to our “Sunny Province”. The prairies have so much to offer—so, in 2016 “Partner Up, Prairie Style” and join us at the 2016 Canadian Square, Round and Clogging Dance Festival!