

Today, September 20, marks the end to the 2009 B.C. Seniors Games held in Richmond, B.C. For the first time ever the Square Dancers were a part of the Games. It was our golden opportunity to show case that seniors over the age of 55 can participate in a healthy activity such as Square Dancing and have Fun, Fitness and Fellowship. We were part of some 4000 athletes who embarked on the city of Richmond for four days. It was also a great opportunity to be in the New World Class Speed Skating Oval.

The sad thing was that our activity had to be held in a Community Centre Gym where not too many people got to see us dance. We were not alone in this respect as many other sports activities were held in scattered places throughout the city, however we got an opportunity to show our stuff at the social time held in the Oval on Friday Night when we did a demo. When and where ever we made ourselves visible in the crowds many people commented and made inquiries about our activity. This being our first time as an entry into the Seniors Games brought a lot of questions which had to be asked and many last minute decisions to be made. The word from the Games people was that we seemed to be well organized, knew what we were doing and as an organization could put on a good event with little help from the games people.

There were 3 people who did the majority of the work behind the scenes and were also very active throughout the games.

Was it worth it? **YES!**
Did we have fun? **YES!**
Would we do it again **YES!**
Did we compete? **YES!**
Did we pick a winner? **YES & NO!**

There were no losers. We were all winners and even the Volunteers had fun.

We had five squares compete – 2 squares in Mainstream and 3 in Plus. Everyone was a winner. The Squares were timed for the actual time that your square was dancing without stoppage. Break down and regrouping was not time dancing. The main thing was to keep moving even if you did not get the move correct or get your partner back.

It is not for everyone and some dancers say never again but 90% had fun and that was what it was meant to be – A Fun Activity for Seniors.

There were only 3 Zones represented–
Zone 3 Fraser Valley – 3 Teams
Zone 4, Vancouver Area/Delta – 1 Team
Zone 8 Kamloops – 1 Team

The dancers voted to try this activity next year when the Senior's Games are held in the Comox Valley. The Host Zone is responsible to provide a co-ordinator to over see our sport. Helge Jacobsen did a great job of pioneering this one and has put together a manual as a guideline for future co-ordinators. At this time we are asking you, as a rep. to the B.C. Federation, to discuss this with your region, get a feed back and send your report to Norm Cox, 1st, Vice President of the B.C. Federation either by [e-mail—
marymcox@telus.net](mailto:marymcox@telus.net) or by slow mail to 12561 – 98 Avenue, Surrey, B.C., V3V 2K6. At the B.C. Federation A.G.M. this past summer in Vernon there was a motion to help fund future participants in this activity. Sooner, not later, we need your replies as the ground work is already underway for the 2010 B.C. Senior Games in the Comox Valley, B.C. This competition is not for every dancer but there may be 10 dancers from your region who may wish to participate (one square plus 2 spares).