

# State and National Conventions

Square dances are the icing on the cake of life. Your daily life may be hectic or relaxed, but evenings and sometimes whole weekends offer the ultimate escape from reality: a square dance. For about three hours, you have the chance to visit with new and old friends, to get great mental and physical exercise, to lower your blood pressure, and to enjoy an inexpensive evening out that often includes a treat table. In a word, square dancing is FUN!

To keep this enjoyable pastime thriving, you need to support the dances by attending as many as possible throughout the year. When special dances are offered, you need to attend. As you plan your upcoming vacations, hopefully the opportunity to square dance is an important factor.

Club dances, special weekends, festivals and convention provide lots of extraordinary dancing experiences and need your support. Costs rise daily; the number of dancers in attendance needs to rise accordingly.

**Square Dance Minnesota** has quarterly dances (festivals) to celebrate square dancing. Check the website for upcoming festival dates:

[www.squaredancemn.com](http://www.squaredancemn.com)

State and national festivals and conventions also need your support; they provide dance floors for every level of dancing.

What's most awesome about square dance conventions is that they are created and worked by volunteers! No one is paid to plan or execute a convention! The square dancers who bid for a national convention are pledging four years of their lives to be primarily devoted to making that convention happen if they win the bid! Every dancer needs to be there so these efforts are appreciated and enjoyed. The folks who volunteer to host a convention or festival, be it regional, state or national, have lots of out-of-pocket expenses—there is no huge budget anywhere in square dancing that pays their expenses.

Other special weekends also require lots of work and planning by volunteer square dancers so try to attend as many of those as your schedule allows. If regular square dances, special weekends, and conventions are to be around in the future, they need dancers there now to keep their sponsors (clubs, regions, states, and nationals) solvent.

Attend the special events!! Get floor time and have fun!!