



Mike Seastrom

Mike Seastrom has been dancing since 1960 and calling since 1963. He started dancing after losing a bet to his mother and calling when he tried to show his sixth-grade teacher “real square dancing.” He taught his first class in 1963 after borrowing money from his parents to buy a small sound system, and was able to pay them back before the class was over.

In 1976, Mike received his doctorate and began practicing dentistry. He joined CALLERLAB in 1977. He has been chair of several committees and an annual presenter at CALLERLAB conventions for interest sessions and seminars. Mike served on the Board of Governors from 1984 to 2003 and completed a two-year term as the CALLERLAB Chairman of the Board in 1994. He was awarded the Milestone Award in 2001 by two of his mentors, Bob Van Antwerp and Bob Osgood. Mike received the CALLERLAB Gold Card Award in 2021 from his long-time friend and producer, Wade Driver. He also submits monthly CALLERLAB Viewpoint articles to *American Square Dance Magazine*, and his articles have appeared in various publications worldwide.

Mike teaches and calls Basic through C-1, prompts contras, and enjoys doing dance party events when his schedule allows. He is a strong advocate of the

Multi-Cycle Method of teaching new dancers and currently calls and teaches for Buckles & Bows in Thousand Oaks, California.

Mike records for Rhythm Records, regularly conducts caller and dancer clinics and seminars, and helped produce an Introduction to Contra Dancing package for R & R Video with the California Contra Caller's Association.

Calling has allowed Mike to travel extensively in the United States, Canada, Sweden, Denmark, Norway, Germany, Costa Rica, New Zealand, Australia, and Japan. Mike enjoys dancing and calling and still feels our "Team Dance" is the world's best social and physical recreation.

"Dr. Mike" retired from practicing dentistry after more than 47 years, so now his calling is more than an avocation. Mike feels fortunate to receive such amazing support from his lovely wife, Lisa, and his wonderful, understanding family.