



COUNTRY PRIDE DANCE CLUB NEWSLETTER

March / April 1996

Note From The President

FIRST OFF I WANT TO THANK ALL THE PAST EXECUTIVE OF THE CLUB FOR THE LAST YEAR, AND ALL THE WORK THEY PUT INTO HELP BUILDING THE CLUB. A BIG THANKS TO ANNA PLANTO AS OUR SECRETARY THAT TOOK OUR CLUB FROM A BOOK KEEPING MESS TO A REAL SYSTEM. ANNA HELPED ESTABLISH THE CLUB'S RECORD KEEPING, AND KEPT US ALL ACCOUNTABLE. THANKS ANNA YOU WILL BE MISSED. THANKS TO DEBBIE WILLMER AS OUR PAST SOCIAL DIRECTOR. DEBBIE DID A GREAT JOB ORGANIZING OUR SOCIALS AND PIONEERED A LOT OF THE WORK IN THE NEWLY ESTABLISHED POSITION.

WELCOME BACK TO THE BOARD PAM AS OUR CHROGRAPHER, JIM NEWLY ELECTED AS THE VICE PRESIDENT, GARY WILMER AS MEMBERSHIP DIRECTOR, AND MYSELF AS PRESIDENT. NEW TO THE BOARD ARE KEN JACOBSEN AS FUNDRAISING DIRECTOR, BONNIE IRONSIDE AS SOCIAL DIRECTOR, AND BONNIE JACOBSEN AS SECRETARY TREASUER. I AM EXCITED ABOUT THE NEW BLOOD TO THE BOARD AND I LOOK FORWARD TO WORKING WITH THEM OVER THE NEXT YEAR AND HELPING TO GROW THE CLUB.

WITH A NEW YEAR AND NEW PEOPLE COME NEW GOALS AND DIRECTION. WE HAVE CHANGED OVER THE LAST YEAR AND OUR GOALS WILL CONTINUE TO CHANGE AS WE DO. THE JUNIORS TEAM HAS BECOME A BIGGER PRIORITY OF OUR CLUB AND I AM SURE THAT THAT WILL BE A GROWING PART OF OUR CLUB. CONGRATS TO JIM AND THE KIDS FOR ALL THAT THEY HAVE LEARNED. WE REALLY HAVE ESTABLISHED OURSELVES WITHIN THE CENTREAL ALBERTA AREA AND IT REALLY UP TO EACH OF US HOW BUSY WE WANT TO BE AND HOW MUCH WE

WANT TO DO. WE CAN DECIDE TO BE COMPETITIVE AND WORK HARD TO LEARN MORE ROUNTINES AND PRACTICE TO GET BETTER, WE CAN BE A PERFORMING CLUB THAT DOES SHOWS AND TEACHES TO THE PUBLIC, OR WE CAN BE A SOCIAL CLUB THAT LEARNS COUNTRY WESTERN DANCING. NONE OF THE FOLLOWING IS RIGHT OR WRONG AND DEPENDING ON OUR MEMBERSHIP WE CAN DO MORE OR LESS. IF WE HAVE ENOUGH PEOPLE TO HAVE A COMP TEAM WE CAN DO IT. IF WE WANT TO PERFORM LOCALLY OR TEACH THAT IS A CHOICE TOO. AS I NOW SEE THE CLUB WE HAVE UNDER GONE A TRANSITION AGAIN AND WE ARE PERHAPS NOT SO DEDICATED TO COMPETITION NOW AS WE USED TO BE. HOWEVER I BELIEVE WE ARE MORE FOCUSED NOW ON WHAT THE CLUB WAS FOUNDED ON THAN EVER BEFORE. OUR MISSION STATEMENT IS TO PROMOTE C/W DANCING THROUGH WHATEVER MEANS WE CHOOSE.

WE ARE NOW DOING THINGS THAT WILL PROTECT AND PROMOTE THE ART FORM. WE ARE TEACHING TO OUR CHILDERN, WE ARE CONTINUING TO TEACH, PERFORM, AND PROMOTE. SOMETHING NEW THAT I AM DOING IS GETTING INVOLVED WITH THE CITY OF RED DEER ARTS CULTURAL CHARTER, AND THAT MAY OPEN MORE DOORS TO US AS WELL. WE ARE BECOMING MORE ESTABLISHED IN THE COMMUNITY AND I KNOW THAT WE WILL CONTINUE TO HAVE FUN DANCING.

MANY OF US VERY MUCH BELIEVE THAT COUNTRY WESTERN DANCING CAN CHANGE PEOPLE'S LIVES BY GIVING THEM OPPORTUNITIES THAT THEY HAVE NOT HAD IN THE PAST. IT ALSO ALLOWS PEOPLE TO BUILD SELF ESTEEM AND FEEL GOOD ABOUT THEMSELVES. I BELIEVE THAT VERY STRONGLY. THAT IS WHY I AM STILL

INVOLVED IN DANCING AND WILL FOREVER BE INVOLVED IN DANCING IN SOME ASPECT. I AM EXCITED ABOUT THE FUTRE OF THIS CLUB AND THE FACT THAT WE ARE STILL HERE SAYS SOMETHING. MANY PEOPLE TOLD US WOULD WOULDN'T MAKE IT AND WE HAVE PROVED THEM WRONG. I BELIEVE THAT WE WILL CONTINUE TO SEE AND DO THINGS TOGETHER AS A CLUB THAT PEOPLE DO NOT HAVE THE OPPORTUNITY TO DO ON THEIR OWN. SUCH AS DANCING FOR RICK TIPPE.

WE HAVE SET FUNDRAISING IN PLACE TO KEEP THE CLUB FUNDED, AND MONEY IN THE BANK. I LOOK BACK AT ALL THE THINGS WE HAVE DONE AND THINK WOW WHAT A TRIP. WHAT DOES THE FUTURE HOLD FOR US??? WHAT EVER WE WANT IT TO BE.

THE CALGARY COUNTRY DANCE STAMPEDE IS COMING UP APRIL 12, 13, 14 1996. WE HAVE BEEN THE ONLY TEAM TO DANCE AT THE EVENT SINCE IT STARTED. COUNTRY PRIDE HAS REALLY BUILT A REPUTATION AS HAVING A GREAT ATTITUDE AND BEING A GOOD SUPPORTER. I UNDERSTAND THAT PEOPLE MAY OR MAY NOT WANT TO SPEND HOURS AND HOURS PRACTICING HOWVER THIS YEAR WE COULD PUT A DEMO ON THE FLOOR LIKE WE DID IN EDMONTON. THE IMPORTANT THING IN MY OPION IS TO KEEP DANCING AND HAVE FUN DOING IT.

REMEMBER OUR CLUB ISN'T JUST ABOUT DANCING IT IS ABOUT PEOPLE.

Until next time
Keep on Dancing!!

Rob Ironside

Birthdays



March/ April 1996

Anna Plato March 31

Pam Baudin April 4

Les Walker April 13

NOTES!

Junior lessons are running Tuesday nites the studio at 6:30 p.m. anyone interested call Jim at 227- 6843 or 342-5111

**Dance lessons run on Tuesday nites
@7:30pm the dance studio 4732 - 50st.**

We have New Shirts available !!!! We started a new order to get some for the Junior Team and ended up getting an order for the adults too. Cost for the Shirts is \$20.00... 100% cotton raspberry Pink and they look great...call Debbie for info-346-2657

Make Sure to Get your Country Pride Pins! We now have two types available, one type for new members and a second type as gifts for friends or family. \$5.00 each - Talk to Kimberly 347-5399

We had the opportunity to perform at Brandon County for Rick Tippe to his new single... Great Fun Here is the

line Dance: **Heart Like a Wheel**

40 Count Line Dance, 4 wall Choreographed by: Max Perry

Music: " The Wheel of Love" By Rick Tippe *From The Album: " Should'a seen her comin"*

Count	Step	Count	Step
1,2, 3,&,4	(Rock Step, Coaster Step) Rock Fwd Left, Step in Place right, Step Back 1, Together R, Step Fwd L (Shuffle Rhythm)	5, &,6, 7,8	(Shuffle , Rock step) Left shuffle to Left (L,R,L) rock back right, step in place left.
5,6 7,&,8	(Rock Step, Coaster Step) Rock Fwd Right, Step in Place L, Step Back R. Together L, Step FWD R (Shuffle Rhythm)	1,2,3,4	(Vine W/ Chaninee' Turn right) Step side R, Cross Behind Left, Turn 1/4 right as you step FWD right starting spin, bring feet together completing the 360 spin (3/4 More), weight on left.
1,2, 3,&,4	(Side Rock, Cha Cha in Place) Rock side L, Step in Place R Cha Cha in Place L,R,L or spin 1/2 or 360 left.	5, &,6, 7,8	(Shuffle, rock step) right shuffle to right (R,L,R) rock, back left, step in place right
5,6 7,&,8	(Side Rock, Cha Cha in Place) Rock Side R, Step in Place L, Cha Cha in Place R,L,R of Spin 1/2 or 360 left	1,2,&	Syncopated Chasse' left) step side L, Hold, together R on "&" 3,4,& step side L, hold, together R on "&"
<i>Note:</i>	<i>If you opt to do the spins, start to turn as your weight is transferring to the in Place steps (Rock Side, step in place)</i>	5,6,7,8	Turn 1/4 left as you step Fwd left, step Fwd & Turn 1/2 left as you step Fwd on right, step in place left, together Right.
1,2,3,4	(Vine W/ Chaninee' Turn Left) Step side L, Cross Behind R, Turn 1/4 Left as you step FWD Left Starting Spin, bring feet together completing the 360 spin (3/4 More), weight on R.		Repeat entire sequence

Events

March 23, 24 1996: Dance Bash 96 offers workshops in Kelowna with Randy/Rhonda Shotts plus Ted & Kelly Dupuis, and others. Call Tom or Deb at 604-765-5411

March 29 1996: Country Pride Bingo 4:30-5:30pm: Evening Bingo at the Red Deer Bingo Association by the superstore downtown. Please check Jan/Feb newsletter for volunteer list. Pam Beaudin is the contact person for this Bingo 346-9121. Remember You will receive credit for working bingos that you can apply to membership fees, Tshirts, etc. ***Note this is a special Event Bingo*** (We need all our volunteers)

March 29 1996: Country Pride Dance Club Executive Meeting 5:00pm @ the Studio

April 4 1996 Country Pride Bingo 4:30-5:30pm: Evening Bingo at the Red Deer Bingo Association by the superstore downtown. Please check Jan/Feb newsletter for volunteer list. Rob Ironside is the contact person for this Bingo 346-5484. Remember You will receive credit for working bingos that you can apply to membership fees, Tshirts, etc

April 4 1996: Country Pride Dance Club General Meeting 8:00pm @ the Studio

April 12-14 1996: Calgary Country Dance Stampede V is set to offer social, competitive, and workshop activities: Call 403-252-5525 for more information

April 28 1996: Country Pride Dance Club Executive Meeting 5:00pm @ the Studio

June 7-9 1996: ACWDA's 5th AGM and dance is scheduled along with the 4th annual Instructor's Forum. The AGM and Instructors' session plus the annual dance will be held Saturday June 8. Tentative workshop sessions are planned for Friday evening, part of Saturday, and part of Sunday. Mark the date on your calendar and plan to attend. It's ACWDA's 5th Birthday.

June 14-16: Toon Town Shake down, Saskatoon's 1st annual Swing and Country Western Dance Event get initiated. Call Gary at 306-241-5857 or 306-242-0025

July 18-20 1996: The 10th Canadian National Square & Round Dance Convention comes to Alberta in the city of Edmonton. Call Allan or Norma at 403-466-3564

August 15-18 1996: The 4th annual Red Hot Dance Festival goes in Red Deer with the same big venue for social, workshops, dances, and contests. Call Rob & Bonnie 403-346-5484 for info.

November 1996 : Rivercity Dance Festival

ON LEADING AND FOLLOWING:

"If you don't lead me", my sister announced, "I'm not going to move." Fifty years later I still remember her words. Since that time I have considerably enhanced most of the social Country Western dancing that I first learned from her, however two things that she emphasized have held up throughout the years... "IF YOU DON'T LEAD ME, I'M NOT GOING TO MOVE!" and "DON'T DANCE ME INTO THE FURNITURE!" Leading and following that takes place between two people out on the dance floor can be analyzed down to the tiniest detail and is probably the most complex form of communication that takes place between two human beings.... at its best and most highly developed level, it is exhilarating and immensely gratifying to the couple that achieves it, especially in improvisational/spontaneous dancing when you meet a partner who can lead (or follow). Leading and following are skills that require true intelligence and cognitive abilities such as learning, pattern recognition, and non-verbal communication. Watching a champion Jack & Jill couple is like watching an improvised composition of a piece of art.

There are many misconceptions about lead and follow, expounded by both men and women. Untrained dancers sometimes seem to think that the lady is just supposed to limp and the man bends her to his will. This is grossly mistaken. While some people may be willing at a beginning social level to tolerate this, it cannot last long - it is too exhausting for the man and too painful for the woman. A woman without good posture, correct body/foot positions and body tone is simply not leadable. The man cannot be expected to position every part of the woman's body. A man without these qualities is not followable because the woman cannot distinguish the signal from the noise (and may be physically prevented from doing the intended figure). Leading should not be tiring - it is only tiring when the follower isn't following. Leading is not pushing or pulling. It is communicating an intention. Dancing is an art form, despite the fact that it requires the prowess of an athlete. A good lead/follow is like a good conversation - you don't have to yell, you only need to talk. As you get better, all you really need to do is whisper. Leading is not to be misinterpreted as "pushing or pulling". Though poor followers often say, "If I have a strong leader I can follow", they would need the force of an "Arnold Schwarzenegger" (after he's properly warmed up) to move them across the floor. Equal sympathy goes to followers who encounter a leader who hasn't the foggiest of what he's trying to lead and can't move rhythmically to any music, doesn't know a slow from a quick and has no conception of what misery he is inflicting on his partner. It's not a leader's job to "haul" the follower around the floor every second, nor is it the follower's job to just hang there like a sack of potatoes and be dragged.

Leading and following is a dynamic process that requires a great deal of effort on the part of both members of a partnership. It is readily possible to lead a woman through a fairly intricate step that she doesn't know without apparent force. Possible, though it is not within the powers of most men. If you want women to vis with each other for the opportunity of dancing with you, this is what you must learn to do. It is skill, not force, you are seeking, (Grasshopper)! Men who claim they can lead anyone to dance well are not giving their partners enough credit. Women who say they can follow anything are not giving truly good followers enough credit. Experienced dancers never say such things, because it is simply not true. John Wood would not be world champion with just any woman - Anne Lewis contributes every bit as much to their success. To say that all any woman needs is a good leader unfairly detracts from the many very talented female dancers. It also places too great a responsibility on the man - it implies that all errors are his fault. Sometimes women say, "I just follow." This demeans following as a trivial thing, which it most certainly is not. Partnering skills are vital to good Country Western dancing. It is very difficult to cover the technique in classes since this is probably the most complex element to couple dancing and takes many years of coaching to perfect. It is not a matter of simple 'cuing', but an understanding of the entire body and how to make 2 people move as one around a common center.

Competitive dancers must work extremely hard with this and it is actually tougher with couples who are 'used to each other' than with perfect strangers. For example, when I have just had a coaching session working on my technique, the slightest change (such as a minute timing delay in a weight change) will totally throw my partner. She starts fussing that I don't feel right anymore, or she will interpret the change as a lead to some other move that I used to do with her. However, I apply the same new technique to other competent dancers whom I rarely dance with and, voila!, it works beautifully. Apparently, a longtime partner can get very used to the feel of their partner, and it is tougher to practice any improvement or change. Even competitive routines are led/followed. Any competitor taught "dance your own part and let your partner dance theirs, you don't have to lead/follow" has been taught wrong! The judges can tell the difference between a couple with a real lead/follow "connection" and a couple that is just going through their routine. One competitor writes "Country Western is social dancing - it is dependent on lead and follow, even in competition. My competition partner and I have a few pre-choreographed "amalgamations" we use in competition, but I still always have to rely on his lead to know what we're doing, where we're going, what timing he's going to use this time, how he feels like expressing it this time... Without even dancing with them you can tell the competitive dancers who can't lead and follow; just look for the couples who keep running into others on the floor. Because they dance their own parts, they have not developed and practiced the dynamic process of leading and following (floorcraft) required to negotiate around obstacles and unexpected incursions into their line of dance. Even with a routine, there is still a need to change directions unexpectedly, or completely alter a routine to deal with the fact that other couples are also dancing. In competition, there is *never* a place in the routine where lead-and-follow are not taking place. Most of the steps you perform in competition dancing require a special attention to lead and follow; you see this aspect where good competitive couples can make the dancing appear to take no effort, and therefore appears that no lead-and-follow is happening. That is an instance of good dancing, not no lead and follow. There is lead and follow happening, even when the couples are dancing side-by-side and not touching. It is just not typical; it's often done with body placement and eyes. During side-by-side "solo" dancing the man has to watch for oncoming couples and possible collisions so that he can adjust them or readily change the routine. In Jack and Jill Competitions, when you draw your regular partner you may not do very well since the judging is very highly directed toward lead and follow. It's pretty obvious when regular partners are doing a routine w/o lead/follow. You can tell that a couple try to do a routine; they do the same steps but since no lead/follow takes place they will look like two individuals rather than a couple!

I often test my regular partner by altering our routine on the fly. If other couples are on the floor you can never be sure what will happen. You may have to avoid a collision or simply forget what comes next! Men, to truly lead well you must know the lady's part to every figure you do. Leading and following are very different skills, and following well is every bit as difficult as leading well. Recognizing figures in a noisy, moving environment is a complicated task that is certainly equal to figure transmission. Of course there is one thing the leader does that the follower has no analog for - floor craft. The leader has primary responsibility for obstacle avoidance, and this can be a difficult task, especially on a crowded floor with couples moving at widely differing speeds. The leader truly has to do everything at once; he's got to listen to the music, decide what to do and how to do it, think not only about his own movements but about his partner's and those of all the other couples, etc., etc. And to make matters worse, when beginning his dancing career the man has to learn how to do everything at once, at once. Yes, the follower has to be able to perform a lot of actions, but the leader has to be able to perform and initiate them. In addition, there are many variations that differ only in detail matters of raising an arm or not, or something subtle like that, and the leader has to be aware of the differences, and has to indicate clearly where the movement is going. Of course as a pro, he'll manage to hold a conversation in a foreign language while leading a gold level sequence! Following skills are as equally important as leading skills.

A dance is much more enjoyable when the leader need only give firm, not forceful, leads to his partner to indicate what is wanted, and when a partner senses body movements that serve as leads. For this to work, the lady must become sensitive and responsive to the feel (and sometimes sight) of leads, and not expect that her partner will (literally) carry her through the dance. The skill of following is greatly underestimated. Whenever I am trying to teach beginners about leading and following, I always have a hard time conveying the idea that dancing is a PARTNER sport—each person has to carry his/her load, or the whole thing fails. Leading/following implies a one way connection (man to lady) but in really good dancing both partners are putting various different energies into the dancing at different times, and even though the leader is (usually) in control of things like floor direction, timing, and choreography, his awareness of the actions of his partner (how far did she go... is she finished with her line yet... is her weight over the foot I'm about to turn her on, etc.) are vital. Women follow, but men must lead and follow; i.e., men must watch to see what the women are doing and compensate. The leader, who is in creative control, needs pattern-based thinking, with frames of reference that can include the whole dance floor, the space occupied by the couple, the spatial relationships between the two dancers, and the patterns of connection between the two. It seems that followers are mainly concerned with the last frame of reference, i.e., they react to the patterns of connection. Following is more fun than leading, because you (a) have much less responsibility for navigating and (b) don't know what's going to be lead next, so each dance is something of a "magical mystery tour". I think the best part about being a follower is being led in patterns or syncopations that I don't know! When led well, good followers execute moves that are totally unexpected or unpredictable but incredibly fun. Some leaders complain about how boring it gets to only do the same repertoire over and over all night long.

They say followers have more fun because they're doing different dances all night. But another leader writes: "A good leader never dances the same way with every person." The way you do the same dance changes from one partner to the next. Were you to see me dancing with a beginner, i would be difficult for you to tell that I'm other than a good beginner. Also, there is an added dimension for the follower, which is that you must have in your head the *entire* menu of movement possibilities at every point, not just the one you're going to use. Since you don't know what the guy is going to lead, you have to be ready to do *everything* and very rapidly react to the situations and signals you get to eliminate the things you're not being asked to do. This is a skill that relies as much on spatial or "pattern-based" thinking as floorcraft, albeit in a less linear way. Note that the lady does not "lead" when she is stepping forward. The lady does not change the direction of a step unless a collision is imminent (and not always then), and the gentleman is then responsible for getting out of whatever position she got them in to if she does take control for a moment. Rather than saying that the lady 'leads' when going forward, it might be better to say the gentleman 'follows' when going back. The man always initiates direction of movement, but the person moving forward dictates the size of the step. They always step on the floor before the person going backward, therefore leading the way. And, while the 'lead' that determines the length of the stride is different from the 'lead' that determines what figure to do, the 'follow' associated with each of these is the same.



COUNTRY PRIDE DANCE CLUB NEWSLETTER

January / February 1996

Note From The President

WE ARE OFF TO THE START FOR 1996. WE ALL HAVE OUR ASPIRATIONS, GOALS, AND DREAMS, FOR THE NEW YEAR. MAKING NEW YEARS RESOLUTIONS AND SETTING GOALS FOR THE YEAR IS THE NATURAL THING TO DO. DANCING MAY OR MAY NOT BE PART OF YOUR PERSONAL GOALS OR IT COULD BE A BIG PART OF YOUR LIFE. AS WE ALL START OFF THE NEW YEAR WE ALL SET GOALS, AND DREAM OF THE THINGS WE WOULD LIKE TO ACCOMPLISH IN THE COMING YEAR. THIS CLUB IS NO DIFFERENT. SUCCESS, WINNING, DREAMS, AND GOALS HAVE ALWAYS BEEN THE FUEL THAT HAS DRIVEN THIS ORGANIZATION. WE HAVE SOMETIMES GOTTEN CRAZY IDEAS IN OUR HEADS, AND WENT ON TO DO GREAT THINGS. WE HAVE DONE SOME THINGS TOGETHER AS A CLUB WE COULD NEVER HAVE DREAMED OF DOING ON OUR OWN. WE HAVE PUT RED DEER ON THE COUNTRY WESTERN DANCE MAP. I BELIEVE WE NEED TO CONTINUE TO FOCUS ON WHAT WE WANT TO ACHIEVE TOGETHER AND DO IT!

WE HAVE COME A LONG WAY IN THE LAST 6 YEARS THAT THE CLUB HAS BEEN IN EXISTENCE. WE HAVE DONE A LOT FOR THE ART FORM OF COUNTRY WESTERN DANCE, AND PEOPLE NOW RECOGNIZE COUNTRY PRIDE ALL OVER THE NORTHWEST. COUNTRY WESTERN DANCING IS BECOMING MORE AND MORE RECOGNIZED AND ACCEPTED AS AN ART FORM. TAKING A LOOK BACK OVER THE LAST 6 YEARS AND SOME OF THE THINGS WE HAVE DONE. I AM SO PROUD OF EVERYONE AND ANYONE THAT HAS BEEN ASSOCIATED WITH THIS CLUB.

I WANT TO PERSONALLY THANK SOMEONE WHO I HAVE GROWN VERY CLOSE TO, AND ALTHOUGH I AM SAD TO SEE HER LEAVE I AM HAPPY FOR HER. AS A VICE PRESIDENT SHE WILL BE SADLY MISSED. SHE WAS AN INVALUABLE ASSET TO THE ORGANIZATION, CLUB, AND THE TEAM. HER POSITIVE, CAN DO ATTITUDE WILL BE A LOSS TO THE CLUB. I REALIZE SHE IS MOVING NORTH TO WATSON LAKE TO BE HAPPY WITH DUANE AND FOR THEM TO START A NEW LIFE TOGETHER. HOWEVER SHE WILL BE MISSED. A HUGE THANK YOU GOES OUT TO CINDY GLOVER, AND ALL THE EFFORT SHE HAS PUT INTO THIS CLUB. I AM SURE I SPEAK FOR EVERYONE WHEN I SAY WE APPRECIATE YOU CINDY AND WE ALL WISH YOU AND DUANE THE BEST AND WE HOPE YOU ARE

HAPPY. (WE HOPE YOU CAN START A BRANCH OF COUNTRY PRIDE IN WATSON LAKE)

AS FOR THE GOALS OF THE CLUB IN THE FUTURE WE HAVE THE USUAL WE NEED TO LOOK AT: OUR SOCIAL, PERFORMANCE, AND COMPETITION ASPECTS OF THE CLUB. THIS YEAR WE NEED TO LOOK AT EVEN MORE. OUR CLUB HAS EVOLVED INTO MORE FOR 1996. WE NOW HAVE A JUNIOR TEAM TO CONSIDER. THIS IS VERY EXCITING SINCE IT IS NEW GROUND WE ARE BREAKING WITH THE KIDS. WE ARE DOING EXACTLY WHAT OUR MISSION STATEMENT SAYS AND THAT IS TO PROMOTE C/W DANCING. HOW BETTER TO DO THAT THEN THROUGH THE KIDS. WE ARE ALSO LOOKING TO BROADEN OUR FOCUS INTO MAKING THE RED HOT DANCE FESTIVAL A LARGER PRIORITY FOR OUR CLUB. THE FESTIVAL HAS GROWN INTO AN EVENT THAT HAS, AND CAN, TOUCH MANY PEOPLES LIVES THROUGH DANCING. WE HAVE INCREASED OUR VISIBILITY OF THE CLUB WITH THE FESTIVAL, HERE IN OUR OWN COMMUNITY, ALBERTA, AND BEYOND.

WE NEED TO PROMOTE DANCING THE BEST WE CAN AND ENJOY OURSELVES AT THE SAME TIME. WE NEED TO EXAM OUR LESSONS, PRACTICES, PERFORMANCES, WORKSHOPS, COMPETITIONS, AND OUR OWN FESTIVAL AND SET GOALS FOR EACH AREA. HOW MANY SOCIALS DO WE WANT TO HAVE? (3-6 YEAR), DANCES TO HAVE? (3-4 /YEAR), LESSONS PER WEEK? (1-2), PRACTICES FOR THE TEAM? (1-2 /PER WEEK), WORKSHOPS TO HOST? (1-4 YEAR), COMPETITION TO ATTEND? (3-6/YEAR), AND WHAT WE WANT TO ACCOMPLISH AT OUR FESTIVAL? WE HAVE SCHEDULED A FESTIVAL MEETING FOR THE 14 OF JANUARY AT 1:00PM AT GARY AND DEBBIE'S HOUSE. WE WILL ALSO HAVE A GOAL SETTING MEETING FOR THE CLUB AT THE GENERAL MEETING OF THE CLUB FEBRUARY 4 AT 6:00PM AT THE STUDIO.

ELECTIONS ARE ALSO COMING UP. LET THIS NEWS LETTER SERVE AS PUBLIC NOTICE THAT ELECTIONS WILL BE HELD AT THE CLUBS GENERAL MEETING ON FEBRUARY 14 AT 4:00PM AT THE DANCE STUDIO. ALL PRESENT EXECUTIVE NEED TO BE AWARE THAT THEY NEED TO DECIDE BY THE EXECUTIVE MEETING JANUARY 28 WHETHER OR NOT THEY WILL STAND FOR RE-ELECTION. IF YOU WISH TO RE-RUN OR

HAVE SOMEONE IN MIND FOR A POSITION PLEASE BRING IT TO THE EXECUTIVE MEETING ON THAT DATE. NOMINATIONS AND / OR VOLUNTEERS WILL BE OPEN AT THE GENERAL MEETING BUT WE DO NEED TO KNOW WHAT POSITIONS NEED TO BE FILLED. AT THE GENERAL MEETING PEOPLE WILL BE ASKED TO RERUN, VOLUNTEER, OR NOMINATE PEOPLE TO RUN FOR THE FOLLOWING POSITIONS: PRESIDENT, VICE PRESIDENT, SECRETARY, TREASURE, CHOROGRAPHER, MEMBERSHIP DIRECTOR, SOCIAL DIRECTOR, FUNDRAISING DIRECTOR, AND PROMOTIONS DIRECTOR. IF YOU WOULD LIKE TO RUN FOR A POSITION OR NOMINATE SOMEONE FOR A POSITION, AND WOULD LIKE TO KNOW MORE ABOUT WHAT IS ENTAILED ABOUT A POSITION PLEASE ASK MYSELF OR ONE OF THE EXECUTIVE, WE DEFINATELY NEED PEOPLE FOR SOME POSITIONS THAT WILL BE VACANT. THOSE POSITIONS THAT ARE VACANT ARE VICE PRESIDENT, AND FUNDRAISING DIRECTOR.

WE ALSO HAVE A NEW EXCITING FACILITY FOR OUR BINGOS. IT SHOULD BE A BIG IMPROVEMENT AND A GREAT MONEY MAKER IN ORDER TO KEEP IT ORGANIZED WE HAVE DONE A SCHEDULE UP IN ADVANCE FOR THE YEAR. SEE LAST PAGE OF THE NEWSLETTER. IF SOMEONE CAN NOT MAKE A SLOT PLEASE LET ME KNOW AND WE WILL SWITCH YOU WITH SOMEONE ELSE. THANKS

WE CAN AND WILL DO GREAT THINGS THIS YEAR. AS LONG AS THIS CLUB KEEPS ATTRACTING GOOD PEOPLE WE WILL CONTINUE TO DO GOOD THINGS TOGETHER. HERE IS A QUOTE I PARTICULARLY LIKED. KEEP AWAY FROM PEOPLE WHO TRY TO BELITTLE YOUR AMBITIONS AND DREAMS, SMALL PEOPLE DO THAT, BUT THE REALLY GREAT PEOPLE MAKE YOU FEEL THAT YOU, TOO, CAN SOMEHOW BECOME GREAT.

REMEMBER OUR CLUB ISN'T JUST ABOUT DANCING IT IS ABOUT PEOPLE.

Until next time

Keep on Dancing!!

Rob Ironside

Birthdays



January / February 1996

January 6 Dale Fawcett
January 21 Donna Walker
February 1 Bev Calkins
February 24 Michelle Lee

NOTES!

A Big Thank-you goes out to Debbie Willmer for putting the Christmas functions together at the studio and at The Capri Centre and Capers Pizza. Job Well Done!!

Junior lessons start on January 9, 1996 at the studio at 6:30 p.m. anyone interested call Jim at 227-6843 or 342-5111

Dance lessons start on January 17, 1996 at the dance studio at 7:30 p.m.

We have New Shirts available !!!! We started a new order to get some for the Junior Team and ended up getting an order for the adults too. Cost for the Shirts is between \$12.00 - \$15.00... 100% cotton raspberry Pink and they look great...call Debbie for Info-346-2657

Did two shows for the senior citizens on December 13 and December 22. Thanks to Rob, Bonnie, Bev, Gary, Debbie, Jim, and all of the Junior team a job well done.

We now have a Jr. team !! and they call themselves **All Star Pride Jr.s** They have danced at few shows and have some big goals. If any one else is interested please call Jim Swinston at 227-6843 or 342-5111 and

I would like to wish everyone a Happy new year and hope to see lots of new people in 1996. Jim Swinston
Promotion Director.

Make Sure to Get your Country Pride Pins! We now have two types available, one type for new members and a second type as gifts for friends or family. \$5.00 each - Talk to Kimberly 347-5399

Bombshell !!!

We now have a **15% discount** for members only at the **Gallery on Ross**. You must present your card to receive the discount. Checkout their prints, framing, and Artwork!

Events

January 9: @ 6:30 pm Junior Lessons start at the Studio. for more details call Jim @ 227- 6843

January 14: 1:00pm **RED HOT 96** planning meeting....@ Gary and Debbie Willmer 346-2657 First for the Year to set up committees... responsibilities and Ideas for 1996. Call Rob 346-5484 for details.

January 16: Bingo-Tues Evn. (4:45pm) All people scheduled please confirm with Pam by Jan 10/ 347-7768

January 17: Country Pride Dance Lessons start at the Studio.... Lessons to be taught will be two step call 227-6843 for info.

January 28: Executive Meeting at the Dance Studio. This will be the last meeting with the 1995 executive plan to attend and give new ideas for 1996 and/or people to run for executive positions.

February 14: 4:00pm Elections. This is a crucial day for the club. We will bump the regular general meeting to the 14 and combine the General Meeting and Goal Setting with the elections. The Goal setting Session will be from 6:00pm till 7:00pm at the dance studio. Plan to attend and let your views for the club known. What do you what to see the club do in 1996. We will spend an hour before practice discussing to goals for aspects of the club for 1996.

February 21 : Wed Evng. (4:45pm) All people scheduled please confirm with Rob by Feb 13/ 346-5484

February 25: Exec Meeting (Short) 6:00pm to welcome the new executive.- Topics will be Goals for 1996.

March 23, 24 1996: Dance Bash 96 offers workshops in Kelowna with Randy/Rhonda Shotts plus Ted & Kelly Dupuis, and others. Call Tom or Deb at 604-765-5411

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August 15-18 1996: The 4th annual Red Hot Dance Festival goes in Red Deer with the same big venue for social, workshops, dances, and contests. Call Rob & Bonnie 403-346-5484 for info.

Please check the Bingo Shedule on the reverse and
if there needs to be any changes please call Rob at 346-5484

The Country Pride Dance Club is a non-profit society whose objectives are to Promote C/W dancing through teaching, demonstrations, competitions and workshops and also to support a competition team. The country pride dance team would be pleased to perform and/or teach at your next event. For more info call 342-5111. The Country Pride newsletter is a B-monthly publication and all articles for the newsletter need to be submitted 2 weeks prior to publication. Newsletter staff; Rob Ironside 346-5484

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Jan 16 1996 Tues Evening (4:45pm)

Pam Beaudin 4:45pm
 Anna Thompson 5:00pm
 Linda Pennington 5:00pm
 Ken Malterer 5:00pm
 Tanya Biro 5:00pm
 Clifford Franklin 5:00pm
 Barry Koeing 5:00-5:30pm
 Cheri Ross 5:00-5:30pm
 Bev Calkins 5:00-5:30pm
 Debbie Willmer 5:00-5:30pm
 Vic Hall 5:00-5:30pm
 Marelén Hall 5:00-5:30pm

Feb 21 1996 Wed Evening (4:45pm)

Rob Ironside 4:45pm
 Bonnie Ironside 5:00pm
 Anna Thompson 5:00pm
 Jason Esler 5:00pm
 Kelly Jacobsen 5:00pm
 Jim Swinston 5:00-5:30pm
 Laurie Denson 5:00-5:30pm
 Les Walker 5:00-5:30pm
 Donna Walker 5:00-5:30pm
 Debbie Willmer 5:00-5:30pm
 Kimberly Johnston 5:00-5:30pm
 Anna Planto 5:00-5:30pm

Mar 29 1996 Fri Evening (4:45pm)**

Pam Beaudin 4:45pm
 Gary Willmer 5:00pm
 Vic Hall 5:00pm
 Marelén Hall 5:00pm
 Linda Pennington 5:00pm
 Clifford Franklin 5:00-5:30pm
 John Fix 5:00-5:30pm
 Cathy Fix 5:00-5:30pm
 Jason Esler 5:00-5:30pm
 Kelly Jacobsen 5:00-5:30pm
 Barry Koeing 5:00-5:30pm

Apr 04 1996 Thru Evening (4:45pm)

Rob Ironside 4:45pm
 Bonnie Ironside 5:00pm
 Les Walker 4:45pm
 Donna Walker 4:45pm
 Micheal Koebel 5:00pm
 Gary Willmer 5:00pm
 Laurie Koebel 5:00pm
 Antoinette Holmes 5:00pm
 Kimberly Johnson 5:00-5:30pm
 Bonnie Jacobson 5:00-5:30pm
 Ken Jacobson 5:00-5:30pm

May 11 1996 Sat Afternoon (11:15am)

Bev Calkins 4:45pm
 Jim Swinston 4:45pm
 Laurie Denson 5:00pm
 Ken Malterer 4:45pm
 Tanya Biro 4:45pm
 Cheri Ross 5:00-5:30pm
 Clifford Franklin 5:00-5:30pm
 Kimberly Johnson 5:00-5:30pm
 Jason Esler 5:00-5:30pm
 Kelly Jacobsen 5:00-5:30pm
 Amber Swinston 5:00-5:30pm
 Crystal Swinston 5:00-5:30pm

June 01 1996 Sat Evening (4:45pm)

Pam Beaudin 4:45pm
 Kirk McGinnis 5:00pm
 Colleen Kasur 5:00pm
 Linda Pennington 4:45pm
 Les Walker 5:00-5:30pm
 Donna Walker 5:00-5:30pm
 John Fix 5:00-5:30pm
 Cathy Fix 5:00-5:30pm
 Ken Jacobson 5:00-5:30pm
 Bonnie Jacobson 5:00-5:30pm

July 21 1996 Sun Afternoon (11:15am)

Rob Ironside 4:45pm
 Bonnie Ironside 5:00pm
 Gary Willmer 5:00pm
 Anna Thompson 5:00-5:30pm
 Jason Esler 5:00-5:30pm
 Kelly Jacobsen 5:00-5:30pm
 Laurie Denson 5:00-5:30pm
 Anna Planto 5:00-5:30pm
 Ken Jacobson 5:00-5:30pm
 Bonnie Jacobson 5:00-5:30pm

Aug 25 1996 Sun Evening (4:45pm)????

Pam Beaudin 4:45pm
 John Fix 5:00pm
 Cathy Fix 5:00pm
 Clifford Franklin 5:00-5:30pm
 Barry Koenig 5:00-5:30pm
 Bev Calkins 5:00-5:30pm
 Linda Pennington 5:00-5:30pm
 Vince Gracie 5:00-5:30pm
 Laurie Koebel 5:00-5:30pm
 Antoinette Holmes 5:00-5:30pm

Sept 02 1996 Mon Evening (4:45pm)

Rob Ironside 4:45pm
 Bonnie Ironside 4:45pm
 Kimberly Johnston 5:00pm
 Debbie Willmer 5:00pm
 Laurie Denson 5:00-5:30pm
 Jason Esler 5:00-5:30pm
 Kelly Jacobsen 5:00-5:30pm
 Jim Swinston 5:00-5:30pm
 Kirk McGinnis 5:00-5:30pm
 Colleen Kasur 5:00-5:30pm

Sept 25 1996 Wed Evening (4:45pm)

Pam Beaudin 4:45pm
 Gary Willmer 5:00pm
 Ken Malterer 5:00pm
 Tanya Biro 5:00pm
 Clifford Franklin 5:00-5:30pm
 John Fix 5:00-5:30pm
 Cathy Fix 5:00-5:30pm
 Anna Thompson 5:00-5:30pm
 Barry Koenig 5:00-5:30pm
 Anna Planto 5:00-5:30pm

Oct 18 1996 Fri Evening (4:45pm)

Rob Ironside 4:45pm
 Bonnie Ironside 4:45pm
 Les Walker 5:00pm
 Donna Walker 5:00pm
 Linda Pennington 5:00-5:30pm
 Laurie Koebel 5:00-5:30pm
 Antoinette Holmes 5:00-5:30pm
 Micheal Koebel 5:00-5:30pm
 Bonnie Jacobson 5:00-5:30pm
 Ken Jacobson 5:00-5:30pm

Nov 09 Sat Evening (4:45pm)

Bev Calkins 4:45pm
 Jim Swinston 4:45pm
 Kimberly Johnson 4:45pm
 Kirk McGinnis 5:00pm
 Debbie Willmer 5:00pm
 Vic Hall 5:00pm
 Marelén Hall 5:00pm
 Colleen Kasur 5:00-5:30pm
 Barry Koenig 5:00-5:30pm
 Clifford Franklin 5:00-5:30pm
 Laurie Denson 5:00-5:30pm



COUNTRY PRIDE DANCE CLUB NEWSLETTER

November / December 1995

Note From The President

WHAT A YEAR IT HAS BEEN. SO MUCH HAS HAPPENED. OUR CLUB HAS ACCOMPLISHED AND DONE A TON OF STUFF. AS USUAL PEOPLE HAVE COME AND GONE, AND WE HAVE HAD NEW PEOPLE STEP UP TO THE CHALLENGE OF KEEPING THE DREAM ALIVE THAT SO MANY OF US HAVE HAD, AND HAVE THROUGH DANCING. DANCING AND C/W DANCING INSTILLS CONFIDENCE, AND SELF ESTEEM IN PEOPLE LIKE NOTHING ELSE I HAVE EVER SEEN. PEOPLE START DANCING TO JUST BE ABLE TO SURVIVE ON THE DANCE FLOOR, AND END UP DOING THINGS THAT THEY ONLY WATCHED OTHERS DO. TEACHING AND PASSING THE LOVE OF DANCING ON TO OTHERS IS ONE OF THE MOST SATISFYING THINGS TO DO WITH COUNTRY PRIDE.

IN THE LAST YEAR WE HAVE HAD A LOT OF PEOPLE HELP US BUILD WHAT WE HAVE. TWO PEOPLE THAT HAVE PERFORMED ABOVE AND BEYOND THE CALL OF DUTY ARE KEN MALTERER AND LES WALKER. A BIG THANK YOU TO THESE TWO GUYS. ALTHOUGH LES HAS BEEN BUSY ON HIS FARM, AND BUSY GETTING MARRIED TO CONNA, HE HAS DONE A GREAT JOB WITH MEMBERSHIP. HE HAS HELPED MAKE NEW MEMBERS FEEL VERY WELCOME. WITH HIS LIFE CHANGING BY MARRING CONNA AND THE DISTANCE FROM RED DEER HE HAS DECIDED TO STEP DOWN AS OUR MEMBERSHIP DIRECTOR. THANK YOU LES VERY MUCH FOR YOUR DEDICATION, AND WE LOOK FORWARD TO YOU STILL DANCING ON THE TEAM. KEN WAS OUR FUNDRAISING DIRECTOR OVER THE LAST YEAR, AND HE HAS DONE AN UNBELIEVABLE JOB ESTABLISHING FUNDRAISING PROGRAMS SUCH AS BINGO'S, CASINO'S, AND SYSTEMS OF APPLING FOR FUNDS. KEN HAS DONE MORE FOR THE POSITION OF FUNDRAISING THAN ANYONE IN HIS POSITION BEFORE. HE HAS REALLY ESTABLISHED THE CLUB FINANCIALLY. KEN'S LIFE HAS ALSO TAKEN A TURN OF A DIFFERENCE FOCUS. HE HAS MET A VERY SPECIAL LADY AND THEY ARE MAKING A LIFE TOGETHER. WE ARE ALL VERY HAPPY FOR KEN AND WISH HIM ALL THE BEST. HE IS STAYING ON AS OUR ASSOCIATE FUNDRAISER, AND PLANS TO STILL BE INVOLVED. THAT IS GREAT, BECAUSE HE IS A REAL ASSET TO OUR ORGANIZATION. THANKS AGAIN KEN FOR ALL YOU HAVE DONE.

OUR DANCE TEAM HAS HAD IT'S CHALLENGES IN THE LAST FEW MONTHS. A LOT OF PEOPLE'S LIVES WITHIN THE CLUB HAVE CHANGED, AND HAVING PEOPLE AVAILABLE HAS BEEN A TOUGH FOR PAM. PAM, HOWEVER HAS DONE A GREAT JOB AT PRACTICES LATELY MAKING THEM A LOT OF AND SOMETHING THAT PEOPLE LOOK FORWARD TO COMING OUT FOR. SHE HAS ALSO MADE SOME DECISIONS THAT HAS PUT THE FUN OF DANCING BACK FOR EVERYONE. I AM VERY PROUD OF HER, AND EVERYONE THAT IS DANCING AT THE RIVERCITY DANCE FESTIVAL IN EDMONTON.

I REALIZE WE ARE IN A REBUILDING STAGE WITH OUR TEAM AGAIN. THAT IS NORMAL WITH A

CLUB OF THIS NATURE THAT ENCOURAGES EVERYONE TO DANCE. OVER THE YEARS WE HAVE HAD PEOPLE COME AND GO, YET AS LONG AS WE HAVE KEY PEOPLE THAT KEEP THE FOCUS OF FUN AND PURPOSE OF DANCING THIS CLUB WILL CONTINUE TO THRIVE. WE HAVE MANY NEW MEMBERS THAT WILL BE STEPPING ON THE DANCE FLOOR FOR THE FIRST TIME IN EDMONTON. FOR THEM THIS IS SOMETHING NEW AND VERY EXCITING. EVEN FOR US OLD FARTS IT IS FUN. WE WILL BE DOING MATERIAL WE ARE ALL VERY COMFORTABLE WITH AND ENJOYING THE REST OF THE WEEKEND.

AS IT TURNS OUT I STARTED THIS NEWSLETTER BEFORE WE LEFT FOR EDMONTON, AND I AM ENDING UP FINISHING IT WHEN WE GOT BACK. WHAT A WEEKEND!! WE WON!! WE TOOK FIRST IN OUR DIVISION OF CLASSIC TEAM COMPETITION. WE PUT ON A VERY CLEAN SHOW AND REALLY GOT THE AUDIENCE UP AND MOVING. A BIG CONGRATS TO CLIFFORD, BARRY, AND ESPECIALLY LINDA FOR DOING SUCH A GOOD JOB AT THEIR FIRST COMP. NOT ONLY DID THEY DANCE GREAT, BUT LINDA HAD NEVER EVEN DONE A SHOW BEFORE, AND SHE DIDN'T EVEN MAKE A MISTAKE. I AM PROUD TO HAVE DANCED WITH HER AND AM LOOKING FORWARD TO SEEING MORE GOOD THINGS OUT OF ALL THREE OF THE NEW TEAM MEMBERS.

THE EDMONTON EVENT WAS A REALLY GOOD TIME. WE ALL HAD A CHANCE TO SEE PEOPLE THAT WE HAVEN'T SEEN IN A WHILE AND ACTUALLY HAD TIME TO TALK TO THEM. NOT LIKE IT WAS AT THE RED HOT!! (WE WERE ALL TOO BUSY). IT IS GREAT TO GET TO KNOW PEOPLE FROM OTHER TEAMS SUCH AS THE SASKATOON SILVER SPURS AND OTHERS. NEW FRIENDS AND SEEING OLD ONES IS SO MUCH FUN, WHEN YOU HAVE A COMMON PASSION, EVEN THOUGH THE WEATHER WAS COOL THE EVENT WAS WELL ATTENDED. THERE WERE 5 TEAMS IN TOTAL THAT DANCED. TWO IN OUR DIVISION AND TWO IN SHOWCASE, AND 1 DEMO TEAM. THERE WERE PLENTY OF PEOPLE TO DANCE WITH, AND THE COAST TERRACE INN WAS A VERY NICE FACILITY. THERE WERE 44 COUPLES THAT COMPETED AND LOTS OF GOOD WORKSHOPS. IF YOU COULDN'T MAKE IT THIS YEAR PLAN TO GO NEXT YEAR. A JOB WELL DONE TO ROB & SHERRY TOVELL.

I BELIEVE THAT THE CHANGE IN DIRECTION THE CLUB HAS TAKEN PUTS THE FOCUS MORE ON THE TRUE PURPOSE OF THIS CLUB. WE WANT TO PROMOTE DANCING, MEET NEW PEOPLE AND HAVE FUN. FOR SOME OF US COMPETING IS THE FUN. HOWEVER LEARNING, GROWING, AND CHALLENGING OURSELVES IS ALWAYS FUN. FOR SOME OF US THE THRILL IS COMPETING AND LEARNING. WATCHING NEW PEOPLE LEARN, AND BECOME BETTER DANCERS IS AS REWARDING AS TEACHING NEW STUDENTS TO DO SOMETHING THEY THOUGHT THEY COULDN'T DO. THE SAME APPLIES TO THE TEAM. WE NEED TO LOOK AT OUR SUCCESSES, FRIENDSHIPS, AND

ACCOMPLISHMENTS NOT AT OUR SHORT COMINGS. WE (COUNTRY PRIDE) IS THE ONLY TEAM IN CANADA TO CONSISTENTLY DANCE AND SUPPORT EVERY DANCE FESTIVAL IN ALBERTA OVER THE LAST 4 YEARS. ALL 4 IN CALGARY, ALL 3 IN EDMONTON, AND MOST 3 EVENTS IN RED DEER. THAT IN ITSELF IS SOMETHING TO BE VERY PROUD OF. NO ONE ELSE HAS DONE THAT. THAT MAKES ME VERY PROUD TO BE YOUR PRESIDENT. WE ARE REALLY MAKING A DIFFERENCE TO DANCING IN ALBERTA.

WE HAVE MADE OUR MARK, AND CONTINUE TO MAKE OUR MARK IN THE DANCE COMMUNITY. PEOPLE ALL OVER THE NORTH WEST AND BEYOND KNOW WHO WE ARE. NEW PEOPLE AND OLD MEMBERS ALIKE CAN ENJOY THE RECOGNITION OF BEING WITH THE CLUB AT FESTIVALS AS BEING WITH A TEAM THAT HAS THE TRUE COUNTRY WESTERN SPIRIT. THAT IN ITSELF GAINS THE RESPECT OF ALL WHO ARE INVOLVED WITH DANCING. NO OTHER TEAM HAS BEEN AS CONSISTANT AS OURS. EVERYONE NEEDS TO REALIZE THAT WE NEED TO CONTINUE TO MAKE CHOICES. WE ARE A WINNING TEAM, WE COULD CHOOSE TO PRACTICE 3-4 TIMES A WEEK, LEARN THE MORE ROUTINES, AND FOCUS ON ONLY WINNING AT COMPETITIONS IF THAT IS WHAT WE WANTED TO DO. IF WE HAVE ENOUGH MEMBERS THAT HAVE ENOUGH TIME TO DEDICATE TO THAT END WE COULD DO IT. OR WE COULD BE A SOCIAL CLUB WITH NO SPECIFIC GOALS. I BELIEVE WE WILL KEEP MORE MEMBERS HAPPY, AND TOUCH MORE PEOPLES LIVES BY HAVING THE CLUB'S OBJECTIVES SOME WHERE IN THE MIDDLE. WE CAN CHOOSE TO ALL BECOME BETTER DANCERS, AND HAVE FUN. OF THE TWO EXTREMES I BELIEVE WE NEED TO HAVE GOALS, AND AT THE SAME TIME FOCUS ON THE FUN, LEARNING, AND PEOPLE. FRANKLIN ROOSEVELT SAID "THE ONLY LIMIT TO OUR REALIZATION OF TOMORROW WILL BE OUR DOUBTS OF TODAY."

SOMETHING I WANT EVERYONE TO REALIZE, AND REFLECT ON IS WHAT IS OUR PURPOSE, AND WHAT DOES EACH ONE OF US WANT TO GET OUT OF THE CLUB. OUR GOALS AND OBJECTIVES CAN CHANGE, AND ADAPT WITH OUR MEMBERSHIP. YOU CAN GET OUT OF THE CLUB WHAT YOU PUT INTO IT.

REMEMBER OUR CLUB ISN'T JUST ABOUT DANCING IT IS ABOUT PEOPLE.

Until next time

Keep on Dancing!!

Rob Ironside

Birthdays



November / December

Nov.6: Vince Gracie
Nov.21: Cindy Glover
Dec.19: Laurie Koeble
Dec.20: Cathy Fix
Dec.21: Kimberly Johnston
Dec.29: John Fix
Dec.29: Jim Swinston
Dec.31: Vic Hall

NOTES

October 21, did a show in Leslieville for ladies night out. We did a demo and taught line dances. Thanks to Pam and Cindy

October 28, did a show at Rose Alta Lodge in Camrose. Did demo and taught line dance. Collen our new member did her first show, thanks to Les, Donna and Kirk.

We now have a Jr. team !! and they call themselves **All Star Pride Jr.s** They have danced one show at Heritage Ranch with our senior team. They have a show to do on November 12, 1995 at the Capri for the children fair. There is 10 members on the team, age from 8 to 13. They are coached by Jim Swinston and assisted by Jason Esler.

They are a high energy bunch to work with, and we have fun learning new dances.

If any one else is interested please call Jim Swinston at 346-4603 or 342-5111 and leave a message. We start up again on November 7/95 at 6:30 p.m. at 4732 Ross ST. behind and down stairs.

Make Sure to Get your Country Pride Pins! We now two types available. one type for new members and a second type as gifts for friends or family. \$5.00 each - Talk to Kimberly 347-5399

Bombshell !!!

We now have a **15% discount** for members only at the **Gallery on Ross**. You must present your card to receive the discount. Checkout their prints, framing, and Artwork!

Social Report

Country Pride Night at the Cattleman's is moved to Friday, November 17, 1995 this month due to the River City Dance Festival November 10, 11, and 12. Country Pride Night at the Cattleman's in December will be on December 9, 1995 instead of December 8, 1995. Hope to see you out on the dance floor.

Family Christmas Pot Luck - December 3, 1995 at 4:00pm at the Studio, Lower Level 4732 - 50st. Red Deer Alberta (enter from the back). Please bring something to add to our pot luck and join in our Christmas fun. Please also bring your own dishes, glasses, and cutlery. We will provide napkins, coffee and juice.

Country Pride Christmas Party - December 9, 1995 at 7:00pm at Capers Pizza. Plans are to have supper at Capers and go on to the Cattleman's for dancing afterwards. Please advise Debbie Willmer (346-2657) by December 3, 1995 if you plan to attend.

Events

November 10-12 Rivercity Dance Festival III is scheduled for Edmonton, with competitive, social, and workshop activities. Call Rob or Sherry at 403-439-5773

November 19: Country Pride Bingo Sunday afternoon bingo at Knights of Columbus Bingo. Plan to help out at our last Bingo of the Year.

November 17: Country Pride Night at the Cattlemans

November 26: ACWDA chapter meeting... 12:00pm at Capers Pizza Come out and get involved with the ALberta Country Western Dance Association. Topics include Teaching, Workshops, events, Rules, and more call Rob at 346-5484

November 26: Red Hot "96" Planning meeting.... 1:00pm at Capers Pizza. To set up plans for the 96 event. Come out with your ideas, and suggestions to make our next year's event bigger and better. Call Rob @ 346-5484 for details.

November 26: Country Pride Executive Meeting: 5:00pm at the Studio....

December 3 : Family Christmas Pot Luck: 4:00pm at the Studio lower level. Please bring something to add to our pot luck. A general meeting with held during supper. Please bring your own dishes, glasses, and cutlery, we will provide the napkins, coffee, and juice. General dances and fun lessons to follow.

December 9 : Country Pride Christmas Party.... Start at Capers Pizza at 7:00pm and head to Cattlemans after supper for dancing. Please advise Debbie Wilmer 346-2657 by december 3 1995 if you plan to attend.

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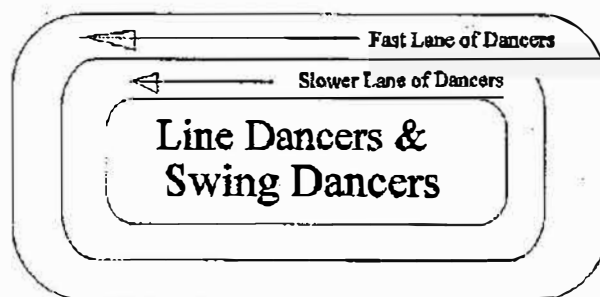
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Dance Floor Etiquette

*Traffic moves around the dance floor in a counter clock-wise direction. If you are going slow, stay in an inner lane and let people pass you on the outside. The closer you go to the center, the slower you may go. If you are going slow, stay in an inner lane and let people pass you on the outside. The closer you go to the center, the slower you may go. If you are doing a stationary dances such as a line dance instead of a progressive dance, you should dance in the center area of the floor.



Hints

Line dancers should never line up to the rail and block progressive dancers. This gives line dancing a bad reputation. Even if the DJ has called for a line dance others may want to two-step.

If there are just a few popular line dancers done where the floor fills up, it is better to let the line dancers have the floor for a few songs.

A hardwood dance floor should be treated with care. Drinks (and cigarettes) should never be brought onto the floor.

It's not cool to stand on the floor to socialize. Most newbies who do this stand around inside the rail. This is the FAST lane on a country-western dance floor. You are likely to entice a big steer wrestler or calf-roper into scraping you off this rail with his forearm. Look out, those guys work fast!

Be nice to your fellow dancers and try not to bump people. Nothing looks worse than great dancers bumping into other people because they REALLY should know better! Since the man is leading, it is his job to keep an eye out for traffic. If you do cause a wreck, smile and look apologetic. You will usually get a smile in return.

If you are a beginning dancer, remember that everyone out there has probably experienced that same sweaty palm, stiff as a board, first-time-around-the-floor feeling. It will pass if you get past the urge to argue with your partner about who blew it. If someone makes a mistake, the best thing is to just smile and keep going! Everyone came to have fun. It may be fun to watch the experts, but it is just as much or more fun to watch and learn from the beginners.

I've also heard singles ladies talking about how hard it is to get asked to dance. My advise is to try standing near the opening to the dance floor, smile, tap your foot, look around behind you, and get a look on your face that you really NEED to danceto this song. Dance with the first person who asks. Once you get out there a couple of times with different partners, the available dance partners will know that you won't turn them down.

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Sept/Oct 1995

COUNTRY PRIDE DANCE CLUB NEWSLETTER

NOTE FROM THE PRESIDENT

A SPECIAL REPORT FROM THE DIRECTORS OF THE RED HOT DANCE FESTIVAL, 1995.

I AM VERY EXCITED ABOUT THE NEW DIRECTION THE CLUB IS TAKING AND THE MORE ACTIVE ROLL EVERYONE HAS DECIDED THE CLUB SHOULD TAKE WITH THE FESTIVAL. THIS YEAR'S EVENT WAS A REASONING SUCCESS AND ATTRACTED PEOPLE FROM ALL OVER THE NORTHWEST LIKE NEVER BEFORE. WITH THE CLUB'S HELP IT HAS BECOME THE EVENT IN ALBERTA AND PERHAPS CANADA. THE CLUB'S DECISION TO BECOME MORE INVOLVED WITH THE FESTIVAL, FINANCIALLY AND SUPPORT WISE MAKES ME VERY PROUD OF EVERYONE INVOLVED. THIS DECISION I BELIEVE WILL HELP THE CLUB GROW AND MAKE IT SOMETHING THAT EVERYONE CAN GET INVOLVED WITH AND FEEL A PART OF AND MAKE A CONTRIBUTION.

THE BRIEF HISTORY ABOUT THE FESTIVAL IS APPROPRIATE TO GIVE PEOPLE AN IDEA OF WHERE WE HAVE COME FROM AND WHERE WE ARE GOING. WE FIRST DECIDED TO HOST A FESTIVAL TO BRING MORE INSTRUCTORS IN TO THE AREA AND TO TEACH MORE PEOPLE TO DANCE AND ALSO TO SHOW MORE PEOPLE WHAT COUNTRY DANCING IS ALL ABOUT. WE HELD THE FIRST RED HOT IN THE MOOSE LODGE IN RED DEER IN 1993 AND HAD APPROX. 300 PEOPLE PARTICIPATE. PEOPLE THAT ATTENDED WERE MOSTLY FROM THIS AREA AND A FEW FROM THE EDMONTON AND CALGARY. OUR SECOND YEAR WE MOVED TO THE RED DEER LODGE, A MUCH LARGER FACILITY AND HAD APPROX. 500 PEOPLE ATTEND. THIS YEAR WAS OUR LARGEST YET WITH AN AMAZING 750-800 PEOPLE WALK THROUGH THE DOORS. WE MOVED IT TO THE RED DEER WESTERN GROUNDS NORTH PAVILLION, A HUGE BALLROOM OF 31,000 SQUARE FEET A 48 x 64 80 FT DANCE FLOOR. BIG, BIG WORKSHOP ROOMS THAT WERE OVER 2,200 SQ FT EACH NO CARPET OR PILLARS. IT WAS A GOOD THING TOO. SOME OF THE CLASSES OFFERED BY THE TOP INSTRUCTORS HAD MORE THAN 150 PEOPLE ATTEND THEIR CLASSES. WE MADE CANADIAN COUNTRY DANCING HISTORY BY HAVING 12 DIFFERENT DANCE TEAMS PERFORM AT THE FESTIVAL. TEAMS FROM BC, AB, AND SASKAWAN DANCED. WE HAD PEOPLE FROM ALL OVER THE COUNTRY ATTEND. FROM AS FAR AWAY AS ONTARIO, AND MANY FRIENDS FROM SOUTH OF THE BORDER, SUCH AS IDAHO, WASHINGTON, OREGON, MONTANA, AND BEYOND. WE HAVE ACHIEVED ONE OF OUR GOALS, AND THAT IS TO PUT RED DEER ON THE C/W MAP. IT WAS A VERY BUSY WEEKEND WITH ALMOST 50 WORKSHOPS, COMPETITION, AND TONS OF DEMOS.

THE WEEKEND STARTED WITH OUR DANCE HALL CRAWL. WE ALL

HOPPED ONTO A BUS AND HEADED OFF TO HIT ALL THE HOT SPOTS IN RED DEER. WE STARTED AT THE CAPRI CENTRE AND VISITED CATTLEMENS, AND OUR VERY OWN BILLY BOB'S. NEXT WAS THE BLACKFALTS MOTOR INN WHERE THINGS REALLY GOT GOING. SHAWN JESSUP (FROM WASHINGTON) AND WENDY FALKINGHAM (FROM SASKATOWN) GOT UP ON THE PIANO AND SHOWED US HOW WEST COAST SWING WAS DONE ON THE PIANO. IT GAVE A WHOLE NEW MEANING TO A PIANO BAR. THE SASKATOON SILVER SPURS HEADED THE CHEER "1 2 3 5.... ARE WE THERE YET... WHAOOOO WHAOOOO". WE HEADED TO THE NORTHILL INN AND STOPPED AT THE BUCKLE. EVEN THOUGH THE RAIN WAS COMING DOWN LIKE CRAZY IT DIDN'T DAMPEN THE SPIRITS OF THE DANCERS. WE PACKED UP FROM THE BUCKLE AND HEADED TO THE BRANDON COUNTY SALOON. WE HAD A HARD TIME PULLING PEOPLE AWAY, BUT THE LAST STOP WAS CADILLAC JACKS SALOON. IT WAS THE BEST KICK OFF TO THE FESTIVAL YET. WE ALL HAD A GREAT TIME, AND IT WAS A GREAT WAY TO KICK OFF THE WEEKEND, AND FOR EVERYONE TO GET TO KNOW EACH OTHER. A BIG THANKS TO THE BLUE RIDGE DANCERS FROM VANCOUVER, AND THE SASKATOON SILVER SPURS FOR MAKING THE PLS CRAWL A BIG HIT.

GETTING PEOPLE UP EARLY FRIDAY WAS TOUGH, BUT THE FRIDAY WORKSHOPS WERE VERY WELL ATTENDED WITH CLASSES FROM 20 TO 65 PEOPLE ALL DAY LONG. REVIEWS ABOUT RANDY SHOTTS, DAN ESHBER, RANDY BLACKBURN, AND GARY MACINTYRE WERE GREAT. CLASSES CONTINUED ALL DAY UNTIL 6:00PM. THE DANCE KICKED THINGS OFF FRIDAY WITH OVER 300 PEOPLE ATTENDING OUR KICKOFF DANCE WHICH WAS AN AMAZING TURNOUT FOR THE FIRST NIGHT. THE DEAN MITCHELL BAND PUT ON A GREAT SHOW AND GOT EVERYONE MOVIN. THE CLASSIC M & B DUCKS WALK LINE DANCE CHROGRAPHED BY OUR VERY OWN CINDY GLOVER (AKA MERTLE SANDERSON) KICKED OFF THE DANCE AND MADE EVERYONE ROLL ON THE FLOOR LAUGHING.

SATURDAY WAS THE BIG DAY. OPENING CERIMONIES INTRODUCED ALL THE TEACHERS, JUDGES, AND VOLUNTEERS FOR THE WEEKEND. OPENING REMARKS WELCOMED ALL THE DANCERS, AND ENCOURAGED THEM TO GET TO KNOW EACH OTHER OVER THE WEEKEND. BILL HULL OUR ALDERMAN FROM THE CITY OF RED DEER GAVE GREETINGS TO ALL THE VISITORS TO THE CITY AND THE DAY BEGAN. COMPETITION STARTED AT 10:30AM AND WE HAD OVER A TOTAL OF 37 COUPLES COMPETE. THE MODERN SQUARE AND ROUND DANCERS OF ALBERTA GAVE A GREAT DEMO IN THE AFTERNOON, AND WE WERE ALSO LUCKY

TO HAVE A FUN CLOGGING DEMONSTRATION THAT IMPRESSED EVERYONE. THE KIDS HIT THE FLOOR IN THE AFTERNOON, AND COMPETED. TO WATCH KIDS FROM 7-17 DANCE AND DO THINGS ON THE DANCE FLOOR THAT WE CAN ONLY DREAM OF DOING WAS AMAZING. AT 2:30PM WE MADE OUR ATTEMPT TO SET A WORLD RECORD FOR THE WORLDS LARGEST JUNIORS LINE DANCE RECORD. WE HAD ONLY 58 KIDS PARTICIPATE, BUT WE SET A PRESSIDENT FOR INVOLVING THE WHOLE FAMILY AT A DANCE FESTIVAL. TO OUR KNOWLEDGE THERE HAS BEEN NO RECORD SET FOR THIS SO WE MAY INFACHT HAVE SET A RECORD WHEN WE GET BACK RESULTS FROM GUINNESS. WE HAD SPECIAL CLASSES FOR JUST KIDS, AND IN ONE OF THEIR CLASSES THEY CAME UP WITH THEIR VERY OWN LINE DANCE WHICH THEY CALLED THE "RED HOT", WHICH THEY DANCED LATER THAT NITE. THE OPEN DIVISION II AND TEAMS DANCED LATER THAT AFTERNOON AND GAVE US A REAL SHOW. SEVEN TEAMS COMPETED AND FIVE TEAMS DEMONSTRATED. WE EVEN HAD OUR FIRST JUNIOR TEAM COMPETE IN THE FIRST EVER OFFERED JUNIORS TEAM COMPETITION. TEAMS FROM BC AND SASK COMPETED AND THE COMPETITION WAS VERY CLOSE. THE TEAM THAT WON THE RED HOT CUP (A 3 1/2 FOOT HIGH TROPHY THAT IS AN ANNUAL AWARD TO THE TOP TEAM) WAS THE COUNTRY CUZ IT'S FUN FROM CALGARY. ALL DAY LONG WORKSHOPS WERE BEING TAUGHT FOR ALL LEVELS OF DANCERS. THE VIDEO WORKSHOP NOTEBOOK CAUGHT ALL THE MOVES ON TAPE AND COVERED EVERYTHING FROM TWO-STEP TO WEST COAST SWING.

FOR THE SUPER SHOW WE FEATURED THE WORLD JUNIOR YOUTH CHAMPIONS, THE COUNTRY PRIDE DANCERS. TOP DIVISION DANCERS FROM ALBERTA, COWBOY POETS, AND RANDY & RHONDA SHOTTS. WITH OVER 350 PEOPLE ATTENDING THE SHOW WE HAD RAVE REVIEWS.

SUNDAY FEATURED MORE DEMOS AND THE FINALS. THE WIDE LIP PARTY AT BRANDON COUNTY SALOON WAS A TON OF FUN TO SUM UP THE WEEKEND AND MAKE IT A BIG HIT. MORE PEOPLE, MORE WORKSHOPS, MORE DANCING, AND MUCH MORE ROOM TO DO IT. THAT BALLROOM COULD FIT 1200 PEOPLE EASILY AND NEXT YEAR WE WILL. WE LOOK FORWARD TO MAKING IT BIGGER AND BETTER FOR NEXT YEAR. MOST OF ALL WE WANT TO THANK THE COUNTRY PRIDE DANCE CLUB AND FRIENDS FOR HELPING US MAKE THIS A REALITY.... WATCH FOR BIGGER AND BETTER THINGS NEXT YEAR. AND REMEMBER OUR CLUB IS NOT JUST ABOUT DANCING IT IS ABOUT PEOPLE. UNTIL NEXT TIME..... UNTIL KEEP ON DANCING!

Bob Smith

Check out our New CP night at the Cattlemens every 2nd Friday of the month. This great social activity and a chance meet new members. Comen out and have a blast.



**For the Month of September & October
the Birthdays are.....**

Sept 6 Debbie Willmer
Sept 10 Clifford Franklin
Sept 20 Rose Nielsen
Sept 28 Kirk McGinnis
Oct 3 Lorrain Gair

**Note!! :For all those interested in the
Video training at shaw Cable Please
Contact Patrica Smith @ 346-5717 ASAP
we can really use this for the Club.**

**Also don't forget our new CP club Promotion sign up a new member and both
the new member and old get a NEW CP pin!!**

**New!!! we have the new CP pins for sale Great souvenir or Gift for only
\$5.00 each. These are a special pin that are different from the Club Pins.**

**Country Pride and Red Hot Dance Festival Caps are also available for
those who would like one talk to Rob cost is \$10.00 per cap.**

**We have 9 limited edition 3rd annual Red Hot t-shirts left over. The
ones with the selection of all the dances on the back of the t-shirt and
the Red Hot Logo on the Front. Also call Rob or Bonnie for the Tshirts
cost is \$12.00 each.**

Events

Sept 1: Country Pride Bingo evening Bingo- Knights of Columbus Bingo Hall - check message minder for details. Call Ken Malterer, or Carl Mann for info.

Sept 24-27 Dave Getty does a workshop at the Derrick club in Edmonton with Jim & Stephanie McDonald and Rob & Sherry Tovell (Sept 24). Privates are available. For Booking or details call Connie at 403-433-8147

Sept 24: ACWDA chapter meeting at Capers Pizza Red Deer. Meeting to start at 12:00pm Come out and have lunch and or a coffee and get involved with the direction of Country Western Dancing in Central Alberta. Topics for discussion include the RED HOT, Teaching, and Judging.

Sept 24: RED HOT DANCE FESTIVAL 1996 The first meeting to talk about this year and put a bigger plan together for next year's event. Topics to include Board formation, commettees, direstion, more public involvement, and Club partnership. Meeting to take place at Capers Pizza at 11:00am.

Sept 29, 30, and Oct 1 Workshops in Red Deer with Kelly Gellette will continue the NTA teaching syllabus material. Plans are to revist basic Fundamentals, get into level 1 and 2 Workshops, and provide testing for all 3. Sponsored by The Country Pride Dance Club and the ACWDA. Contact Ken Malterer, or Rob Ironside for more details. Cost is \$25.00 per session. \$15.00 for ACWDA members that take all sessions / or 10% dicount for Country Pride Dance Club Members. Location is the Bellmoral Hall Red Deer Call 357-0483 for info or to find it that day. Testing and Teacher accreditation will be available.

October 7: Heritage Ranch performance for the Thanksgiving festival.

October 13-15: The Northern Interior Dance Festival in Prince George provides workshops, dance demos, and a dance. Call Bill or Debbie at 604-564-9373 or Peggy Joe at 604-439-5773.

October 16: Country Pride Bingo..... Monday Evening to volunteer please call Ken at 782-5331

Nov 10-12 River City C/W Dance Festival III is sheduled for Edmonton, with competitive, social, and workshop activities. Contact Rob or Sherry at 403-439-5773.

Nov 19: Country Pride Bingo: Sunday Afternoon if you can volunteer please contact Ken at 782-5331

April 1996: Calgary Country Dance Stampede

**August 16,17,18 1996 "Red Hot 4"
!!! at the Red Deer Westener Grounds**

Anyone with questions or info on shows or demonstrations please contact
Jim Swinston @ 346-4603

For people that have material to submit to the newsletter please drop it to Jim or Rob by October 15 for the Nov/Dec issue. Note to Rocky bunch to send in the Birthday's and events happening. Please send to Suite 294 - 4752 Ross st. Red Deer Attn. Jim Swinston.

Checkout one of the Latest Line Dances taught at the "RED HOT" Other Side of the Track

CHOREOGRAPHERS;

Lisa Kruse and Jim Anderson

DESCRIPTION: 64 Counts Intermediate Four wall line dance

MUSIC SUGGESTION: ' Baby Likes To Rock It ' by The Tractors

Train Motion

- 1,2,3,4 Step right foot forward, Step left foot in place Step right foot back, step left foot in place
5,6,7,8 Step right foot forward step left foot in place, step right foot back, step left foot in place
(In the steps above the hands and arms will be bent at the elbow moving in a forward & back motion, left arm forward as right foot steps forward) Forward Stack
9 Step right foot forward across left, pointing right toes to 11:00
10 Step left foot forward across right, pointing left toes to 1:00
11,12 Step right foot forward across left, pointing toes to 11:00, Hold
13 Step left foot forward across right, pointing toes to 1:00
14 Step right foot forward across left, pointing toes to 11:00
15,16 Step left foot forward across right, pointing toes to 1:00, Hold Right side rocks, Left side rocks
17 Step right foot to right side (bending right knee & dropping right shoulder down, left hip up)
18 Slide left foot next to right (while bringing body back to center)
19 Step right foot to right side (bending right knee & dropping right shoulder down, left hip up)
20 Hold
21 Step left foot to left side (bending left knee & dropping left shoulder down, right hip comes up)
22 Slide right foot next to left (while bringing body back to center)
23 Step left foot to left side (bending left knee & dropping left shoulder down, bring right hip up)
24 Hold

Turn 360, Hitch, Stomp

- 25 Step right foot 1/4 turn to right (the next 3 steps are a rolling vine to the back)
26 While pivoting on right foot step left foot 1/2 turn right
27 While pivoting on left foot step right foot 1/4 turn to right and back
28 Raise left knee (hitch), yell whoo!
29,30 Step back left foot, Step back right foot
31,32 Step back left foot, Step back right foot

Swivets & Twists

- 33 Weight on ball of left foot & heel of right foot swivel right toes to right & left heel to left
34 Swivel right toes & left heel to center
35 Weight on ball of left foot & heel of right foot swivel right toes to right & left heel to left
36 Swivel right toes & left heel to center
37 Weight on ball right foot & heel of left foot swivel left toes to left & right heel to right
38 Swivel left toes & right heel to center
39 Weight on ball of right foot & heel of left foot swivel left toes to left & right heel to right
40 Swivel left toes & right heel to center
41 Weight on ball of left foot & heel of right foot swivel right toes to right & left heel to left
42 Swivel right toes & left heel to center
43 Weight on ball of right foot & heel of left foot swivel left toes to left & right
44 Swivel left toes & right heel to center
45,46 Weight on ball of both feet, swivel heels left, right (bending knees & twisting down)
47,48 Weight on ball of both feet, swivel heels left, right (straightening body up)
1/4 Turn Shuffle, 1/2 Turn Shuffle
49,50 Step forward on to ball of right foot, Pivot 1/4 turn to left
51,&52 Step right foot forward, step left forward to right heel, step right foot forward
53,54 Step forward on to ball of left foot, Pivot 1/2 turn to right
55,&56 Step left foot forward, Step right forward to left heel step left foot forward
Shimmy Right, Shimmy Left
57,58 Step right to right side (knees slightly bent & shimmy shoulders for 2 counts)
59,60 Step left beside right, Clap hands at chest level (knees are no longer bent)
61,62 Step left to left side (knees slightly bent & shimmy shoulders for 2 counts)
63,64 Step right beside left, Clap hands at chest level (knees are no longer bent)

Repeat.

The Country Pride Dance Club is a non-profit society whose objectives are to Promote C/W dancing through teaching, demonstrations, competitions and workshops and also to support a competition team. The country pride dance team would be pleased to perform and/or teach at your next event. For more info call 342-5111. The Country Pride newsletter is a Bi-monthly publication and all articles for the newsletter need to be submitted 2 weeks prior to publication. Newsletter staff; Rob Ironside 346-5484

To access our message service Dial *98, *403-342-5111#, 5151# and listen to our newest news or leave some of your our by calling the club line at 342-5111.



**July/August
1995**

COUNTRY PRIDE DANCE CLUB NEWSLETTER

NOTE FROM THE PRESIDENT

Happy dancing!! Our spring session has gone by so fast and we have summer and the Red Hot Dance Festival upon us. Planning has been going very well for the festival and we have had several meetings, and have had tons of new ideas. We have more people pre-registered than ever before, and ideas that will make this Festival our best yet. More on that in this edition of the newsletter, but first what has been going on and what is coming up.

We have our new Country Pride Pins!! Do they ever look great! Great Job to Cindy Clover for getting that job done.... We had these made up as a special membership promotion and so far it seems to be working. We have decided not to sell this version of the pins to the general public, so in order to get one of these special pins you need to become a member or re-join someone to the club. Here is how it works.... if a member signs up a new member both the new member and the old (existing member) get a Country Pride Pin. Simple, have them fill out a membership form and submit their \$25.00 membership fee, and they get their pin. Les and Gary are the guys to talk to if you have someone in mind. And remember they can join as a social member, a dancing member on the performing team, or get really psycho and join the comp team. We will have a different version of the Country Pride Pin available at the beginning of August for resale.

Let everyone you talk to know that we are doing more things for the social members than ever before. First our Country Pride night up at Cattlemens the 2nd Friday of the Month, social lessons for 7-8pm or Sunday nites at the studio, and more social dances planned where they can come and learn how to dance. Meeting people, having fun, and learning to dance are this club's focus and with that idea in mind I know we are building something that can help people grow, stretch a

little and learn to dance. It is very special to belong to something like that.

What a great time we had at the Barn Dance!! We attended my first ever Barn Dance organized by the Rocky Chapter of the Club June 24 at John Kaikkonen Farm, 25 miles West of Red Deer. What a great Time. It was everything a person could visualize a Barn Dance is all about. A BIG BIG thanks to John for all the work he did and for cleaning out the loft and getting it ship shape to dance on. The Barn was built in 1948 and has a huge loft with a wood floor that was very danceable. We had about 45-50 people there and danced all night. It was something you could bring your whole family to and really relax and enjoy yourself. The price was sure right... a loonie. A big thanks also goes to Melanie Oulmet, Terry Murphy, and Dor Etodie for all the prep work and the clean up they did. Great job to the Rocky Bunch. This place sure has huge potential and I can see John having to tell us when to leave next time he does it... Hope he decides to do one again after the Red Hot as a wind Down. I know everyone would love it.

We have done a few shows over the last few months that have been fun, the MS fundraiser in Lacombe (everyone who danced got fed and Teh-its... very cool), the electrolysis society, and danced again on shaw cable TV. Over the summer we have decide not to do as many floats as we have done in the past just because of the manpower and time it takes. We are doing the Canada Day at Bower Fords again, Westerner Days ...and Float, and possibly a few pancake breakfasts, but the major focus this summer will be the Red Hot Dance Festival August 18, 19, 20 1995. We need to put on a good show again at the Westerner parade after winning it last year. So plan to dance at what you have time for and get out and meet the people it is so much fun.

I have been doing show myself for the last 7 plus years and I still

love people coming up to us after a show and telling us how much they enjoyed that and wished they could dance like we could (Little do they know how little we know).

Coats are another big Deal. After many hours of research from countless people we have decided to purchase our Club Logo and own the die! It requires to put the design on a Jacket. Finding a Jacket in the pink and Black like our original coats is becoming less and less likely and we will more than likely have to change our coat colors. That is to bad because people did recognize those coats anywhere we went. The name Country Pride is becoming more well known and we meet people every day now that have heard of us. Finding a coat is still going to be tough especially deciding on new colors and design that everyone can agree on. If we can keep it to one or two styles, colors, or designs that still keeps our Team and Club Identity. Now because we own the logo we will have that flexibility. So keep your eyes open for new (finally) club coats.

The Shaw cable project has been going very well, and from the first wave of people that have went through the training myself, Jim Swinston, Carl Mann, Garry Willmer, and Pam Beaudin we had learned a ton. The station has had us down a few times to dance and wants to do another show once more before the Festival. They are hinting about us doing a production, such as a half hour show or perhaps even something like THE COUNTRY PRIDE SHOW... what do you think... if you would like to get involved with this let us know. It adds a whole new dimension to the club and what we can offer members. And remember our club is not just about dancing it is about people. Until next time.....

KEEP ON DANCING!

Rob Ironside

**Time
for the
ARTS**

Check out our New CP night at the Cattlemens every 2nd Friday of the month. This great social activity and a chance meet new members. Comen out and have a blast.



For the Month of July & August the Birthdays are.....

Amber Swinston - July 7

Rob Ironside - July 10

Ken Malterer - July 12

Anna Thomsen - July 14

Carl Mann - July 14

Antionette Holmes - August 8

Note!! For all those interested in the Video training at shaw Cable Please Contact Patrica Smith @ 346-5717 ASAP we can really use this for the Club. Also don't forget our new CP club Promotion sign up a new member and both the new member and old get a NEW CP pin!! Watch for the new CP pins for sale in August

Volunteers

Many will be shocked to find
When the Day of Judgement nears,
There's a special place in Heaven
Set aside for Volunteers.
Furnished with big recliners
Satin couches and foot stools,
Where there is no committee
Chairman,
No Group Leader or car pools.
No eager team that needs a coach,
No bazar or bake sales.
There won't be things to staple,
Nothing left to file or mail.
Phone lists will be outlawed,
But a finger snap will bring
Cool drinks and gourmet dinners.
Rare things fit for a king.
You ask who'll serva these privileged
few.
And work for all they're worth?
Why, all those who reaped the benefits
And not once volunteered on Earth!

This club operates on volunteers, and the more people do the more we all get out of this club. Dancing is what we do, however it is not what we are all about. We all contribute to Country Pride in our own way and do work in areas that many times goes un-noticed. The following list is the voluntrees that have been making a contribution to the the club by helping in fundraising

through our **Bingos**. We want to thank everyone on this list for helping and especially **Michell Lee** who has not missed one yet. Thanks to all. If your name is not on this list please contact Ken Malterer or Carl Mann to voluntree for a Bingo coming up.

Michelle Lee	7
Pam Beaudin	6
Carl Mann	5
Clifford Franklin	5
Krik McGinnis	5
Rob Ironside	4
Donna Walker	4
Bonnie Ironside	3
Les Walker	3
Ken Malterer	2
Bev Calkins	2
Gary Willmer	2
Debbie Willmer	2
Laurie Koebel	2
Jim Swinston	2
Antoinette Holmes	2
Cindy Glover	1
Ann Cambell	1
Rose Neilson	1
Beth	1

Late Breaking News!!!

For Fundraising: We have another Casino Approved for

the 7-8 of August. We have put our paper-work through and are guaranteed to make \$2,000.00. So if you can help out over those 2 days call Ken Malterer.

If you have not been approached to work the Red Hot Dance Festival Please let Rob know so we can get you on the list. All volunteers that work the Festival this year Get their pass for half price(\$20.00) and get a special edition 3rd annual **RED HOT UNIT t-shirt.**

A Red Hot Contest for all the Volunteers that are helping to sell advance suppershow tickets... advanced tickets are \$18.00 before August 1 1995. Here's the prizes for the people that sell the most:

1st- will get a unquie edit of the Red Hot Tshirt plus their Supper show ticket.
2nd- Wins a special Tshirt.
3rd- Wins a supper show ticket.

Events

July 1 1995: Canada Day Celebrations performance and show. At Bower Ponds.

July 8 1995: Wedding for Bob Nielsen and Karey McGrath. Club members are invited to the dance at Alix Community Hall Alix AB at 9:00pm.

July 2 - 5 Dave Getty will be in Edmonton to teach the two step school figures (July 3rd), and for privates details will follow. Call Connie at 403-433-8147 for bookings.

July 14: Country Pride Bingo evening Bingo- Knights of Columbus Bingo Hall - check message minder for details. Call Ken Malterer, or Carl Mann for info.

July 19: Westener Parade ... Red Deer Float Decorating the Night before check the message manager for details or Call Cindy Glover for details @886-5681.

August 7-8: Country Pride Fundraising Casino - At Winners Circle Casino - We need volunteers for two days of working the Casino. Contact Ken Malterer for details.

August 7 : Performance for the Heritage Days Celebration: 2:00pm at Heritage Square by the Red Deer Museum. Contact Pam or Cindy for details. 347-7768, or 886-5681

August 12: Country Pride Bingo evening Bingo- Knights of Columbus Bingo Hall - check message minder for details. Call Ken Malterer 782-5331, or Carl Mann for info.

August 17 - 20: THE RED HOT COUNTRY DANCE FESTIVAL 3rd annual event. The dance Hall Crawl Kick off Thurs nite from the Westener Site. Tons of workshops, Demos, Fun activities, and the New Dance Country For Fun Contest, where a trip for Two to Nevada will be given away. Call Rob or Bonnie Ironside 346-5484 for registration forms and Brochres. Saturday supper show and Spectators passes can be purchased through ticket master.

August 23: Country Pride Bingo afternoon Bingo- Knights of Columbus Bingo Hall - check message minder for details. Call Ken Malterer, or Carl Mann for info

Sept 1: Country Pride Bingo evening Bingo- Knights of Columbus Bingo Hall - check message minder for details. Call Ken Malterer, or Carl Mann for info.

Sept 24-27 Dave Getty does a workshop at the Derrick club in Edmonton with Jim & Stephanie McDonald and Rob & Sherry Tovell (Sept 24). Privates are available. For Booking or details call Connie at 403-433-8147

Sept 29, 30, and Oct 1 Workshops in Red Deer with Kelly Gellette will continue the NTA teaching syllabus material. Plans are to revisit basic Fundamentals, get into level 1 and 2 Workshops, and provide testing for all 3. Sponsored by The Country Pride Dance Club and the ACWDA. Contact Ken Malterer, or Rob Ironside for more details.

Nov 10-12 River City C/W Dance Festival III is scheduled for Edmonton, with competitive, social, and workshop activities. Contact Rob or Sherry at 403-439-5773.

MORE NEWS ON THE RED HOT DANCE FESTIVAL.....

Here is the Tentative list of Teacher and judges that are going to be there

Dan Eshner, Leigha Eshner, Ervin Latrace, Cheryl Mayes, Tom Gorman, Karen Gorman, Randy Blackburn, Karen Filiatrault, Sabrina Hammond, Jim MacDonald, Steph MacDonald, Patricia Bossé, Doug Davidson, Debbie Neergaard, Rob Toveil, Randy Shotts, Rhonda Shotts, Steve Durham, Darrel Wakaruk, Karen Wakaruk, Diana Smith, Gary McIntyre, Wayne Knight, Doris Knight, Ken Close, Karen Close, Dwayne Hryniw, Denise Noble, Richard Tymko, Ian Munroe, Jerry Smith, Duane T. Toby Munroe, Racheal Andersen, Myles Munroe, Trista Berg, Joe Archer, Bev Sutherland, Gary Hyluk, Lynn Perault, Darl Moreland, Shawn Jessup and more.....

Plan to pickup a copy of the Video Workshop notebook!! All the workshops of the weekend reviewed on tape!

Thursday Nite We are having Our Dance Hall Crawl... Sit back and relax while we Check out the Hottest Local Bars in the area. Join the whole gang in buses... get your tickets early, and Tell all your friends so we can pack out the buses. We are leaving from the Westerner Parking Lot.

Friday Early Bird workshops start at 1:00pm through till 6:00pm with a dance that nite to follow. Tons of Door Prizes and giveaways. Music Featuring the *Dean Mitchell Band & DJ*.

Checkout out Friday Lineup: \$6.00 per class

	Salon I	Salon II
1:00pm	Spins & Turns - Dan Eshner	E/ C Beg-Int- Garry McIntrye
2:00pm	2 - Step Beg-Int- Randy Blackburn	Ducks & Tunnels- Dan Eshner
3:00pm	" Flashy Hot " 2 Step- Randy Shotts	W/C Int-Adv- Garry McIntrye
4:00pm	Lead & Follow- Dan Eshner	E/C Swing- Randy Shotts
5:00pm	"Red Hot" W/C Swing- Randy Shotts	Waltz Int- Randy Blackburn

Saturday: Workshops start at 11:00am and run all day with demos, and fun activities to join in. Saturday afternoon Red Deer, Alberta, and Canada will attempt the World's Largest Junior Line Dance Record. Bring the kids for free to help us set a record!!

Not to be missed is our Saturday nite Dinner, Dance, and Show. This extravaganza will feature the Best, Country Western Dance has to offer. See the Masters, and Champions, a display that will knock your socks off...

Sunday: More workshops and demos. Watch the dancers strut their stuff on the Floor. Great seats to watch the show (Bleacher seating). Plan to get a Video of the weekend for later.

Questions?? About the Weekend..... Talk to the Following People about these areas

Volunteer Coordinator-Gary Willmer, Ceremonies Coordinator-Cindy Glover, Workshop Coordinator-Ken Malterer, Registration Coordinator Donna Walker, and Debbie Willmer

Tell everyone about our Dance Country For Fun Contest and the fact that they could win a trip for two to Nevada... Register Before Aug. 1 and contestants their plaque personalized

Dance Hall Crawl \$ 8.00 before August 1 1995 \$10.00 at the door

X _____ \$ _____

Saturday Cabaret \$ 19.50 or \$ 18.00 before august 1 1995

X _____ \$ _____

Available through ticketmaster

3 Day VIP Pass Includes free workshops, and dances Plus name is entered

for door prize draws. \$ 40.00 before August 1 1995 \$ 45.00 at the door.

X _____ \$ _____

Please make cheque or money order payable to : **Red Hot Dance Festival**

Suite 294 4752 Ross Street Red Deer, Alberta, Canada, T4N 1X2

More Info Call **Rob & Bonnie Ironside 403-346-5484 fax 342-2558 cell 357-0483**

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