



Name: Rose Sexsmith

Tell us about yourself: I am one gratefully blessed and highly favoured 69 year old, retired from food & beverage, but not from life joyful woman. I am a daughter, a sister, an auntie, a friend, and most of all I am a Mom of 3 sons, and Grandma to 5 grandsons & 1 granddaughter. I love my family, my community, my country and my planet.

What year did you dance? 2009

What was your style of dance and why did you choose that one? I wanted a joyful dance and when I first met with the talented, wonderful and amazing Warren Eaton and told him that, he came up with a medley of 3 dances for us that he choreographed. Salsa, merengue and samba.

How did you first learn about Swinging with the Stars? The first year that COHA came up with this idea, my friend Leigh Bjornson approached me as being one of the dancers. When I look back on myself, I love to entertain and I love to dance so.... of course I jumped at the chance.

What is your favourite memory from your performance? It may have been traumatic but turned into the best and that is only because of the love and acceptance I felt from everyone. We were the first dancers, and it was the first year of Swinging with the Stars. We were to start with Warren escorting me to the dance floor. then he would walk back off the dance floor. Then the music would start, and I would begin the dance and Warren would walk back onto the stage and we would do our dance. So, there I was on the dance floor alone and all eyes on me. Something happened to the sound system and the music didn't start so I started dancing without the music. Love took over and then the music came on and Warren was there. That's what memories are made of.

Are you still dancing today? I do dance at home and usually alone. It was one of the ways that I entertained myself during our isolation time. I hula hoop to music too. I just dance. I do believe when we dance, sing, laugh and play we create joy, and we love joy.

What backstage moments stand out to you today? To be honest, it's a blur. I don't remember a single thing.

Has this experience inspired you to do other life changing things? For me, I have found if I am open, amazing opportunities come my way. Dancing with Warren and with Swinging with the Stars is on a list that I have called "Icing on my Cake." These are experiences in my life that I could never have dreamed of having on a list.

Is there anything else you'd like to share? Although I did have the best time ever, I reminded myself that this was about something bigger than me. This is about supporting COHA who does incredible work in our community. In our lives, one way or another, at sometime or another, we or someone we know will need Hospice and Central Okanagan Hospice Association is their support in our community.