

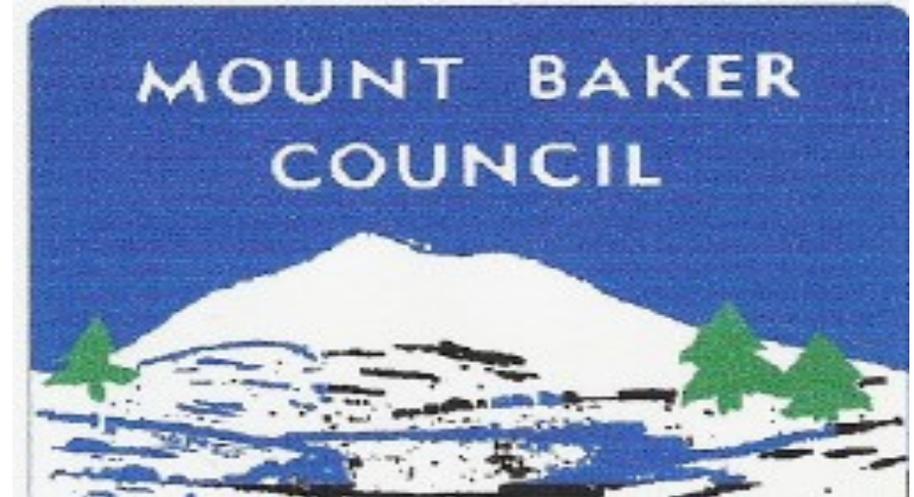
54th Annual Dancing, Education & Retreat

Yakima Square & Round Dance Center
207 E Charron Rd Moxee, WA

July 7,8,9

FEATURED CALLER:
**Dan & Dora Preedy
Colbert, WA**

FEATURED CUER:
**Dan Bailly &
Linda Willand
Otis Orchards, WA**



WELCOME



TO THE WONDERFUL WORLD OF SQUARE DANCING

2023

MAKE CHECKS PAYABLE TO:
54th LEADERSHIP SEMINAR

NAME _____
LAST FIRST

ADDRESS: _____
LAST FIRST

Fees: \$40.00 Per Couple/Family 20.00 Per Individual \$ _____

MH__ TR__ 5th WH__ Size _____ Full \$20.00 Per night \$ _____
Dry \$8.00 Per night \$ _____

Total \$ _____

Attended Seminar Before? Yes ___ No ___

Do you want a Seminar Booklet? Yes ___ No ___

CLUB _____ COUNCIL _____

MAIL TO: Bruce & Judy Ottoson 2203 W Monroe Rd
Spokane, WA 99208-9744

Welcome New Dancers!

On behalf of the delegates and elected officers of Mt. Baker Council, we congratulate you for venturing into the world of Modern Western Square Dancing. From our experience as new dancers years ago, we know it takes perseverance and dedication to complete the Mainstream Square Dance Program. Of course, much of your success was fueled by the fun and friendships you have enjoyed over the past few months. The best part is the fun and friendships will continue and grow with your square dancing activities.

Enjoy your square dancing by supporting your local clubs, visiting other clubs and venturing out to the various state festivals and special dances. The world of square dancing is yours. Have fun!

This book compiled for Mt. Baker Council by Roger Barnes 1/1/2001
Revised & Edited by Cliff McCracken since 2002

Revised Edition 2023

E C M A

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 help keep the area safe & clear. It will give the injured person and the attendant air and room if needed.
3. Raise joined hands as high as possible to form an arched circle as a signal to the caller and or hall monitor to place an Emergency Call for Medical Aid.
4. On seeing this signal, the hall monitor or the caller should immediately place an Emergency Call for Medical Aid.

Footnotes

Our state magazine is published online monthly except July & August by the Square & Folk Dance Federation of Washington. The magazine has a number of regular columns written by dancers, callers and cuers on subjects that are both informative and of current interest.

There is an article in each issue about the next upcoming state festival. Here you will find information on where and how to register as well as some information about the facility. A column on sewing may be of interest. If you need to find something to put you to sleep at night, there is a report about what went on at the last state federation meeting. Take the time to get aquatinted with the Footnotes Magazine to find out what has been happening and what is coming up around the square dance world in our state. Find the magazine at www.squaredancewa.org

Welcome to the Wonderful World of Square Dance

Now that you've learned to square dance you will be happy to know there are lots of fun activities in square dance land. First, your local square dance clubs deserve your support. They are the heart and backbone of square dancing with their activities promoting fun and friendships. Select and join a club to be your home and expand your horizons from there.

Some of these fun activities include:

Special Club Dances

Most clubs have from 1 to 3 special occasion dances during the year. They may celebrate their anniversary, or a special occasion such as a Strawberry Festival or Kla-Ha-Ya Days. They may even host a weekend long affair. Keep your eyes open and watch for special ads and fliers for these events.

Council Dances

Council dances in this area are sponsored by the Mt. Baker Council and hosted by a different club each spring and fall. These dances are an opportunity for clubs that dance on the same night to dance with each other.

Washington State Square Dance Festival

This activity takes place in mid to late June at different locations around the state. The State Square Dance Festival is hosted by a different council each year. This is the only fund raiser our State Federation has to support their operating expenses for the year. .

State Federation sponsored Dancing, Education & Retreat formerly known as “Leadership Seminar”

. It is a weekend event hosted by the State Federation and put on by a committee of square dancers from around the state. It consists of a Friday night mainstream dance called by callers from different cities around the state or “state callers”. The Saturday night dance is called by an international caller, this year’s caller is Dan Preedy from Colbert, WA & the cuer is

Dan Bailly from Spokane, WA. Saturday morning is a time set aside for a free continental breakfast prior to 3 or 4 presentations by dancers, callers or cuers from around the state. Each year the subjects are changed and they are always interesting.

There is also a buzz session included in the schedule that usually lasts about an hour.

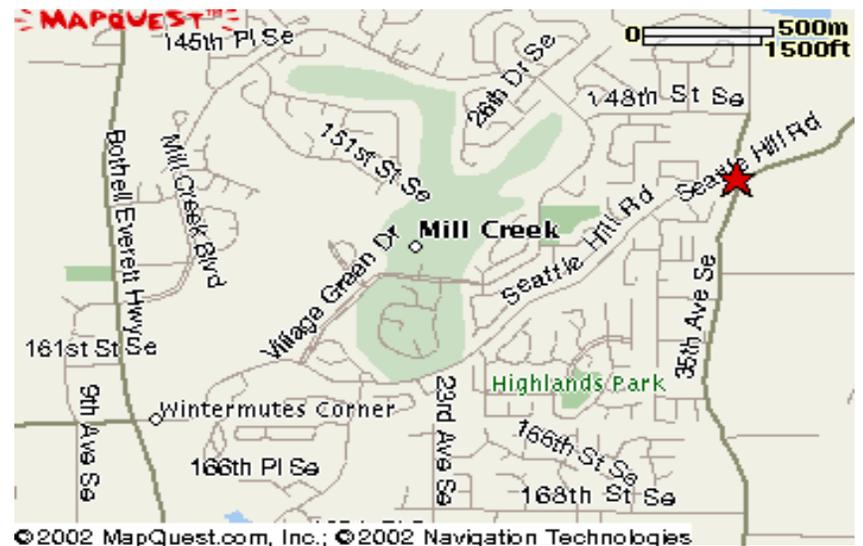
The buzz session is a time when callers and cuers and dancers from all over the state can sit down together and talk about subjects that concern them. All this and more for just \$20.00 per single or \$40.00 per couple/family for the whole weekend. Tent and RV space is available for an additional fee on the site of the event at the Circle 8 Ranch in Cle Elum, WA. Motels are available in Cle Elum & Ellensburg if you don't want to rough it.

BC Canada Square Dance Jamboree (Peach Festival)

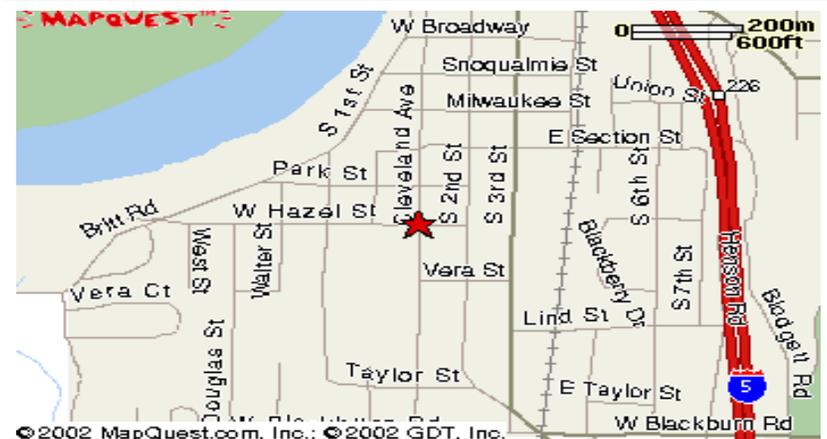
Held in Penticton, British Columbia, this mainstream dance has been held continuously for nearly 50 years in the Canadian Okanagan Valley. From Everett you are just 5 hours away from one of the best times you can have in a 4 day weekend (Wednesday through Saturday) or you can attend for the 6 day package (Monday through Saturday). There are lots of motels and RV opportunities, but you may want to reserve a place early as this is a very popular event. Activities in the area include golfing, swimming (or innertube floating the canal between the 2 lakes), biking, wine tours, para-sailing & camping. This is a wonderful place for families. As the parents are dancing, the kids can play on the grass in the park.

Circle 8 Ranch

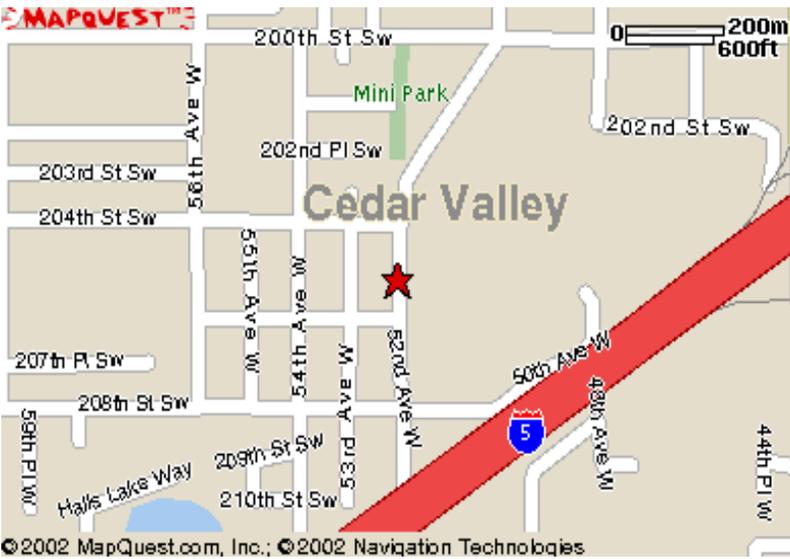
This is a special place to visit. It is located just a few miles west of Cle Elum off Interstate 90. It is primarily an RV Square Dance Resort but they have a few cabins for rent. Almost every weekend during the summer there is a special weekend event planned and they have different callers & cuers every week. There are also some special programs during the week days. Circle 8 is also the home of Dancing, Education & Retreat.



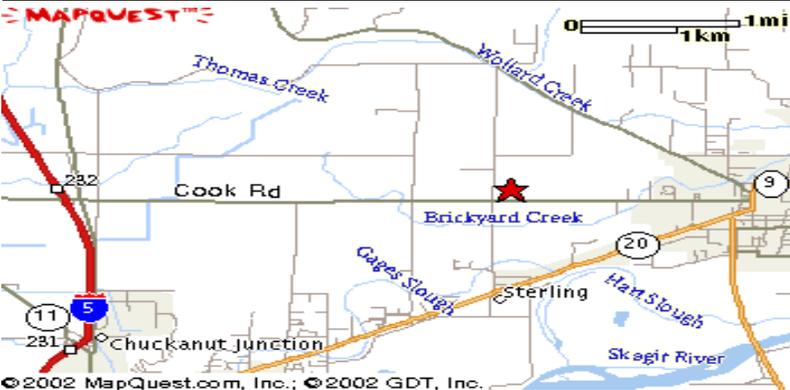
Sky Valley Whirlwinds - A Blast
Tri-Way Grange
Seattle Hill Rd at 35th Ave SE Snohomish (Mill Creek)



Skagit Squares—Mount Vernon Senior Ctr.
Hazel At Cleveland Mt. Vernon



Dudes & Dolls - Cedar Valley Grange
 20526 52nd Ave W. Lynnwood



Fidalgo Fogcutters
Skagit Valley Grange
 21273 Cook Rd. Sedro-Woolley

National Square Dance Conventions

Can you think of any other activity that you can attend anywhere in the world, knowing the activity will be conducted in English? Maybe you will get to dance in a square at a National Square Dance Convention where none of the 4 couples live on the same continent as the others. If you are a collector of anything, you will want to have pins or stickers representing your club, home town or state that you can trade for a pin or sticker from other parts of the world.

Club Campouts, Overnight Trips and Mystery Caravans

Sometimes you know where you are going and sometimes you don't. Always keep in mind that a dancer you don't know from another club, city, or elsewhere is not a stranger. They are simply friends you haven't met before. Present yourself with a smile & give them a Yellow Rock (Hug) to start the conversation.

Square Dance License Plates

Square Dancing is the official dance of the State of Washington as well as the official dance of over 30 other states in the nation and the number grows each year.

You are urged to promote square dancing wherever you go. There is no better way of letting other people know you are a square dancer than to get license plates that say Washington Square Dancer on them plus show a dancer silhouette. These are available from any license outlet in the state. These are not Vanity plates, they are a *special series* Plate so there is a one time fee of \$40.00. You do not have to pay the fee each year. These plates can also be transferred to another vehicle.

Why do Clubs Exist ?

Square Dance Clubs are the most important part of Square Dancing. If there were no clubs;

- ◆ The only place you could dance would be where you learned in the first place.
- ◆ Every caller would teach just the moves his dancers wanted to dance. No consistent level.
- ◆ If you went to the dance hall across town, they would dance to different moves than those you learned and you would be lost.
- ◆ If you went to Spain, Germany or Japan you would have to know the language to understand the calls. **Wherever you go, the calls are always in English.**

Clubs introduce dancing to the world. This is where you take lessons and make acquaintances while learning the moves.

Clubs need officers to operate so you may be asked to chair a committee or hold an office so other people can take lessons and spread the fun.

Fun clubs involve a lot of different people in the activities necessary to operate the club. When duties are spread around to a greater number of people, less time is required to complete all the necessary tasks, then everybody has more time for the fun things.

If you are asked to help in any way, get involved so you are not left out of the fun part when the work is done.

Join & Support a club of your choice.

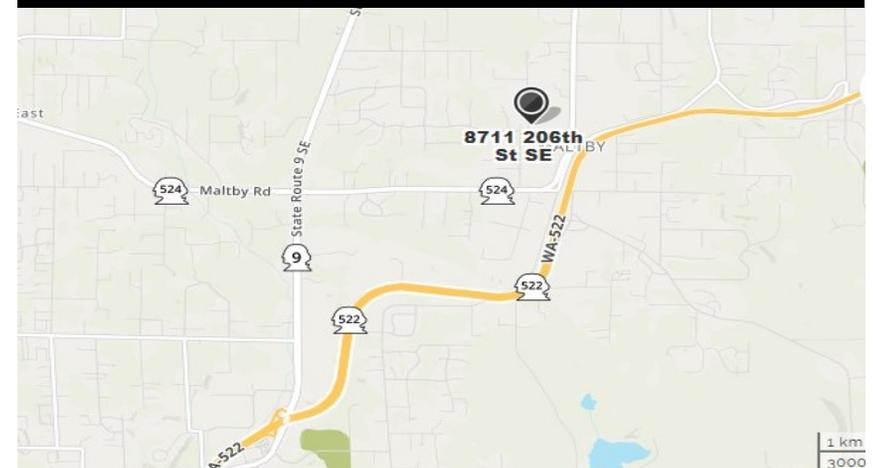
If you're too open minded, your brains will fall out.

A day without sunshine is, like, - - - night.

On the other hand, you have different fingers.



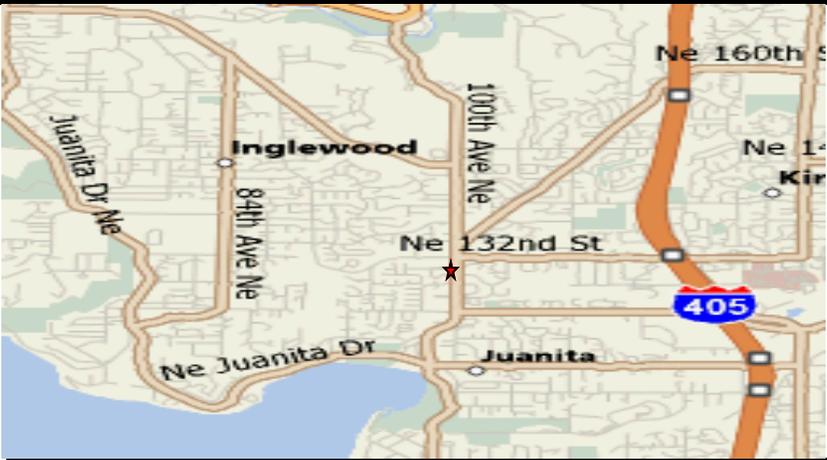
Dancing Shadows Round Dance Lessons
Cedar Valley Grange
20526 52nd Ave W Lynnwood



Square Crows
Maltby Community Center
8711 206th St SE Snohomish



Happy Rounders & Whirlybirds
 The Hayloft
 15320 35th Ave W Lynnwood



Samena Squares
 Juanita Community Club
 13027 100th Ave NE Kirkland

Mount Baker Council of Square & Round Dance Clubs

Mount Baker Council is made up of 16 Square & Round Dance Clubs in the 6 county area of King, Snohomish, Skagit, Whatcom, Island and San Juan counties.

The council was organized in 1969 and accepted into the State Federation in January of 1970. Currently in the 16 clubs that make up the council, there are about 900 dancers. Council business meetings are held the first Wednesday of every month from September through June. Each club has 2 delegates and they may have 2 alternates. Committee heads can be any person belonging to a club in the council. Delegates and committee chairpersons elect officers to the Council Board from any qualified person in the council area. All dancers, callers or cuers are welcome to attend the meetings and speak their mind.

The Council is not designed to lay down rules or laws for the clubs and dancers. Quite the contrary, the Council is a tool of the clubs and dancers undertaking only what the clubs dictate through the suggestions and shared ideas of their delegates. The Council is able to handle projects which individual clubs may be unable to finance or carry out alone, such as providing dancers for exhibitions at special events, graduation certificates, club business card reimbursement and other items which can be purchased at better prices in larger quantities.

Promotion of our activity is the primary function of the council. The collective power and size of the council can do a lot of promoting that a small club may not have the resources or funds to do. The council may also qualify for funding support from the state level that is not available to the clubs. The council has hosted state festivals in the following cities and years; Edmonds - 1979, Marysville - 1987, Lynden - 1993, Lynden - 2004 , Mount Vernon - 2015 and Everett 2021.

Spring and fall council dances are sponsored by the council and hosted by different clubs. The profits are shared by the club and the council. The council Vice President acts as an advisor to the club dance committee and in turn guarantees that the club will not be held responsible for a loss of funds if no profit is realized from the council dance. These dances provide a

chance for all clubs to dance with all the other clubs in the council at the same time.

These dances also provide an opportunity to meet your State Federation Officers. They attend as many of these dances as they can work into their schedules. Each one tries to attend at least one function in each council during the dance year.

Square & Folk Dance Federation of Washington

The State Federation is made up of 11 areas or Councils. Two representatives from each council and the chairperson of each of the standing committees form the State Council. The group meets for business meetings in September, January & May. Each meeting is hosted by an area council which provides a dance location for Friday & Saturday night, a hall large enough to hold the business meeting on Saturday and provides a buffet or family style lunch for all attendees.

It's main function is also to promote square dancing and strengthen council and club existence.

Officers are elected by and from dancers in the 11 councils around the state. Each council provides a nominating delegate who brings candidates for the election.

The State Federation sponsors our state magazine, Footnotes, the Leadership Seminar at Circle 8 Ranch and the Washington State Square Dance Festival which is hosted by different councils around the state.

Websites are a great tool for finding all kinds of dance information. The following websites will get you information on where to dance, people in charge, dance lessons, special events, etc.

Mt Baker Council
www.sqdance.org

WA. State Square & Folk Dance Federation
www.squaredance-wa.org

www.wherethedance.com

www.wherethedance.com

Callerlab is an organization that works to standardize square dance figures all over the world and produces various types of literature to that end.

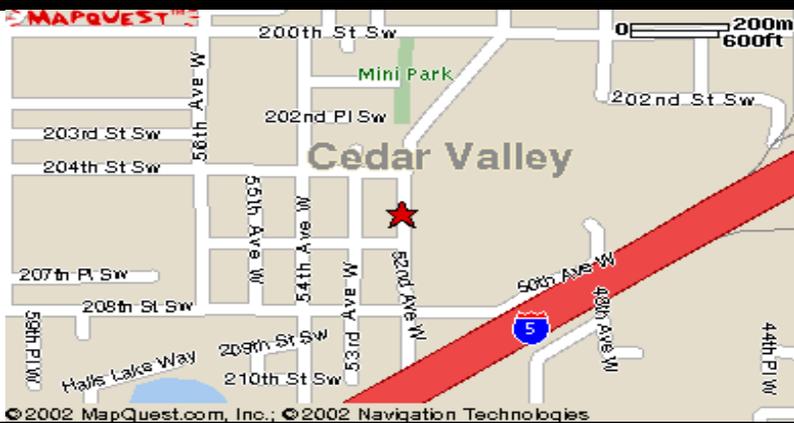
Roundalab is an organization that works to standardize round dance figures all over the world and produces various types of literature to that end.

These two organizations play a large part in making it possible for you to be able to dance anywhere in the world.

This is where your teachers, callers & cuers get their guidance. Callers & cuers do not invent the figures but they do invent how they are put together. That's what makes dances the same but different.



Rainbow Squares — Ten Mile Grange
 Exit 256 From I-5 Go North On 539 turn right on
 Pole Rd to Hannegan 6958 Hannegan Rd Lynden



Freewheelers
 Cedar Valley Grange
 20526 52nd Ave W Lynnwood

Modern Western Square Dancing Something Old, Something New

Country barns, haystacks, fiddle music and farmers in overalls; that's the image most people have of square dancing. Those people are always surprised when they see how our National Dance has come of age. Today's dancers move to modern music, they meet in air-conditioned schools, and recreation department halls, and they come from all walks of life. A pleasant mix of Classic rock, Top 40, Country, Latin and "Oldies" is used at most Square Dances today. Dancers may promenade to "Pink Cadillac" one minute and circle to "You Are My Sunshine" the next minute. In short, everyone can find their favorite music at a square dance today.

Just as the music is a blend of styles, so are the dancers with everyone from company presidents to unemployed, and from student to retired, all having a good time together. It doesn't matter who you are, or what you do, just that you are having a good time with friendly people. There are square dance clubs on many college campuses around the country, and on many military bases, here and abroad. Single dancers dance together at singles square dance clubs in many cities. Our teens and preteens enjoy the competition between individuals and clubs and compete at a regional / international level from British Columbia to Oregon. Whatever level of proficiency you want to dance, square dancing is often described as "Fun & Friendship Set To Music". No matter where you travel, here or abroad, you are never a stranger at a square dance club. I like to say that dancers you don't know are just friends you haven't yet had the opportunity to meet.

Today's Square Dancing is a combination, and evolution, of the folk dances of many parts of Europe. The Morris Dancers of early England are the first ancestors. These dancers were groups of 6 men who danced various, vigorous patterns. From the Morris Dancers came the English Country Dance, performed on the lawns by great circles of many couples. A significant variation of the Country Dance was the "Longways" for as many as will", which was performed in line formation.

Another ancestor of today's dance is the French Court Dance, or Branle. The Court Dance was performed in great ballrooms,

by elaborately dressed couples. They danced in great circles, much like the English Country Dance, only with greater flourishes and whirls. As these dances moved to the French country side, the more robust moves of the English dances, particularly the Longways, were incorporated. This modified court dance had one couple after another dance the same figure over and over, a format which should be familiar to all Square Dancers today.

The French are also responsible for the Contre (or Contra) Dance, performed in two facing, or counter, lines of dancers. The Cotillion (meaning great petticoat) also came from the French dancing masters. These two dances evolved into the Great Quadrille, performed by four couples in a four sided set. The Quadrilles also used a prompter, the ancestor of today's callers, to announce the next set.

The settling of America began in the New England and Virginia-Carolina areas. Dancing didn't follow too quickly, due to the Puritanical influence. It wasn't until the early 1700's that any dancing surfaced. The "New England" dance was a hybrid of the English Country dancing and the French Court dances, soon evolving into a form of the Quadrille. The most common chorus then, as now, was ... Allemande Left and Right & Left Grand!

Paralleling the evolution of the New England Dance was the dance of the early settlers of the Virginia-Carolinas area, the Appalachian Mountain Dance. This was a vigorous, fast dance, much like the English Morris dance. A variation was the Running Set, or Big Circle Dance. The first couple would go to the second couple and execute a figure, then proceed to the next, and so on around the circle. This Running Set had a "prompter" too, who called the figures from within the set. As the country grew and expanded, the Quadrilles of New England merged with the Appalachian Mountain dances, forming the basis for today's Square Dancing.

Square Dancing has changed a lot since Colonial times. Gone are the fiddlers and live bands, replaced by sophisticated sound systems and recorded music. The barns and fields have given way to modern air-conditioned halls, with larger dances being held in Hotel Ballrooms and major municipal convention centers. Weekly dances at local square dance



Dancing Shadows - Juanita Community Club
13027 100th Ave NE, Kirkland



Happy Hoppers— Stilly Valley Center
18308 Smokey Pt. Blvd Smokey Point

Upcoming Council Dances

Season	Host Club
Spring 2023	Fidalgo Fogcutters
Fall 2023	to be determined

Upcoming State Festivals

Suquamish, WA June 16, 17, 2023
 Olympia area, June 14, 15, 2024

Upcoming National Conventions

Mobile, AL	June 21,22,23,24 2023
Milwaukee, WI	June 26,27,28,29 2024

Washington State Federation Officers

	Council
President	
Joshua Strickler	Spokane
Vice President	
Lane & Gail Johnston	Rainier
Recording Secretary	
Peggy Sue Hall	Rainier
Corresponding Secretary	
Brett Kappenman	Central Puget Sound
Treasurer	
Marsha Sullivan	Rainier

Club Index

Club dance days of month & time

Note: Clubs Listed as Adult may restrict membership to certain ages, however most clubs in this state do not restrict visitors with any age limits. Be aware of the level of dance at the club you visit. Clubs dance mainstream unless otherwise noted.

Club Name	Dance Days
A-Blast	(Advanced) 1st & 3rd Sat. 11:00 am-1:30 pm
Cascade Crossfires (Plus)	Family Every Monday 6:30-9:00
Dancing Shadows (Round)	Family 1st & 3rd Sat 7:00-9:30
Dudes & Dolls	Adult 2nd & 4th & 5th Fri 7:00-10:30
Fern Bluff Squares	Family 2nd Sat 7:30-10:30
Fidalgo Fogcutters (Plus)	Family 3rd Fri 7:00-10:00
Freewheelers	Singles & Couples 1st & 3rd Sun 6:30-9:30
Happy Hoppers	Family 2nd & 4th Sundays 6:00-8:30
Happy Rounders (Round)	Family Every Tues 7:30-9:30
Mt. Baker Teachers, Callers & Cuers	Thurs/ Summer Only
Rainbow Squares	Family 2nd & 4th Sat 7:00-9:30
Samena Squares	Family 2nd & 4th Fri 7:30-10:00
Skagit Squares	Adult 3rd Sat 7:30-10:00
Sky Valley Whirlwinds	Family 3rd Sat 7:30-10:30
Square Crows	Family 3rd Friday 7:30-10:00
Whirlybirds	Adult 1st Fri-2nd Sat 7:30-10:30

Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.

Nothing is foolproof to a talented fool.

Washington State Heritage Center

The Washington State Square Dance Heritage Center is maintained in a leased room at the North Spokane Dance Assoc. Hall in Spokane, Washington. This is the official storehouse, research center, and showcase of historical materials, artifacts and other memorabilia gathered by the State Federation since its beginning in 1948. The Heritage Center moved from Kennewick to Spokane in 2004.

The Center is supported through donations from dancers like you and me. Many donations are made in memory of former dancers or club and council officers who have contributed to our activity in some special way. Donations to the Heritage Center in memory of a dancer, caller or cuer will get that persons name engraved on the memorial board. Personal donations will get your name on a board showing that you are a supporter of the Heritage Center.

Other funding of the Heritage Center comes from fund raisers, state festival fees and federation funds.

The Heritage Center Board of Trustees consists of 4 dancers at large and 4 past presidents of the state federation along with 1 person from each of the 11 councils in the state. Each council has a Delegate that is asked to attend meetings 2 times each year to report to the state federation activities going on in their council. In turn they are asked to report to the councils any action that is taking place at the state level.

The Prime responsibility of the center is the documentation and preservation of the history of the square dance and the six related cultural dance forms; *square, round, clog, contra, line and heritage* dances in Washington State.

Each council delegate is responsible to maintain the glass enclosed display case assigned to that council.

To view the center located in the North Spokane Dance Center, The address of the center is 7424 N Freya Spokane, WA.

For information; Contact your area council Heritage delegate, Ellen Ostrum 425 308 9559 ellenostrum@gmail.com

Past Presidents of Mt. Baker Council

1970-1971	Larry & Doris Hawkins
1971-1972	Bob & Virginia Provost
1972-1973	Lee & Dee Hayes
1973-1974	Floyd & Beverly Carper
1974-1975	Earl & Ann Ross
1975-1976	George & Evelyn Bartholomew
1976-1977	Dan & Rose Buckholz
1977-1978	George & Freda Woods
1978-1979	Lin & Mary Davis
1979-1981	Art & Ginny Sauer
1981-1982	Harry & Janice Thomas
1982-1983	Ila & Everett Williams
1983-1984	Jim & Sena Blubaugh
1984-1986	Roger & Beth Barnes
1986-1988	Jim & Polly Burnside
1988-1990	Vic & Erdie Cain
1990-1991	Percy & Doris Maneval
1991-1993	Tom & Carol Moon
1993-1994	Gene Shelin
1994-1995	Matt & Diane Martin
1995-1996	Vaughn & Helen Pilkey
1996-1997	Phyllis & Pat Mugrage
1997-1998	Alan McMurray & Robin Zinnato
1998-1999	Alan McMurray
1999-2001	John & Rosie Hayes
2001-2003	Dan & Mica Aicher
2003-2005	Cliff & Sharan McCracken
2005-2006	John & Rosie Hayes
2006-2008	Oren & Lew Gaskill
2008-2010	Ray & Cindy Gallagher
2010-2012	Roy & Geri Johnson
2012-2014	Don & Snookie Carlson
2014-2016	Glen & Tami Shaw
2016-2018	Ray & Cindy Gallagher
2018-2019	Glen & Tami Shaw
2019-2022	Doug Keyes
2022-2023	Steve & Joyce Sworen

He who laughs last thinks slowest.
Depression is merely anger without enthusiasm.
Eagles may soar, but weasels don't get sucked into jet engines.

Square Dance Attire

It is nice to know that at a square dance there is something “special” about the way we dress. Now why is this such a big deal? Because SQUARE DANCING IS A BIG DEAL! Folks who see you dressed up know you’re a square dancer. It’s not a uniform; it is stepping into a role that makes your square dance night something special; it’s your individuality that’s showing. There are those who say that the way we dress reflects the way we feel about square dancing.

According to the genealogical chart, the roots of square dancing started way back in 1450, with two major ancestors, one English and one French. People from virtually every European country immigrated to the “new Land” during America’s first 200 years. They brought with them their customs, languages, skills, fashions and their dances. At first, grouped into ethnic concentrations in different parts of the country, they enjoyed their dances in the pure forms of their homelands. As people spread across the land, migrated west and moved from one city to another, the various forms of dance and the dance costume became more and more integrated and influenced the emergence of the American Square Dance that we enjoy today.

Our square dance dresses of today can trace their history back to the elegant ballrooms of France and the grand manors of England. In those countries the minuet, polka, waltz, and quadrille were danced. It was an era of stately music, stately dances and stately dress.

We go forward in time and the move to open the West is on. Days are long and hard with both men and women working in the fields and tending the livestock. There was not much time for gaiety so every occasion was used for socializing. Often people came from miles around to see their neighbors, catch up on the news and dance the night away. Women’s dresses were long; starched petticoats and floor length pantaloons were worn underneath. As square dancing grew out of the fad stage into a solid, stable activity, fashion too, came into its own as a recognized costume. Tailored, western-cut trousers and western shirts for the men identify the Male Square Dancer to

7. Listen to the caller. Do not talk when the caller is talking or calling. Not only is it rude, but other dancers may need the information offered.

Publications & Engravers

Council Notes (e-mail) mbcouncilnotes@gmail.com Editor - Doug Keyes 425 478 3397 1523 132nd St SE Suite C PMB 321 Everett, WA 98208-7200
Footnotes (e-mail) footnotes_wa@yahoo.com Editor - Cynda Clark P.O.Box 11160 Yakima, WA 98909-2160
American Square Dance 34 E Main St Apopka, FL 32703
National Squares Magazine 532 Walnut Point Dr. Mathews, NC 28105
National Square Dance Directory 601-825-6831 P.O.Box 880 Brandon MS, 39043
L & L Engravers (e-mail) paul@engrave2u.com 425-392-2951 P.O.Box 65034 Seattle, WA 98155
Online — where2dance.com Online — wheresthedance.com
Tiger Mountain Engraving Editor - Rod & Taj Alex 206 271 5639 rod@tmengraving.com

The Pleasure Principle: A Quick Guide to Excruciatingly Correct Square Dance Behavior

Square dancing is all about pleasure: the pleasure of calls well executed, the pleasure of a good laugh if your square does break down, the pleasure of a social activity in a friendly atmosphere of mutual respect and cooperation. To keep square dancing pleasurable, we must all observe a few guidelines. After all, square dancing is a group activity.

1. Avoid drinking and drugs that may affect your reaction time and cause you to break down a square (or even cause serious injuries). Most clubs forbid drinking both before and during a dance.
2. Start out Fresh. Shower, use deodorant, and brush your teeth. Avoid eating strong smelling foods like garlic right before dancing. This may sound corny, but it can make a big difference to your fellow dancers.
3. In most clubs, for each new tip, dancers form new sets by squaring up randomly. It is considered unfriendly and discourteous to pass by a forming square to look for another.
4. At the beginning of a new tip, introduce yourself to dancers you don't know. Friendliness is one of the best aspects of square dance activities.
5. The Golden Rule: once in a square, under no circumstances abandon it. Exception: in a medical emergency or if someone is injured, of course you should use common sense. There is an accepted "emergency call for medical assistance": members in a square should surround the ill or injured person with uplifted arms to notify the caller or other persons in charge.
6. Help your set dance its best. Be friendly about it. If you see a need to direct a fellow dancer be sure that you are correct, and be gentle in your assistance. Think of the best interest of the group and take care not to hurt other dancers' feelings. Do not be too critical of others. This can ruin everyone's fun if it results in bickering or a condescending attitude. Remember, we all make mistakes and the next one might be yours. Be especially supportive of new dancers because without them our pleasurable pastime would die out.

the world.

Perhaps the ladies, though, deserve the nod for having played such a large part in the change of character or evolution of our costume. Taking advantage of the many choices of material and colors available to sew and calling upon their innate knowledge of styling, the Female Square Dancer has visually lifted square dancing from the red barn scene and placed it in a category of beauty and grace.

A swirling floor of full skirts, bouffant petticoats and modest pettipants have long attracted the photographic eye and resulted in good publicity for our hobby. Many a costumed dancer seen by a non-participant has resulted in his joining a class. Neat and gaily attired club members have been able to open halls for the square dance activity which had been previously denied due to an ugly misconception of the hobby.

One of the bonuses of the square dance activity is the fun of beautiful costuming both for the gentleman and the lady. When we ignore proper square dance attire or do not take advantage of looking our very best, we tarnish the square dance image we present to the public. Our "image" could be lost if the dress situation is just allowed to slide away from us. Remember that square dancing is "somewhere special to go" and not just "somewhere else to go". Be proud of the image that traditional square dancing represents.

What should a square dance dress be like? Today's square dance clothes are not "authentic covered wagon, hillbilly, or li'l Abner" type of dresses. They are also not our everyday street wear. They are lively and much more frivolous. They are truly a costume appropriate for our square dance hobby.

The basic, casual starting costume for the man would be lightweight, absorbent, long-sleeved shirt, slacks and comfortable leather-soled or crepe-soled shoes. The lady's casual starting outfit might be a light-weight, full skirt and blouse or a dress with an easy skirt. Avoid bare backs or midriffs. Flat, comfortable leather-soled shoes or ones with a sliver of a heel that slide easily fit the bill. Adding a full petticoat will come next. A dress-up costume for the man

includes a bit of color in a western shirt or vest, collar tips, western belt, string tie, gambler tie, sparkling bow and flare ties, nylon or silk kerchief knotted and worn with open collar, pants and boots or dance shoes. Dressing the part adds to the joy of square dancing.

One square dance dress code will not fit all square dance situations. Different dress codes apply to different types of events and facilities such as convention, camping, festival, picnic, theme party, club dance, barn, civic center, gym, church, etc.. Dress codes therefore must be flexible and dependent on the rules established by the sponsor of the event. Most of this is common sense. Unfortunately, when common sense is not followed by some, sponsoring organizations need to make and advertise in advance their desired dress code rules.

There is no hard, fast, written, definition of “Proper Square Dance Attire” or “Dress Code” that will fit all occasions and events at the club, area, state, national or international levels. The “Dress Code” is flexible and depends on the event being sponsored. The sponsors set the Dress Code for their individual functions and monitor and enforce the code as they may desire.

The following square and round dance dress code has been developed and enforced at many National Square Dance Conventions and serves as the most recent Convention Dress Code of the Square Dance Activity:

Ladies - Square dance dress, or square dance skirt and blouse, or prairie skirt. Crinoline slips and pettipants are recommended with square dance attire but not with prairie skirts. No pants, shorts or T-shirts permitted on the square and round dance floors.

Men - Long sleeve shirts and long pants a must, bolo or square dance tie recommended. Western attire recommended. No short sleeves, T-shirts or shorts allowed on the square and round dance floors.

All dancers will be permitted in any hall, but need to be dressed in proper attire to dance in that hall.

signal on the floor. If you are three couples and need one more, raise your arm with one finger in the air to let everyone know what you need.

8. Don't get discouraged. Whether you feel that you're slower than the rest at learning the fundamentals of square dancing, or whether everybody else is slower than you, don't get aggravated or bothered. This is a new activity for everybody. It takes a little bit of time and patience to get accustomed to the new sounds and different maneuvers. It doesn't pay to stay in the same set all the time. Variety of sets is a great learning tool in this case.

9. Take it easy. Don't over do it. Square dancing can be strenuous exercise. Learn to take it easy - avoid the skipping or running and learn to slide your feet and relax as you dance. You'll find you're using muscles you haven't used for years. Remember, square dancing should be a smooth dance and your enjoyment of the activity increases as you're able to “sandpaper” over the rough edges.

10. Have fun. After all, square dancing isn't square dancing unless its prime purpose of having fun is accomplished. Above all else, enjoy yourself. If you must make noise at any time, be sure to do it so that it won't keep the others from hearing the caller. The end of each dance is a good time to let off steam. Just remember this, when you clap at the end of dancing you have just enjoyed, you're applauding yourself, not the caller. It is you who did the job and it is you who just experienced what a true sense of accomplishment and fun it is..... to be a square dancer.

A conclusion is the place where you got tired of thinking.
Experience is something you don't get until just after you need it.
For every action there is an equal and opposite criticism.

Ten Ways to become a Good Square Dancer

1. Be a good listener. Remember your “quarterback” caller has to get his signals across to you. That’s why LISTENING is the most important thing in square dancing. Not only is talking during a square dance discourteous to the others in your set and the caller, but it makes it impossible for the others in your set to catch the instructions.
2. Adapt yourself quickly to the fundamentals. The first few sessions in your square dance experience are your most important. Be sure that you get well grounded in the fundamentals of square dancing.
3. “When in Rome”. As you learn more about square dancing, you’ll find real fun in visiting other groups and dancing to other callers. Take it easy at first and watch to see how the group is dancing and get accustomed to the caller’s voice before you get up on the floor. Then be sure and dance the way the rest of the group is doing. Don’t try and explain that you do things differently where you come from, but rather join the dance as it is presented and be a good “guest”.
4. Be friendly. Square dancing is a community activity and is one of the most friendly activities you’ll ever know. You just can’t be a good dancer and not make friends. Welcome newcomers into your set and see if you don’t enjoy the set more when you know the names of the folks you’re dancing with. The head gent might take the initiative in this.
5. Be cooperative. A set of square dancers is not composed of eight individuals. It is one unit working with no individual trying to show off, or “star”. You get the most fun when you learn to cooperate. You can only progress in a set as long as each individual does his or her part on the team.
6. Practice, practice, and more practice. The quicker all the square dance terms form a pattern in your thinking, the quicker you actually become a good square dancer, and the more automatic your movements. But it does take a little work at first.
7. Get sets up early. When your caller starts the music, it means recess time is over, so don’t hold up the show. Get your sets formed as quickly as possible. Remember, the recognized

Spring Council Dance

Hosted by

Fidalgo Fogcutters

When

April 29 , 2023

Where

Skagit Valley Grange

Caller for squares

Loren Smith & Steve Noseck

Cuer for rounds

Debbie Taylor

Look at any dance for flyers about this and other dances you might want to attend.

Fall Council Dance

Hosted by

To be determined

When

Usually in October

Where

To be determined

Caller for squares

To be determined

Cuer for rounds

To be determined

Look at any dance for flyers about this and other dances you might want to attend.

Pacific N. W. Teen Festival

Each year, usually the first weekend in May, the young people of the square dance organizations in Oregon, Idaho, Washington & British Columbia participate in a square & round dance competition. This competition is a lot of fun for the young dancers and they work very hard to be the best. They compete in square dancing, round dancing, calling & Cueing. Known as PNWTF the competition is held alternately each two years in Washington & Canada. Only the young people under age 21 compete. The rest of us just dance for the pure fun of it. Each year the teens visit all the club dances selling support buttons to raise funds for the festival. The funds help pay for the cost of costumes and the operation of the festival. These support buttons are your admission to the festival.

Murphy's Laws

Parts that interchange — won't

A clean shirt attracts the soup of the day

If at first you don't succeed — you're running about average

Don't mess with Mrs. Murphy

PETTICOAT JUNCTION DANCE SHOP



*Clothing and shoes for
ALL types of dancing!*

MON-WED: 10-6

THURS: 10-7

FRI-SAT: 10-5

Hope to see you soon!

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“All Around Dancer” Fun Dangle

You Can Earn this Dangle to show that you are an all around dancer and have a great time sharpening your dance skills at the same time.



All you have to do is Dance at 7 different clubs in Mt. Baker Council within 1 year span of time. (Level dances & Council dances may be included.)

Present your signature sheet at the sign in desk of the club you visit to collect your signature. When you have 7 signatures from 7 different clubs including your own home club, present your signature sheet to your own club president. He/She will forward it to the Council via Council Delegate or you may send it directly to the Round

Tuit Chairman: Kim Ludlow

12720 4th Ave W #F334 Everett, WA

98204 206 383 4977

kludlow57@gmail.com

Signature page for the All Around Dancer Badge Dances visited must be attended within 1 year

Dancers' Name _____ Start Date _____
Please Print Clearly

Club _____

- A-Blast (advanced) _____
- Cascade Crossfires (Plus) _____
- Dancing Shadows (Rounds) _____
- Dudes & Dolls _____
- Fern Bluff Squares _____
- Fidalgo Fogcutters (Plus) _____
- Freewheelers _____
- Happy Hoppers _____
- Happy Rounders (Rounds) _____
- Mt. Baker Teachers _____
- Rainbow Squares _____
- Samena Squares _____
- Skagit Squares _____
- Sky Valley Whirlwinds _____
- Square Crows _____
- Whirlybirds _____
- Council Dance _____
- Council Dance _____