

# SQUARE



Eastern Ontario Square and

Round Dance Association

# TIME



## Square Time Edition 65.3 October 2019

All material contained in Square Time is included for the information, convenience and enjoyment of dancers. Material presented, and the views expressed are not necessarily those of EOSARDA, its Directors/ Officers or of the Square Time Editor. The Editor reserves the right to condense, omit or rewrite all or part of the material submitted. The decision to publish or withhold copy received after the deadline rests with the Editor. Other publications may report material published in SQUARE TIME, provided credit for the source is given.

### To subscribe to Square Time:

SQUARE TIME is published four issues a year: February, March/April, October and December. EOSARDA members' rate is \$10/year; Non-member rate is \$18/year. For information please contact Gavin Curie at 613.739.9395 or [gavin.currie@sympatico.ca](mailto:gavin.currie@sympatico.ca)..

Square Time is also available, free, online. Visit [eodance.ca](http://eodance.ca) and select More, then Square Time.

### Submissions to Square Time

We welcome letters, articles, advertisements and almost anything dance related! Each member club is encouraged to send us their news and tell us about themselves. Separate text and pictures, please. Text is reformatted to present a uniform appearance, and any pictures will have to be extracted. Please send them to [SquareTimeEditor@gmail.com](mailto:SquareTimeEditor@gmail.com).

**Next issue...** The next issue will be in December 2019. The deadline for submission is November 15th. Those picking up copies should contact Gavin Curie at 613.739.9395 or [gavin.currie@sympatico.ca](mailto:gavin.currie@sympatico.ca).

### Advertising in Square Time

To advertise in Square Time, please send a PDF file to the editor indicating the size the advertisement is to be (full page, half page etc.). Advertisements will not be reformatted, other than to fit the space.

	Member	Non-Member	Commercial
Full Page	\$25	\$40	\$100
Half Page	\$20	\$30	\$75
Quarter Page	\$15	\$20	\$45
Full Column	\$20	\$35	\$75
Half Column	\$15	\$20	\$45

# President's Message - Square Time Fall 2019

On behalf of EOSARDA's Board of Directors, it is once again my privilege to welcome you to another new Dance Year. I hope that you all had a wonderful summer and that you are looking forward to another year of fun, friendship and fitness set to music.

Last April, the Council of Dancers elected a new Board of Directors to take us into the second decade of the 21<sup>st</sup> Century. The new Board met in late May to elect its officers and organize itself for the new dance year. The new Board's structure is:

## Executive

Dave Western	President and Trillium Awards Coordinator
Gavin Currie	Vice-President
Bob Pitruniak	Treasurer
Barbara Englehart	Registrar and EOSARDA Representative to Ontario S&RD Federation
Arlo Speer	Secretary

## Publicity

Chair	Lamar Masson	
	Gloria Bateman	Non-Board Volunteer
	Carole Lauzon	Non-Board Volunteer

## Club Liaison

Chair	Geoff Clarke	Also Scheduling Conflicts Coordinator
	Jacques Chesnais	New Dancer Recruitment Subsidies
	Teena Clarke	New Dancer Celebrations
	Gerry Johnson	Editor Square Time
	Wendy VanderMeulen	Dance Leader Training Subsidies
	Helen MacCallum	Certificates of Accomplishment (Non-Board Volunteer)
	Helgi Goodman	Dance Dangle Program (Non-Board Volunteer)

## Dance Committee

Chair	Barbara Englehart	
	Pat Gauthier	Frosty Fling 2020 Coordinator
	Arlo Speer	EOSARDA Rep - Swing into Spring 2020
	Wendy VanderMeulen	Ottawa Area Callers Association Representative
	Dave Western	Co-sponsored Dances

Recipients of this year's Trillium Merit Award are:

Geoff Clarke  
Teena Clarke  
Bob Summers and  
Marguerite Summers

Recipients of this year's Trillium Long Service Award are:

Dave Hutchinson and  
Dorothy Tweed

Congratulations to all.

Happy dancing.

Dave Western  
President  
EOSARDA

# Message from the Editor

Where did the summer go? Things are getting busy, as we enter into a new season. May each of us thoroughly enjoy our dancing opportunities.

We thank our publicity committee for the cover picture taken at our demo dance in Ottawa's Byward Market. Read about it in their article, later in this issue.

## Dance Dangle Program

Something that dancers may not be aware of, is our 'dance dangle program', which encourages dancers to travel to open dances and to visit other clubs. Fill out a form at each dance and have it signed. Submit this form at the end of the dance year, to receive a 'dangle' showing your accomplishment. This is similar to, but is not the same, as the process administrated by Seaway Valley. More information is available on our web site. [http://www.eodance.ca/SD\\_visits.php](http://www.eodance.ca/SD_visits.php)

## Our Web Site

I want to encourage you to review and use our web site: [www.eodance.ca](http://www.eodance.ca). This site is your guide to everything dance related in Eastern Ontario. What an excellent tool our web master, Bob Summers has produced. Parts of the site will be reviewed in this and subsequent issues. You will find the information about up-coming dances, clubs, dance leaders and much else.

The site is divided into logical columns. Home, Events, Dancing, More Associations, Contact us as well as Links. If you place your mouse cursor over any of these links, you will be given a 'menu' of things to look at. The right side of the screen has addidtonal information you can check out.

'**Home Page**' has information about the various highlights that have taken place. Click a ititle for more, and or '**Past Highlights**' for older happenings.

The '**events**' tab lets you see the calendar of upcoming activities. (These do not include regular club dances.) Select what month you are interested in. Submit new events here. Here is the information on how clubs can contribute to EOSARDA sponsored dances. The '**bulletin**' link is where information about upcoming events, or other material important to dancers, is sent. If you are not getting bulletins, but would like to, please add your e-mail address to become part of the list. You will receive an e-mail for you to confirm your addition. You can also view a list of the past bulletins that have been sent out. Clubs can use the system to submit new bulletins. Check out the planning process for "Swing into Spring", our May event

Take a few minutes to connect with the EOdance web site. Get to know us, and above all, enjoy your dancing.

Gerry Johnson

Square Time Editor

# Meet our Dance Leaders



## Caller Geoff Clarke

It all began one afternoon in early 1995 when Caller John Charman held an "information" session for anyone *that might be interested* in becoming a Square Dance caller. This was triggered by the fact that a number of local callers were about to retire. Teena & I attended and afterwards we realized that this may take up a lot of 'our' time, so we talked it over carefully & then decided to 'go forward' together on this new 'adventure'!

After completing a subsequent Caller's Clinic, also held by John, it took many more months of coaching by Caller Mel Wilkerson as well as countless hours of practicing in our own basement to figure this all out! Teaming up with another fellow *new caller* (Brian Crawford), we held a series of weekly dances in the basement of a local church in Carleton Place. We received tremendous support from our home club at the time, the **Mississippi Squares**, and this enabled us to *hone our skills* and build the confidence we needed for the next step - to start our own Club! So, in the fall of 1998, we (Geoff, Teena, Brian & Amy) launched a new Basic & Mainstream Square Dance Club in Stittsville - we called it the **Town & Kountry Kickers**. It was very successful with Brian & I calling and Teena & Amy doing all the 'admin' work! After the first year though Brian moved on, being invited to call for three other clubs as our 'mentor' Mel moved west. Kickers continued dancing for 13 terrific years of fun & friendship, closing in April 2011.

During 2003, Teena & I established a new club called the **Trackers Plus Club**. It was also very successful continuing to dance Plus with 4-6 squares until April 2015

From 2002-2007 I also called for **The Bay Waves** Square Dance club in Constance Bay, Ont.

In 2006, I began learning to teach & call the Advanced [A1] Program & for the first 2 years we held dances solely in the basement of our home. In the fall of 2008 we established the **Lockits Advanced Dance Club**. It has been very successful & we added A2 in 2012. We now dance A1 & A2 on Wednesday mornings (4-6 squares) at our hall in Black's Corners, Ont.

As well as Calling at our regular clubs, from 1998-2008, I did numerous one night events for church groups, private parties, weddings, etc. I've also taught Square Dancing to both grade school & high school students. On trips to Scotland I was invited for the **Aberdeen Kilt Kickers** & the **Cupar "OK Square Dance Club"** as well as for other public & private events.

When their Caller moved away, I was asked by the **Grenville Gremlins** to call for them. I started calling for the Gremlins in the fall of 2016, teaching & calling Basic & Mainstream as well as calling some Plus tips before & after their regular dance period. Generally we're dancing 6+ squares each week at our new dance hall (North Grenville Community Center) in Kemptville, Ontario.



I joined **CALLERLAB** (the International Association of Callers) as an 'Associate' member in 2003 and attended my first CALLERLAB convention in April 2006 becoming a full member of CALLERLAB at that time. I've been to several other conventions since and I'm currently serving on the CALLERLAB Basic/Mainstream; Plus; & Advanced Committees.

I'm also an active member of the Ottawa & Area Callers Association (**OACA**) having served as Chair for several years.

Currently I'm calling twice a week as well as any additional Open Dances (eg: Halfway Dance) &

guest caller spots that I may be asked to do from time to time.

**HOWEVER**, none of this would have been possible without the unwavering & constant support of my wife Teena. Right from the beginning, not only has she had to listen to thousands of songs and put up with me *'forever in the basement'* working on calling, she's also has been (& still is) the 'administrator' of all our Caller-run clubs (Kickers, Trackers, & now Lockits). Without her tremendous support, I would not be calling at all!

And yes, we also do love to get in some 'personal' (yes, just us!) dancing (Squares & Easy Rounds) whenever we can fit it into our schedule. Although it's a pretty hectic time for us from September to the end of April, it continues to be enjoyable!

Outside of our square dance world, we also have a large family of 4 sons (& wives), 16 grandchildren & 5 great-grandchildren, about 'half' live in this immediate area while the others reside in the USA. So when we're not calling & dancing, you can be sure that we're busy with all those family things that involve "the kids & grandkids"!!

### **My Basic Philosophy**

***Very early in my calling career I learned some key lessons*** that I've retained over the years & try to keep foremost in my mind at all times.

#### ***They are:-***

- #1** - The ***dancers must win & have fun***, no matter what 'level' is being called. If they're not having a good time, then I'm not doing my 'job' as their Caller. Whether it's a regular weekly club dance or any other 'open' type of dance, the dancers **MUST HAVE FUN** & if not, then I've failed them!
- #2** - Following on the heels of #1, is.... ***dancers 'vote' with their feet***. If they're not having fun, then why would they stay? My job as a Caller is to ensure that they not only have a good time & stay, but want to come back again & again!
- #3** - Always ***be respectful of your dancers*** & never criticize or 'call out' anyone on the dance floor. Sure you can have fun with them sometimes, but be ever mindful of anything that could be perceived by any one as a form of criticism.
- #4** - ***I must have fun too***, or why would I want to be a Caller? No question that there's a lot of 'work' behind the scenes that dancers never see, but as long as I enjoy doing it, I'll keep at it and be the best Caller I can be!

***My personal motto is still the same as it has been from day 1.. "If I ever stop enjoying it, then I've got a pile of vinyl Frisbees (once known as records), CD's & MP3's for sale!"***

## EOSARDA and The Swinging Swallows



Working together to help  
square and round dance grow,  
and to bring you  
**The Shades of Autumn**



The Swallows are busy preparing for **The Shades of Autumn**, October 19. This note is to bring you up-to-date.

We recently finalized the menu with the Hospitality Group at Fellowes High School: a variety of salads, chicken breasts, whipped potatoes with gravy, seasonal vegetables and fresh strawberry cheesecake. Water, tea, coffee and warm apple cider will be available in the cafeteria all during the event.

We spent an evening putting together the Ticket packages to go to each Club, along with a covering note, our Flyer and Dance Program. Everyone should have access to The Shades of Autumn tickets by the time you're reading this...and we hope you've already purchased one!

Our Caller Showcase has changed. After the meal dancers will gather in the big hall where **Dave Hutchinson**, **Luke Periard** and **Wendy VanderMeulen** will each do some singing calls.

We have **Brian Crawford**, **Francois Desmarais** and **Andy Himberg-Larsen** calling all afternoon, with **Gerry Sawtell** cuing Rounds. After the Showcase Brian, Andy and Francois will 'share the stage' for the dance party. We'll then draw the Share the Wealth winning tickets; there'll be prizes and gifts! After the closing remarks Brian Crawford will complete the evening with "The Friendship Circle".

The only thing we're missing is you, so please come enjoy **The Shades of Autumn!**

Gloria Bateman for the Dance Committee

**Come to Pembroke in the heart of  
The Ottawa Valley and enjoy**

## **The Shades of Autumn**

**Fellowes High School, 420 Bell Street, Pembroke  
October 19, 2019, 1:30 - 7:30, includes supper**

**prepared and presented by the students  
so dancers can dine together!**

**\$20 in advance, \$22 at the door (doors open at 12:30)**

**Francois Desmarais, Brian Crawford and  
Andy Himberg-Larsen, all calling B/MS/P**

**Gerry Sawtell, cuing Rounds**

**And featuring, for a taste of the Valley,  
Nelson Towns with Dean Lapierre on the  
fiddle!**

**Jointly sponsored by EOSARDA and The Swinging Swallows Square Dance Club**

**Visit [www. Pembroke.ca](http://www.Pembroke.ca) for accommodations & things to  
do on Sunday then take the back roads home and enjoy  
more of the shades of autumn!**



## Preparations are underway so we can Swing into Spring 2020

As you may already know, work began quite a while ago for the next *Swing into Spring*!! Square dance callers have been contacted and have committed to coming to bring us some fun and challenging dancing over the three-day event. Tom Miller and Todd Fellegly are both long-time square dance callers and that experience will be apparent when you hear them call.

Phil Gatchell and Marilyn Rivenburg, from Melrose, MA and Ocean Park, ME will be cuing rounds this year. Because of injuries resulting from an accident Roy and Janet Williams are unable to participate in our 2020 event but hope to reschedule for another time.

We will have a great program for the weekend, with dancing to appeal to round dancers and square dancers of all levels of expertise.

The Friday night dance will see a slight change in programming: There will be two halls of dancing – Plus and Rounds in one and Advanced in the other. This was decided on after a careful consideration of the number of dancers from each dance program who attend. With no Basic dancers and only a few Mainstream, the Organizing Committee decided to program only Plus and Advanced square dancing, along with Rounds, for the opening dance.

The Saturday and Sunday programs remain unchanged from previous years. Basic and Mainstream level dancers will enjoy a busy two days of square dancing and workshops, as well as an Intro to Rounds, at our new two-day price of \$60 rather than the three-day price of \$70. Details about various options and workshops are being discussed and decided upon. We want to make the dancing fun but challenging so you build your skills by attending *Swing into Spring 2020*.

The Organizing Committee is also looking at the menu so we can provide lunches that are fantastic. We plan to have both Saturday and Sunday lunches at the High School again to allow more time for dancing. The cost of the lunches is included when you purchase a 3-day or a 2-day ribbon; just be sure to indicate on your Registration Form that you plan to join us for the meals.



*Swing into Spring 2020* is shaping up to be another great weekend of dance! Ribbons will cost less until the first of April, so send your registration in early. Please plan to come out and support us as we try our best to provide an event you'll enjoy and remember for years to come!

Remember this? The folks who made the 2019 weekend such a success: our own John Charman and Brian Crawford, with Cuers Linda and JL Pelton from Plano, TX, in the middle! They saved the day and made the weekend something to remember... a fantastic event!



No matter which way you look at these callers, they are the best; John and Brian proved this to be true in 2019.... great job, guys!



Some of the dance costumes were beautiful! We had traditional square dance apparel with crinolines (and no doubt petit pants), and we had the newer prairie skirts as well as more casual clothing! Wonderful how we can all blend together to make such a memorable weekend!

The decorations, again, were fabulous ... they seem to set the mood. See how much fun the dancers are having? This is a weekend packed with dances and workshops, food that is fantastic, and a wonderful feeling of accomplishment as we leave the building after another great Swing into Spring!



Check [www.SwingIntoSpring.ca](http://www.SwingIntoSpring.ca) and [www.facebook.com/PrescottSiS](https://www.facebook.com/PrescottSiS) for the most current information about *Swing into Spring 2020*.





## NOT HEARING THE CALLS?



***If you're having difficulty hearing the calls (or Cues) due to a personal hearing loss, believe me, you are not alone, BUT, there is an answer - read on!***

Not hearing the calls clearly is not only very frustrating for the dancer experiencing it, but very often results in square break-down.

Sometimes it's where you're dancing in the hall (echo, or a dead spot); sometimes it's a poor loudspeaker; perhaps a Caller's (or Cues) voice that you're not used to hearing, but, sadly **QUITE OFTEN** it's the result of a personal hearing difficulty!

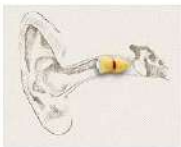
Unfortunately as we age, so does our hearing. Certain words & phrases start to muffle a bit; specific voices can be difficult to understand where before it was never a problem, & picking out words amongst other sounds (such as music), becomes an increasing challenge.

None of us like to admit that we're getting older & certainly very few people will admit that they're having a hearing problem. So, very often dancers just try to cope & 'soldier on' hoping that even if they miss the odd call, they can figure out where to go & maybe even look for others to help them be in the right place. That may work fine for a while, but eventually, even that no longer works. What now then? Sadly, sometimes they just 'quit dancing', and when that happens, then we all lose!

## **THAT DOES NOT HAVE TO BE THE CASE!!**

As a Caller, I normally carry with me a 'hearing assistance' transmitter that works in the industry standard 'hearing assist' (ADA & NPDA) FM range (72-75Mhz) for personal receivers. My FM transmitter is a **Landmark PLS** & I've used it for the last 9 years with great success, *providing* the dancers have their own FM receiver. The FM-type system can accommodate an unlimited number of receivers simultaneously up to range of 1000ft, so it's great for 'open' dancers where a number of dancers may be using them. (These FM systems are commonly used not only in the square dance world but in many other venues such as theatres etc)

The FM receivers all use 'ear buds' or 'headsets' (user choice) and in many cases I've found that the users are not really 'that happy' with that set-up because, if they already have hearing aids they have to remove them in order to put in the ear buds. Or, they'd rather "not" use earbuds because "*others can see they're needing hearing assist*"! In both cases they'll continue to miss the calls and eventually, from frustration, these folks will then just 'fade away'!



**But hold on folks**, hearing aid technology has moved along quite well in the last number of years, particularly since Bluetooth (BT) came on the scene!! We have hearing aid products on the market today that provide audio streaming connectivity to hearing aids using a Bluetooth transmitter. What I've seen so far, it's being marketed to

allow you to hear your TV sound via BT connectivity (pairing) with a transmitter connected at the TV & the user wearing a 'receiver', which then sends the signal directly to their hearing aids! With some hearing aid manufacturers it's provided as an 'option', others appear to provide it as standard feature.



When I learned of this BT "option" from one of my dancers I 'wondered' if we could adapt the 'tv option' to our square dance world. If an FM transmitter can send my voice to FM receivers, then why not a BT transmitter sending to BT receiver & the associated hearing aids?

So, as an 'experiment', knowing that the normal range of a Bluetooth device was only 30ft, I purchased a **1Mii Long Range Bluetooth Transmitter/Receiver** (\$60CDN on Amazon) which has an 'extended' range of up to 235ft line-of-sight in open air and up to 80-110ft indoors - a good range for a normal dancing hall. The device is easy to use, comes with a myriad of connecting cables & more importantly, pairs up easily to any Bluetooth receiver. In this particular case, the hearing aid BT product that my dancer was using was **'Phonak ComPilot Air II'**.

Connecting the BT transmitter was exactly the same as an FM transmitter, the 'voice out' of my Hilton MA150 amplifier via an RCA cable. The 1Mii BT Transmitter is powered by a USB cable & charger, so it conveniently plugs into the aux AC on the MA150.

"Pairing up" the dancers BT receiver was very quick & easy. In trying it out, we found that there is **\*NO\*** delay at all, with the user hearing my calls instantly & clearly in her hearing aids, even at the back of the hall (~50' back). (Initially we had some concern that there 'might' be a delay ([between what I said & when she heard it], but that proved unfounded!)

Once 'paired' up, the BT transmitter stores the information until 'next time', so the user just has to turn on the receiver & it's immediately connected to the BT transmitter again.

However, at this point in time, there is a '2 devices' restriction for the BT transmitter. Even though the "Bluetooth Standards" allow for pairing of up to 8 devices simultaneously, the current BT transmitter makers are only providing for two. Hopefully the manufacturers will eventually expand their function to work up to the limits of BT protocol specs.

Although we're stuck with a limit of 2 devices at this time, the benefit is that the 1Mii BT transmitter is small & light. I haven't tried it out yet, but I'm pretty sure that if I bought a second transmitter, we could connect 4 devices at the same time. Stay tuned!

## **EOSARDA DANCERS, HELP IS AVAILABLE!**

- **By utilizing an FM system with your own personal receiver (most common)... or..**
- **If you have a hearing aid system that has a Bluetooth receiver (new & evolving!)**

**All you have to do is ask & then you'll be dancing with a smile instead of a frown!**



**YOU'LL BE GLAD YOU DID!!**

***I plan to 'get the word' out for this coming dance season and see if we can't 'expand' the use of our HEARING ASSIST options, either the FM systems or BLUETOOTH throughout the clubs in EOSARDA.***

***Please contact me directly if you have any questions, concerns, or suggestions!***

Geoff Clarke, Caller  
Director - EOSARDA Hearing Assist Committee

## EOSARDA Club Visit Dangle Program

**OVERVIEW:** Taken from the EOSARDA Procedures Manual

The EOSARDA Club Visit Dangle is intended to encourage visits to EOSARDA Member Dance Clubs and attendance at Open Dances. It is awarded, upon application, to any registered dancer who completes the specified number of visits during the course of a single dance year (September 1 through August 30).

For the purposes of qualifying for this dangle the term "visit" includes:

A visit to any EOSARDA Member club of which you are not a member, on its regular club night

- Attendance at any Open Dance sponsored by an EOSARDA Member Club/Association
- Attendance at any Open Dance sponsored by EOSARDA

To obtain your dance dangle:

- Complete the required number of visits during a single dance year (only one club night visit, per club, per year, per applicant please)
- Have the application form signed and dated as proof of your visit
- Submit completed form to any EOSARDA Director\* or to your club president on or before September 30 of the next dance year. \* Contact information for all Directors can be found on the eodance website.

### Achievement Levels:

- **SILVER LEVEL:** To earn a Silver Club Visit Dangle, a dancer must, during the course of a single dance year, undertake 5 "visits".
- **GOLD LEVEL:** To earn a Gold Club Dance Dangle, a dancer must, during the course of a single dance year, undertake 8 "visits".



NOTE: The **Skirts N Flirts** Dance club in Canton, New York State is a member in good standing of the Seaway Valley Square and Round Dance Association which is a member of EOSARDA. A visit to them qualifies as a "visit" under this program and any dancer registered with them may qualify to receive a Club Visit Dangle.



It's obvious from the above that EOSARDA is serious about Member visitations and the benefits to be gained by Association Clubs and members. Let's talk for a while about what these benefits are, both to you as a member and to your Club. Why should you visit at other Clubs?

1. **Meet new people.** You will meet new people and make new friends in the friendly atmosphere of Square dance. That's why most of us joined in the first place. Aren't they a grand bunch. You will find that all Clubs are friendly and welcoming, as are their members.

### **EOSARDA Club Visit Dangle Program**

2. **Increased dancing opportunities**. Obviously, the more dancing you do the quicker you'll learn.
3. **Benefits of dancing to different callers**. They all "do the same things differently." It just plain feels different. The voice is different. Teaching styles are different. The songs are different. The choreography is different and yet they are calling the same moves. Again "the more variety you can expose yourself to in your dancing, the less the differences will seem and the better your dancing will become".
4. **Other Clubs also "do the same things differently"**. This is similar to point 3, above, but deals with the different procedures and styles of Clubs. The personality of a Club becomes the combination of the personalities of their members. We are all different, but yet, the same.
5. **Your face becomes familiar at other Clubs**. This encourages your new friends to pay a visit to you at your home Club. You now have the chance to show them the same friendliness they showed you.
6. **Receive Incentive badges and dangles** etc. Is there anyone that doesn't enjoy recognition? And you had a great time while earning that!

So "What do you do, when there's no dancing at home"? Here's the challenge to each and every one of you. Check the **eodance.ca** website. Find out where neighbouring Clubs are, where and when they dance. Download the form (see the link below, it is in a rather obscure location on the website). Gather a group, fill your car, and go visiting. You have nothing to lose, and lots to gain.

[http://www.eodance.ca/associations/eosarda\\_procedures\\_manual/chpt%204-%20EOSARDA%20Club%20Visit%20Dangle.pdf](http://www.eodance.ca/associations/eosarda_procedures_manual/chpt%204-%20EOSARDA%20Club%20Visit%20Dangle.pdf)

Please do not hesitate to contact me if you have any questions or comments about this article. Helgi Goodman, EOSARDA Club Visitation program. (I can be contacted at: ph: 613-253-2960, or email: [hsgoodman@rogers.com](mailto:hsgoodman@rogers.com))

# Club News Bay Waves

The Bay Waves season started August 30th with a square dance demo at our local Constance Bay legion. In September, we held our open house nights - the first one was followed by a potluck and the second one was followed by opening the bar. A big thank you goes to the Swinging' Swallows who came out. We discovered that our new dancers found out about us through Facebook posts and the community centre's program display screen. We have a few special nights planned for the first session which include a Halloween dance on October 18th (dancing, potluck, costumes, bar), a Christmas dance on either December 13th or 20th (based on which of our dancers will still be in town), and on October 25th Rural Root Theatre's production of "12 Angry Men" will be playing in our hall so no dancing but our very own caller, Ron Gardner, will be playing the foreman so still a good night to come out. As always, we welcome dancers of every level to our little club and we do open the bar afterwards and have a few snacks. Hope you can come out to visit us sometime this year and collect a signature towards an EOSARDA visitors' dangle.

By Charlene Gardner

# Club News CAPITAL CAROUSEL'S

Well, another summer gone, but the good news is back to ROUND DANCING. Capital Carousels members dance at Parkdale United Church, 429 Parkdale Avenue, Ottawa K1Y 1H3 twice a week from 10 am to noon. Monday mornings are the domain of the higher-level dancers Phase 3 to 5, while Thursdays are reserved for the slightly lower levels.

Be sure to check out <http://learningcreations.ca/WordPress/> where you will find more information about our club.

One event we are particularly looking forward to is our own annual Capital Caper round dance weekend to be held Friday and Saturday, October 25-26, 2019. At that time Steve and Irene Bradt from Easton, Pennsylvania, will once again lend their expertise to teach us new dances Phase 3 to 5, while also improving our styling techniques in general. The weekend will include a Saturday luncheon at Parkdale United Church, and Saturday night round dance party. Much to our delight, each year a group of dancers from Montreal have also availed themselves of this golden opportunity.

This year we had a couple of chances to meet and greet Donna Stewart, most recently at Marion Mowle's Celebration of Life. I hope Donna will continue to keep in touch and sometimes be able to attend when there is a special event.

Just before Christmas we will host another annual dance which is very popular among our members, to benefit Parkdale United Church's "In From The Cold" program. Until then, stay healthy and keep dancing.

Linda Shannon



Another edition of :  
"Stuff we think everyone knows, so we never tell you about it!"

## THE PURPLE HEART



Have you ever seen one of these dangling from the club badge of another dancer in your square and wonder "**WHAT IS THAT FOR?**"

**WHAT IS IT?** - The PURPLE HEART DANGLE is awarded to dancers who have danced in a square with three (3) Callers and have survived the experience! Sometimes, the 3 Callers may decide to dance in ways that leave you saying "Whaaa??" But, just stay focussed, ignore the "antics" and just dance & have fun with it! Thankfully it only lasts for one tip! 😊

**HOW DO I GET A PURPLE HEART THEN?** There's more than one way that can happen as different Callers may have their own way of awarding this dangle. So check with the Caller (with the mike), but first make note of the names of the Callers in your square before going to seek your Purple Heart! (be sure to remind the other dancers in your square too!)

As we know, Square Dancing is all about HAVING FUN & the Purple Heart dangle just adds to the fun of the dance AND gives you bragging rights for having survived the experience! Wear it with pride!

Oh yes, and look for the opportunity to earn one at the FROSTY FLING next February!



Written By: Geoff Clarke,  
EOSARDA Director



## Glengarry Tartans – Alexandria October 2019

*Thank You to all of our enthusiastic dancers, our Club Committee & our Caller François Desmarais for continuous support and looking forward to the new Dance Season!*



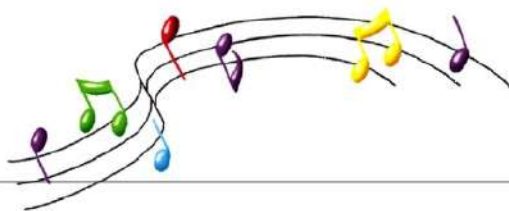
**June 30<sup>th</sup>** was our group's return invite to share our *Joy of Dancing* under the Tent at the Canada Day Celebrations in Glen Robertson.

Our Caller and 2 Dance Squares braved the elements and showcased modern square dancing while the wind and rain showers had no effect on our Dancers' Joie de Vivre!



### **September 22<sup>nd</sup> – Dance Week 3!**

Our regular Dancers have returned and a few guests stopped in as well as some potential new dancers.



*Check out our Ad in Square Time for our Just for the Fun! Events...*

Bring along your September 2019 New Dancers!

As well as your friends and family to enjoy the entertainment!

The **Vankleek Hill Fiddlers** will be joining us for **both events!**

Our Caller Francois Desmarais!



### **Autumn Leaves & the Canadian Tartan** *the Maple Leaf*

Sunday, November 3<sup>rd</sup>, 2019

and **Crazy Legs Dancers**

Electric Slide for **everyone** – Apple Jacks **demo** and Couple Line Dancing

**Soup Bar** – Autumn Soup, Pumpkin Soup & Califlower Soup

*AND*



### **A Tartan Christmas**

Sunday, December 15<sup>th</sup>, 2019

The Glengarry Tartans are members of the following Associations.

Eastern Ontario Square and Round Dance Association <http://www.eodance.ca/>

Seaway Valley Square & Round Dance Association [www.svsrda.com](http://www.svsrda.com)

Border Boosters Square and Round Dance Association  
<http://www.borderboosters.qc.ca/>

PINTEREST - Canadian Square & Round Dance Society

<https://www.pinterest.com/canadiansquarea/>

**Carole Lauzon**

**Secretary, Advertising & Promotion**

**Glengarry Tartans Alexandria**

**Promoting Fun, Wellness and Fitness in our Community**

**Modern Square Dancing  
Choreographed Round  
Dancing  
Line Dancing**

**Dance your Way Across Eastern Ontario**

Eastern Ontario Square and Round Dance Association

eoDance.ca  
"Square, Round And Line Dance across Ontario!"

info@eoDance.ca  
www.eoDance.ca

# Club News Kanata Squares

As promised, here we are back in September!! Hope the summer was an enjoyable one for all.

It was great seeing some of our Kanata Square dancers enjoying summer dancing with Ron Gardner and Luke Periard on Mondays and Wendy VanderMeulen on Tuesdays. Some of us just hate to say good-bye for the summer!

We would like to congratulate our graduates from last year and look forward to dancing with them as they take on the challenges and fun that come with Mainstream.



A special thank you to George Newton, EOSARDA Board Member, for attending the graduation and presenting the graduates with their certificates.

## "Class of 2019"



A

A great time was had by all at our season finale. We were very happy to have had the opportunity to express our appreciation to Dave and Marie for their time, patience and smiling faces.



### **Some great news kicking off the 2019/2020 Season!**

A big 'Welcome back to Hilary!!' We missed you and so happy you are back. Also, great to see Diana return,, and with a new dancer. Thank you.

Hoping to have Alice Q. dancing with us again this season, coming all the way from England...always welcome at Kanata Squares.

See you in 2020!!

Barbara & Carol





As we start the new dance season I thought this would be a good time to bring up something that "we often assume that people know", but if we don't tell them.....



## *Square Dance - Points of Etiquette*

**Square dancing is all about having FUN !!**

**The fun of**  
Calls well executed;  
Of a good laugh if your square does break down;  
A social activity in a **friendly** atmosphere of **mutual respect and cooperation**.

To keep the **FUN** in square dancing, we must all consider a few guidelines. Some call them "do's and don'ts", or 'manners'. I refer to them as "Etiquette", or "being considerate of self & others".

**After all, square dancing is a group activity!**

**Read the following points carefully & direct any questions to your Club President or Caller.**

-----

### **1. BE ON TIME:**

- If dance starts at 7:30pm, then be 'on time' so all can get dancing.
- Plan on staying for the full evening - pace yourself if necessary.
- On regular club night, *as a courtesy* to your Caller, let him/her know in advance, if you're planning to leave early!

### **2. FORM SQUARES QUICKLY**

- **Quickly** get on the floor and start forming squares.
- **Join the FIRST SQUARE you come to.** It's considered rude & unfriendly to pass by a forming square.
- Conversely, if you've got a 'open' space in your square & you're waiting for a particular couple to arrive but someone else jumps in, under **NO** circumstances do you ever tell them 'sorry that space is taken'! (see #3)
- If your square is not full, raise your hand with as many fingers extended as couples that are needed to complete the square.
- **STAY PUT!** - Once in a square, never abandon it unless mutually agreed upon by the other dancers. (exception is a medical emergency).

### **3. BE A FRIENDLY DANCER:**

- Do not arrange squares more than once in an evening nor re-arrange the square to fit in your friends or favourite dancers. In fact, it is best **not to arrange** a square at all.
- **Friendliness** is part of good manners. Make it a point to dance with as many different dancers as possible each evening. Take a chance and dance with new people ... you never know who you'll meet across the square.

#### 4. BE A COURTEOUS DANCER:

- Acknowledge **everyone** in your square. Introduce yourself & your partner to those you don't know & thank everyone for dancing with you after the tip.
- Refrain from using those **extra twirls and kicks & bumps** that can interfere with enjoyment of the other dancers in your square. ***Please do not put in those 'extras' when dancing with any new dancers.***

#### 5. BE A GOOD LISTENER:

- **Listen to the caller.** - do not talk when the caller is talking or calling
- **Remember there is room for only one teacher at a time.** If others need help, bring this to the attention of the Caller.
- It is also rude to talk while announcements are being made.

#### 6. BE A CONSIDERATE DANCER:

- **There is NO acceptable excuse** for the handling of other dancers...period! (ie: **DO NOT TOUCH or yell, push, pull or grab!**).
- **Pushing or grabbing** other dancers to get them into the correct position is **totally unacceptable and does nothing to help the other dancer learn!**
- Do **NOT** be critical of others. Not every square has to be step-for-step perfect to be fun. Remember, the next mistake may be your very own!
- If more help is needed... ***talk to your Caller !!***

#### 7. BE THANKFUL:

- Applaud at the end of a tip to thank the Caller; the other dancers in your square; & yourselves for a job well done!
- At the end of the night, thanking the Caller before leaving is most appreciated.

#### 8. BE CONSIDERATE OF YOURSELF:

- If you feel you are unable to dance, then sit out and do not be pressured into dancing if you don't feel up to it! Just say – no thanks!
- You can learn a great deal by watching and listening. Also, be considerate if another dancer is watching and listening - don't insist upon talking to them.

#### 9. BE CONSIDERATE OF OTHERS

- **Personal cleanliness is important** - always shower or bathe before attending. Body odour is very unpleasant for those around you.
- When using deodorant, cologne or perfume, please do so **in moderation** as some people are allergic or sensitive to strong perfumes.
- Don't forget to use something to sweeten your breath & avoid eating garlic and the like, before attending a dance.
- Don't come dancing if you have been drinking as square dancing requires your best mental and physical alertness & coordination.
- Male dancers **please** wear long sleeves.
- Ladies should avoid wearing excessive jewelry (on your hands) It can hurt!
- REMEMBER, it's 'hand **contact**' ... ie: ***NO SQUEEZING please!***
- Always wear your club badge, so everyone knows who you are!
- Don't dance over your own dance 'level'. If you've not learned to dance the 'announced' level, then sit out that tip and watch & learn!

**ABOVE ALL - ENJOY YOURSELF--HAVE FUN!**

Come to the dance expecting to have a good time and you'll have it !!

# Modern Square Dancing

Not your normal song-and-dance routine

**TRY IT!!**

Monday Evenings, 7:15 – 8:45

Sep.30, Oct.28, Nov.25, Feb.10, Mar.9

\$10 per person

Contact: Wendy VanderMeulen

Modern Square Dance Caller/Instructor

613-987-2711 or [wendy@wendyvandermeulen.ca](mailto:wendy@wendyvandermeulen.ca)



Mel Baker Hall, J.A. Dulude Arena, 941 Clyde Ave. (+/- 1 km south of Carling, at Woodward) Ottawa, Ontario

# Saturdays – Fall/Winter 2019-2020

*Sep.28, Nov.9, Dec.7  
Feb.22, Mar.28, Apr.25*

## MainStream Review

10:00 AM to 12:00 PM

*\$8 per person per session (pay at the door)*

## DBD PLUS

12:30 PM to 3:00 PM

*\$10 per person per session (pay at the door)*



*\$15 per person for both sessions*



Mel Baker Hall, J.A. Dulude Arena  
941 Clyde Ave., Ottawa, ON K2C 4B2  
(+/- 1 km south of Carling, at Woodward)

With **Wendy VanderMeulen**

For more information, contact Wendy at:  
[wendyv@sympatico.ca](mailto:wendyv@sympatico.ca) or 613-987-2711



Your new Publicity Committee: working with you to promote square, round & line dancing

### **FIRST EOSARDA REGIONAL PROMOTIONAL EVENT A SUCCESS!**

The Byward Market event on August 11 was the Publicity Committee's first attempt at a regional initiative and, in all ways that we're able to measure it, it was a success! Dancers came from across the area to help out and callers/cuers and line dance leaders volunteered both time and talent to provide a very entertaining dance event.

We got the public's attention, which was our goal. Many passers-by either stopped to watch, to take pictures, to join in a square or line, to ask for information, read our map, and chat with dancers. We believe that more visitors to the Byward Market, both local and 'from away', are more knowledgeable about our activities and some may even have shown up at your club!



The dancers sure had a lot of fun!



The callers/cuer/leader all seemed to enjoyed themselves at the Byward Market! They sure did a good job of keeping the dancers happy and mixing with the passers-by as well.





The Line Dancing was interesting, easy to learn and tons of fun! Some of the audience joined in as well. Quite a number of the community took handouts away with them, had a conversation with one or more of the dancers, and I'm sure, knew more about our dancing activities as they left than they did when they came to the Byward Market that day!



This event would not have been possible without the time and talents volunteered by our great dance leaders: John Charman, Geoff Clarke, Wendy VanderMeulen, Dave Western, François Desmarais and Ron Gardner. Thank you so much for great calling and cuing that ensured everyone had a good time.

Again, a very special thank you to the more than 60 dancers who came from all across the region to share our love of dancing! It was so much fun for all of us who dance only one style to try out the others! The people visiting the market certainly caught the enthusiasm and had fun joining in the squares and lines! They will certainly remember their dancing experience and hopefully have joined one of our clubs this fall.

We hope that clubs have tracked where their new dancers heard about dancing so we might learn if some of the participants at the Byward Market actually give square, round or line dancing a try. Let us know, at [publicity@eodance.ca](mailto:publicity@eodance.ca)

The EOSARDA Publicity Committee's next job is to learn how we can help all clubs, and share advertizing ideas, methods, articles, posters. We have to determine where the best place will be to host the regional event next summer where we can reach out to as many potential new dancers as possible. Please send the name and contact information for your club's promotional/publicity coordinator to us at [publicity@eodance.ca](mailto:publicity@eodance.ca) so we can start planning.

*A tip for Clubs for free advertizing: There is an advertizing site, Canada Dance Map, where you can easily add your club's information, make changes to the info you have added or expand on it. See what you think! Go to <https://dancemap.cda-acd.ca/login> . The login page at the bottom says "Get on the Map" and clicking the icon gets you to the registration page. Send the [publicity@eodance.ca](mailto:publicity@eodance.ca) your feedback.*

If there are free advertizing opportunities that you know of, please send them to us and we'll pass them on to others.

Watch for upcoming EOSARDA ebulletins from your Publicity Committee; let's work together to spread the word about square, round and line dancing in Eastern Ontario.

Gloria, Lamar and Carole

# Club News Grenville Gremlins

We started off the 2019-2020 season welcoming back our square dancers, of which a complete square from past April will advance into the Mainstream program. The spring season ended with a delicious pot-luck, followed by Geoff Clarke's mainstream workshop in May. He was pleased to report that 4 squares enjoyed the extra mainstream workshop. After an enjoyable summer, with some members attending the "Swing into Spring" weekend in Prescott and The Gremlins being invited to Retirement Homes to provide the enjoyment of music and Square dancing to the residents, as well as some summer dancing at different locations, we are back on the dance floor.

Our Mobile sign, as well as many flyers being posted throughout a large area, (a big thank you to our members for getting these distributed), our two free Open Houses has welcomed 7 new dancers and 2 that have previously danced...and dance they did! Geoff is very pleased with their progress and hopefully they will enjoy many years dancing with our club.

Everyone is very welcome to join The Gremlins with our caller Geoff Clarke and Teena during our regular dance season, especially with our special dances - Halloween Party October 28<sup>th</sup> (everyone is invited to dress up for this occasion with a couple of prizes being handed out), our fundraiser "Silent Auction" & 'Bake Table" November 11th; followed by our "Barn Dance" evening November 25th.

As usual, what better way to celebrate the coming in of 2020 than joining The Gremlins for their annual New Year's Eve Dance. Get your tickets early as they usually sell fast. Goodbye for now, see you on the dance floor.

Elizabeth Vingerhoeds.



# Club News Harbour Lites

PUT ON YOUR DANCING SHOES AND GET READY TO PARTY! Harbour Lites will be celebrating their 45<sup>th</sup> anniversary on Saturday, November 2 from 1:30 pm to 4:30 pm at the South Grenville High School on Edward Street, in Prescott. The afternoon will include basic, mainstream, Plus and easy rounds with calling provided by John Charman and Brian Crawford. Advance ribbons are \$10 and \$12 at the door. There will be door prizes; Share the Wealth; and lunch following. Donations of cash and non-perishable food items will be accepted on behalf of "The Prescott and Area Food Bank. For more information contact Gerald or Marlene at 613-652-4232.



Sadly Harbour Lites have lost two long time dancers this spring. Carl Harrington and June George were loyal supporters of our club for many years and will always hold a special place in our hearts.



The April showers and cooler temperatures couldn't dampen the enthusiasm and spirit of our members. On April 6<sup>th</sup> several dancers joined the Meri Squares to help celebrate the 50<sup>th</sup> anniversary of their club.

Thanks to the calling expertise of our caller John Charman and the support and encouragement of more seasoned dancers, we celebrated the graduation of 3 dancers on April 17<sup>th</sup>: Carol, Marilyn and Max. Congratulations and we look forward to dancing with you!



Our end of the season potluck was shared by 78 people. Perhaps next to dancing, eating is the second most thing that we enjoy as a group.

Many of our members enjoyed "Swing into Spring" held in Prescott. Once again, several of our members received Travel dangles.

A sincere thank you to all those who volunteered and participated over the weekend.



Our summer dances were held on June 19, July 17 and August 14<sup>th</sup> and enjoyed by those able to attend.

Our best wishes and congratulations to Eileen Torr on her marriage in July.

Regular dances are every Wednesday from 7 to 9 pm at the Presbyterian Church in Prescott. We hope to see you, remember all are welcome.

Brenda & Russell Bennett



# Club News Lift Lock Squares, Peterborough

April 13, 2019 was a great day for Square Dancing in Peterborough, on the occasion of Lift Lock Square's 57<sup>th</sup> annual Spring Spree.

The afternoon dancing got underway at 2:00 pm., with opening ceremonies to introduce the callers for the day. Joining us from Ottawa was Paul Adams and his wife Judy, Dave Eno along with his wife Karen, from Preble NY, Dave Hutchinson and Mary from Marlbank , and Don Moger and his wife Avena from Montreal, as our 2019 calling staff. Following introductions by club president Linda Levitt, the callers started the dance with all four sharing the calling of the first tip.

With opening ceremonies over quickly, the basic, mainstream, and advanced dancers hurried off to their individual rooms of dancing. The Plus dancers remained in the large gym to enjoy dancing to Dave Eno's plus choreography.

Dancers had a chance to help themselves to tea, coffee and homemade cookies for snacks during the afternoon.

The two lucky dancers who shared the afternoon prizes of the "Share The Wealth" were Gord Edwards of Gateway Gliders, North Bay and Stan Lawson of Lift Lock Squares, Peterborough

The afternoon program proceeded with callers making two room changes before the 5:00 PM break for supper.

A draw was made from all the preregistered dancers to Spring Spree for two prizes of a free pass, for two dancers, to the 2020 Spring Spree and the winners were David Dunham from Quinte Twirlers in Belleville and Pam Kelly from Enovators dance club in Weedsport New York.

Dancers returned to join in the evening dancing which got underway at 7:00 pm with a caller's showcase at the Basic level hosted by Dave Hutchinson. Don Moger started the evening with A1 dancing in the cafetorium while Paul Adams called for the plus dancers in the main hall and Dave Eno challenged dancers with C1 calling in the foyer. At 8:00 pm dancers moved back the four levels of dancing in the Basic, Mainstream, Plus and Advanced halls with callers circulating two times during the balance of the evening dancing to provide dancers with alternative caller's talents.

Winners of the evening "Share The Wealth" prizes were Wilfred Brough of the Pioneers in Napenee and Mary Thurston of the Limestone Dancers in Kingston

At 9:30 pm., all dancers joined together in the large gym for a Grand Finale, with all four callers joining together for the last two dance tips of the evening. As the Grand Finale was closing up the day's dancing, the Lift Lock Club members were busy setting up a evening snack of fruit breads along with cheese, grapes, tea and coffee for dancers to enjoy as they chatted about their next dancing events and the opportunity to express thanks to fellow dancers for the day of dancing that we all shared.

Thanks to Paul Adams, Dave Eno, Dave Hutchinson and Don Moger for their excellent calling which made a great day of dancing for all.

Special thanks to the 315 dancers who joined with the Lift Lock Squares to make the occasion of our 57<sup>th</sup> Spring Spree a memorable event for our 2019 dance season. Dancers were present from 30 different square dance clubs and two dancers traveled all the way from Washademoak Swingers dance club in New Brunswick to share in the event.

Lift Lock Squares invite all readers of this account to come join with us in Peterborough on 18<sup>th</sup> of April 2020 for the 58<sup>th</sup> running of our Spring Spree. Callers for 2020 will be Barry Clasper, Brian Crawford, Jeff Priest and Don Moger, with dancing in four halls providing dancing for the afternoon and evening sessions at your level of dancing.

# Club News MERI SQUARES

## WHAT A WONDERFUL 50<sup>TH</sup> ANNIVERSARY CELEBRATION!!!

On April 6, 2019, Meri Squares celebrated its 50<sup>th</sup> Anniversary in grand style with 228 dancers from some 16 clubs who travelled from near and far to celebrate with us. Meri Squares was thrilled to welcome everyone and to see so many former members come back to share stories and hit the dance floor.

Dancers enjoyed dancing at the Basic, Mainstream and Plus levels to the great calling of John Charman and Wendy VanderMeulen. It was a very lively dance floor!



*Can you find yourself on the dance floor?*

The Ron Kolbus Centre was decked out in fine fashion with our gold, white and burgundy colours thanks to the efforts of Kim Johnson and her decorating team. Susanne Lowry made sure the food flowed all afternoon thanks to the contributions of club members, and it appears that dancers enjoyed everything from the sandwiches to the 50<sup>th</sup> Anniversary cake!



Howard Hedley spent several months collecting pieces of the Meri Squares' history and contacting past presidents. We were very fortunate to have 8 of our 10 past presidents in attendance. Since 1969, we have been guided by the capable hands of Theresa Grolway, Jackie Scheel, Anne Graham and Bob Jackson, Marilyn Collins, Maurice and Joannie Demers, Ann Davelaar, Harold Hedley and Wendy McCracken. Our current President couple, François Desmarais and Barbara McLellan, are carrying on the tradition of strong leadership that has allowed

Meri Squares to flourish for so long.



*Meri Squares Past and Current Presidents: Ann Davelaar, Bob Jackson, Harold Hedley, Wendy McCracken, François Desmarais, Marilyn Collins, Ann Graham, Theresa Grolway, Jackie Scheel (absent: Maurice and Joannie Demers, Barb McLellan)*

The club received congratulatory plaques and certificates from the Canadian Square and Round Dance Society, the Ontario Square and Round Dance Federation, the Eastern Ontario Square and Round Dance Association, the Seaway Valley Square and

Round Dance Association, the City of Ottawa, and the Province of Ontario. Amazing!



*François Desmarais showing off certificates*



*Dave & Pearl Western (EOSARDA), John Charman, Mayor Jim Watson, Wendy VanderMeulen, Lamar Mason (Dance Chair)*

The club also had another reason to celebrate in 2019. This year also marks the **50<sup>th</sup> anniversary** of calling for our club caller, **John Charman**. What a remarkable accomplishment! John shares his talents with Meri Squares, Harbour Lites and Crazy As. All of these clubs and their dancers are very lucky to have his outstanding teaching and calling skills available to ensure they are better dancers and have great fun on the dance floor. John's fellow callers enjoyed congratulating him on his accomplishment and highlighting some of his finer characteristics as a caller. Thank you John! We look forward to many more years with you at the microphone.



*John Charman was recognized for his 50 years of calling!*

*Geoff Clarke and Bryan Crawford congratulating John*



The 50<sup>th</sup> Anniversary Dance was also a chance to give back to the Ottawa community. The sale of used clothing raised over \$270 dollars for the Westboro Food Bank. Thank you dancers for your generosity!

On a final note, we must recognize the efforts of all of the members of Meri Squares who worked so hard, in so many capacities, to make the 50<sup>th</sup> Anniversary Dance a success. It would not have

been possible without everyone pitching in. And they certainly did – from decorations to food to clothing to setup and take down – a true club effort.

*Some of our many volunteers*





*And the rush begins!*

Again, Meri Squares would like to thank everyone for their amazing support of this event and all of the well wishes we received. A true example of the community of friends that is square dancing in Eastern Ontario and around the globe! See you all at the next dance!

Lamar Mason  
Vice-President

# Club News MISSISSIPPI SQUARES

Caller: Brian Crawford  
Brunton Community Hall  
1702 9<sup>th</sup> Line  
Blacks Corners (Carleton Place)

Although we have left the beautiful Summer of 2019 behind the Autumn Equinox has greeted us with some amazing weather, beautiful changing landscape and the anticipation of returning to our Mississippi Squares Dance Club.

Mississippi Squares continue to meet on Tuesday evenings at Brunton Hall in Blacks Corners, Beckwith (2km south of Carleton Place on Hwy 15). Full Mainstream starts at 7:00 p.m., Basic and Mainstream Teach will begin at 7:30 p.m. Plus dancers gather on Friday evenings at Brunton Hall at 7:30 p.m. with the occasional dance being held at the Notre Dame High School in Carleton Place.

September 7<sup>th</sup> was our Welcome Back Night, which was the beginning of a great season. Mississippi Squares hosted two very successful Open House evenings. We welcomed many new dancers on September 10<sup>th</sup> and were thrilled that they returned for our Chili Night/Open House on September 17<sup>th</sup>.

Harbour Lites Dance Club (Prescott) came to “steal our banner” on September 17<sup>th</sup>. Their gauntlet was thrown down and Caller Brian challenged them with a very interesting square of 12 dancers! Needless to say, they were up for the challenge and the banner was surrendered. In lieu of our banner they left us with a warm invitation to their 45<sup>th</sup> Anniversary Dance on November 2<sup>nd</sup>. We encourage everyone to attend and remember to bring a Food Bank donation.

September 24<sup>th</sup> welcomed visitors from Swinging Swallows Dance Club. They will be hosting “The Shades of Autumn” square and round dance event on October 19<sup>th</sup>. Another great Dance Day! Hope to see you all there!

We look forward to the many special upcoming events and to our square dance season ahead.

Dancing in a Square makes a Circle of Friends!

Happy Fall Y’All!!

Submitted by  
Gail Cameron  
Mississippi Squares  
September 27<sup>th</sup>, 2019

# Club News Riverside Gypsy Squares

As most clubs begin their dancing season we are just wrapping up ours. We have had an interesting summer of fun, games, friendship and dancing. May was a little soggy with a bit of a flood due to rain in our dance space. That didn't dampen the spirits of our group as "Spring Fever" was the theme for the weekend. Thanks to Doug Holmes and Kim Hamilton for leading us in the dancing.

June's theme was Sock hop 60s and there were some unusual socks: plaids, kitchen appliances and others decorated the feet of dancers on Friday night. Margaret Thomas led us in line dancing and Berry Chumbley called for us. Did you know that Berry also sings Elvis tunes and serenaded us on Saturday night after the Square Dancing was done. We had some difficulty convincing people to call it a night!

I am told that much laughter was heard one Saturday afternoon in July as campers tried to pin the bunny's nose on in the correct position. It was part of the "It's not July, it's Easter" theme. Chocolate eggs were around as well. Many thanks to Bob Summers and Dorothy Tweed for leading us in the dancing.

August was an opportunity for some of our creative individuals to show off their talents at the "Old time country fair". There was a jam and pickle contest. The strawberry jams tied for first place. Handicrafts such as paintings, quilts, knitting, stained glass, sewing and photographs were ex-



hibited as well. We had fun that month as well but also on a quieter note we partied and wished Harold Moore & Jean Clingin a happy retirement as they called and cued for us that month as their final full "dance".

September will be our Silver Anniversary weekend as we celebrate 25 years as a Club. Geoff Clarke and Gerry Sawtell will have us out on the dance floor during the afternoon. After a delicious supper and some presentations are made there will be time for our members to visit and social dance.

I mentioned supper in September but I would be remiss if I didn't mention that most of the months we camp together we enjoy what have become Club traditions in the food department: breakfast in May, strawberries in June and corn in August. Potluck for Saturday suppers are always an opportunity to share both the well known dishes (Christine's trifle, Harold's sauerkraut to mention a couple) or to try a newer recipe. To all those who prepare, set up, pick, or clean up afterwards...thank you.

As you read this we will be heading back to our Fall/Winter clubs in the area or further away. We will gather together again Sunday Feb. 23/20 for our Mid-Winter dance and invite you to join us as well. Flyers about the dance and next summer's schedule will be in future editions of the Square Time. Until then see you somewhere on the dance floor.

Mary Anne Reinhard

RGS newsletter writer

# Club News Skirts and Flirts

Greetings from South of the Boarder. The Skirts and Flirts have been square dancing in Canton, NY for over forty five years. We at one time had a round dance club as well, but it hasn't been active since the 1980's. In the 1980's, for a few years the club had a yearly festival at Saint Lawrence University, which attracted over 1000 dances in the spring of the year.

Fast forwarding to today. We are a much smaller club, but our members are faithful to the dance. Robert "Bob" Brown is our weekly caller. He has called for us for over twenty five years. He started calling at his home club Star Promenaders in Gouverneur, NY. It is now closed. He also called for the Maple City Swingers in Ogdensburg, NY, which is also closed. Skirts and Flirts are the only club left in Northern New York.

The Skirts and Flirts have had four different callers over the history of the club. Keith Hubbard of Kingston, Ont., Louie Seguin of Massena, NY, Keith Harder of Watertown, NY and Bob Brown of Gouverneur, NY. We have had some of the former dancers return to dance with in the past year. It is always nice to see some new "old" faces.

We will be starting our new year of dance on September 6<sup>th</sup>, 2019. This will be pizza night and the club provides the pizza. On September 7<sup>th</sup>, we will be dancing at the Campground in Massena, opposite the Mall. Bob Brown, Louie Seguin and Ron Roy will be calling for the evening. The dance is from 7 PM to 9:30. There will be Basic, Mainstream and Plus Tips, along with a few rounds. For more information contact Sandy Brown at 315-543-2175.



Other events during the year, we have our annual Canton Church and Community Food Pantry Dance in the fall. Watch your local clubs for fliers for this event. We will have a special dance on the second Friday in May. The weather is warmer and bring out some of the dancers from other clubs and we can welcome back our snow birds. There will also be an article in Square Times Magazine in the fall.

In November, the Skirts and Flirts had their 45<sup>th</sup> anniversary at Knights of Columbus Hall. Bob Brown called and we had about fifty people in attendance. In March, the club had it annual food pantry dance. Can food and money was raised. We also donated our 50/50 proceeds. In April, the club had its graduation. We now have two new members. We are always looking for new member. Hopefully we can work with the local Contra Dance Club to get some new member. Our final dance of the season was in May, we welcomed 23 members from other clubs. Twelve dancers from the Swinging B's of Cornwall, Seven dancers from Harbour Lights of Prescott, two dancers from Mississippi Squares in Carlton Place. We also welcome a couple from Clayton, who winter in Florida.

Our Officers are Alan Brown, President, Joe Tebo, Vice President, Belle Burgoyne, Secretary and Sandy Brown, Treasurer. Please come and join any Friday evening at the Banford Elementary School, State St. Canton for good dancing, fun and wonderful food. Especially for our two pot luck dinners during the year.

Submitted by Joe Tebo

# Dancing can reverse the signs of aging in the brain

by [Frontiers](#)

As we grow older we suffer a decline in mental and physical fitness, which can be made worse by conditions like Alzheimer's disease. A new study, published in the open-access journal *Frontiers in Human Neuroscience*, shows that older people who routinely partake in physical exercise can reverse the signs of aging in the brain, and dancing has the most profound effect. "Exercise has the beneficial effect of slowing down or even counteracting age-related decline in mental and physical capacity," says Dr Kathrin Rehfeld, lead author of the study, based at the German center for Neurodegenerative Diseases, Magdeburg, Germany. "In this study, we show that two different types of physical exercise (dancing and endurance training) both increase the area of the brain that declines with age. In comparison, it was only dancing that lead to noticeable behavioral changes in terms of improved balance."

Elderly volunteers, with an average age of 68, were recruited to the study and assigned either an eighteen-month weekly course of learning dance routines, or endurance and flexibility training. Both groups showed an increase in the hippocampus region of the brain. This is important because this area can be prone to age-related [decline](#) and is affected by diseases like Alzheimer's. It also plays a key role in memory and learning, as well as keeping one's balance.

While previous research has shown that [physical exercise](#) can combat age-related brain decline, it is not known if one type of exercise can be better than another. To assess this, the exercise routines given to the volunteers differed. The traditional fitness training program conducted mainly repetitive exercises, such as cycling or Nordic walking, but the dance group were challenged with something new each week.

Dr Rehfeld explains, "We tried to provide our seniors in the dance group with constantly changing dance routines of different genres (Jazz, Square, Latin-American and Line Dance). Steps, arm-patterns, formations, speed and rhythms were changed every second week to keep them in a constant learning process. The most challenging aspect for them was to recall the routines under the pressure of time and without any cues from the instructor."

These extra challenges are thought to account for the noticeable difference in balance displayed by those participants in dancing group. Dr Rehfeld and her colleagues are building on this research to trial new fitness programs that have the potential of maximizing anti-aging effects on the brain.

"Right now, we are evaluating a new system called "Jymmin" (jamming and gymnastic). This is a sensor-based system which generates sounds (melodies, rhythm) based on [physical activity](#). We know that dementia patients react strongly when listening to music. We want to combine the promising aspects of physical activity and active music making in a feasibility study with dementia patients."

Dr Rehfeld concludes with advice that could get us up out of our seats and dancing to our favorite beat.

"I believe that everybody would like to live an independent and healthy life, for as long as possible. Physical activity is one of the lifestyle factors that can contribute to this, counteracting several risk factors and slowing down age-related decline. I think [dancing](#) is a powerful tool to set new challenges for body and mind, especially in older age."

This study falls into a broader collection of research investigating the [cognitive and neural effects of physical and cognitive activity across the lifespan](#).

# Club News Stone Bridge Squares

The Stone Bridge Squares were very excited to get back into our new dance season. We have canvassed and worked hard over the summer in attempt to attract new dancers into our club. Our two open houses were held on Sept. 13 and 20, with eight new dancers attending . The new dancers were excited and they seem to have enjoyed themselves very much. All eight returned for the second open house. Hopefully they will be permanent.

As we usually do for our veteran dancers, the first few weeks of the 'new' season are generally for 'review', as many dancers haven't danced since the end of April, so we all need to work off that summer rust. We now dance full Basic and Mainstream.

Our only concern now is the possibly of a strike of all the education support workers. If that happens we will not be allowed access to the school. We will keep our fingers crossed that the ongoing negotiations work out and an agreement is reached.

Please join us for a fun night of dancing. We dance every Friday night at Mother Teresa School in Russell. Come and join us for some fun and great dancing as well.

Shirley and Dean Benson  
President Couple



# Club News Sunshine Squares

(Plus level)

Canterbury Community Centre, Ottawa

Wednesdays (7:00 – 9:00) pm

Our new dance season got off to a great start on Wednesday, 11 September with Bob Summers at the helm. Even though some of our dancers are still away, we usually have 2 squares.



This year, we are offering a workshop for experienced Plus dancers to refresh their Plus dancing skills. This will take place during the Fall session of our dance year. The fees are \$75 per person for the session, and \$8 if paying for one night.

Once again this year we plan to have a dine-out night in the Fall. It is scheduled to take place on Wednesday, 9 October, and so there will be no dancing on that night.

Meri Squares will be visiting our Club again this Fall on 23 October, and we expect to have a good turnout that night.

We will have our Halloween Party Night on 30 October. Please come and join us that night with your favourite costumes.

We will finish the Fall session with our annual Christmas Party on 4 December.

Sophie and Peter Kwok  
Sunshine Squares

## Club News Swinging B'S

Summer passes much too quickly but getting together again with dancing friends is the reward. **Our two fun nights were held Sept 6<sup>th</sup> and 13<sup>th</sup>. Recruiting new members seems to be more difficult every year, a common problem all clubs are experiencing. We were very happy to have two couples** come and try out what we consider enjoyable fun. These four seemed to enjoy the simple calls that we had them learn. Hopefully they will return to learn more and enjoy all the benefits this dancing life gives.



(Group photo September 6<sup>th</sup>, 2019)

The second fun night for the B's was very exciting with our neighboring Prescott club the Harbour Lites attending. They were on a mission to banner nab and retrieve their banner the B's had taken during the 2018 -2019 dance season. Our caller Don Moger made them think they would not have to work for it but once they circled the floor a few times the tempo increased along with their pace. They accomplished their task and Bob Cameron one of our co-presidents presented them with our banner. It is always a pleasure to have other clubs come and enjoy dance time together.



(The banner nabbers from Harbour Lites.)

Looking through the 2019 – 2020 SVSRDA Dance Calendar you quickly realize there is a lot of celebration, not just regular holiday rituals. There is no reason not to enjoy yourself every night of the week if you can keep up. I myself have to make some choices. This fall we will have a Country Hoedown/Halloween night Oct.25<sup>th</sup>. Put on your best costume and see if we can recognize you. The B's hope you will choose to attend the Tartans & Kilts Dance November 16<sup>th</sup>. Corry Lowden will be the caller for this event and our cooks are gearing up to feed all who attend. Do not let Friday Dec.13<sup>th</sup> scare you. Our Christmas party will be a blessed night. That is just what the Swinging B's have in store this fall. We can't wait to see you all swinging on the floor.

Submitted by Millie Chisholm for the Swinging B's

### The Swallows are Getting Ready for Company!

The Swinging Swallows finished up our dance year at the end of April with our Celebration Dance, when EOSARDA Reps, Barb Englehart and June Tripp, visited to present our first-year dancers with



their pin! We had a pot-luck supper and danced all evening...a wonderful time! Well-known dancers, Robert and Rosie, were surprised when they were presented with special "Wanna be Swallows" badges...just our way of saying 'Thanks for all the support'.



Then, by popular demand we danced Thursdays to recorded singing calls (Francois came to call when he could) through May, June and July and finished on the first Thursday in August. We usually had at least two squares dancing, although the hall is not air conditioned! We used fans to try to keep cool.



As well, in June we had our Splish Splash Patio Party at Mink Lake, when a square went into the water to earn their dangle. Our host, Garth Jackson, is on the left side of the photo. A pot-luck supper and dancing, dancing, dancing ... what a way to spend a summer day!

In July, Anne and Dan hosted a square dance party at their place on the Petawawa River ... pot-luck supper and more dancing! In August, we travelled to the Byward Market to dance there with other



EOSARDA dancers...what fun that was! On August 17 we had our 'Tailgate Party' at Linda's and Larry's (with Norma and Ralph giving a big helping hand). On August 30 we hosted our 'Dancing in the Park' as part of Pembroke's Waterfront Live program and danced with visiting dancers from the Opeongo Squares and the Riverside Gypsy Squares in the Amphitheatre...four squares and more, and lots of fun, with refreshments after at a local restaurant. A very busy summer!

**A special note of thanks to Ron Gardner and Luke Periard for coming out to call at our summer fun events, and to our club caller, Francois Desmarais.**

While all of this dancing went on, we were also planning for **The Shades of Autumn** dinner dance on October 19. We've rented the high school, arranged the menu, callers, cuer, prizes and gifts, and mailed the tickets to all the clubs. We're hoping it'll be a BIG success and that most of you will visit Pembroke this fall to dance with us and that you'll enjoy The Shades of Autumn. There may be a pumpkin wit your name on it...?



As I've mentioned before in my notes to Square Time, The Swallows love company and we're sure hoping you'll join us this fall for a fun-filled afternoon and evening!

Visit [www.GetUpandDance.ca](http://www.GetUpandDance.ca) and *like us* on [facebook.com/SwingingSwallows!](https://facebook.com/SwingingSwallows!)

Gloria Bateman

# Club News: Saturday Squares

Mainstream Workshop, 10:00 AM to Noon

DBD Plus Workshop, 12:30 – 3:00 PM

Mel Baker Hall, J.A. Dulude Arena

941 Clyde Ave. (at Woodward), Ottawa, ON K2C 4B2

By Wendy VanderMeulen

There's been a switch in Club dance programs. Compare with the Wendy's Elegant Eights write up. Saturday Squares is now a *Workshop Club*. We only dance monthly and the sessions are geared towards improving dance skills at the Mainstream and Plus levels.

In the Mainstream session, the aim is to increase dancer competency so the transition to Plus is easier for those who aspire to dancing Plus. For those who don't plan to dance Plus (and trust me, it is NOT a requirement to "move up" to Plus!!), it's giving the dancers the experience of dancing to a different caller. We all call differently, so why not check out and see how we differ. We're not harder, just different.

In the Plus session, the aim is to get dancers dancing from more than one position. At Plus, dancers SHOULD expect more-complex, tougher dancing. All EOSARDA callers call Plus from more than one position, but none of us do everything the same. Dance to as many callers as you can to find out all there is that can be done with Plus! It's challenging AND fun!

At our first sessions on September 28, there were 5 dancers at the Mainstream session (you had to be there to see just how much can be done in 2 hours with just two couple dancing at a time!!!) and 7 at the Plus session. The caller had to dance for the Plus session, but we had a great time workshopping Peel Off, Load the Boat, Acey Deucey (did you know there are at least 10 different formations from which you can do Acey Deucey? And then add on doing them all left handed.... □), and Flip and Cut the Diamond.

It IS fun dancing challenging choreography! Come check it out the next time we dance: Saturday, November 9<sup>th</sup>. Go to [www.wendyvan.ca](http://www.wendyvan.ca) for more details.

# Club News Wendy's Elegant Eights

Dancing For Fun: Mondays, 7:15-8:45 PM

Mel Baker Hall, J.A. Dulude Arena

941 Clyde Ave. (at Woodward), Ottawa, ON K2C 4B2

By Wendy VanderMeulen

There's been a switch in Club dance programs. Saturday Squares USED TO BE where people could go to try square dancing – no experience necessary. But now Wendy's Elegant Eights is the place for people who have never square danced before to come out and give it a try. At every session, **anyone** is welcome to dance with us, whether they have ever danced before or not. In other words – no experience necessary, ever! It's also a good place for dancers who just want an evening of "dancing without thinking." Come out for a relaxed couple hours of dancing for yourself,

Also, WEE dances on Monday nights. Our first session was on Monday, September 30. Only 5 dancers showed up, and 3 of them were University-aged. And, of course, as it really only takes 4 people to dance, we went ahead with the night and danced for the full 1 hour and a half. □

Check the flyers elsewhere in Square Time, then plan to visit us sometime. We are a WEE club and would love to see you!

# Club News Charmin' Promenaders

## Mainstream and Plus

Wednesdays, 7:00-9:30 PM

Seaway Seniors Centre

506 Pitt St., Cornwall, ON K6J 3R5

By Wendy VanderMeulen

Charmin' Promenaders started their 24<sup>th</sup> year of dancing on Wednesday, September 18<sup>th</sup>. Our program is the same as what we instigate in January of this year: Mainstream from 7:00 – 8:00 PM, and Plus from 8:00 – 9:30. PLEASE NOTE THAT our schedule has been modified from what was printed in the Seaway Valley Calendar: We now “dance 2 weeks / have 1 week off”, as of September 18. That means our Fall dance schedule has us dancing these nights: Sept. 18 and 25, Oct. 9, 16, 30, Nov. 6, 20, and 27. We were SUPPOSED to dance on Dec. 11 and 18 but that has been cancelled. I (Wendy) will be having hip replacement surgery on Dec. 10 and will be out of commission for a few weeks while I recover. The 2020 dance dates will be decided on early in 2020.

On the positive side, we were pleased to have a “new” couple join us our first week: Ray & Pierrette Bazinet! For those who don't know them, Ray was a caller in EOSARDA for quite a few years back in the 80's and 90's. He doesn't call anymore and they haven't dance for awhile, and we are tickled pink to have them dancing with us.

# Club News Stepping Out Round

Phase 2 Rounds

Fridays, 2:00 – 4:30 PM

St. Mark's Anglican Church

1606 Fisher Ave., Ottawa, ON K2C 1X6

By Wendy VanderMeulen

After not dancing for several years, Stepping Out Rounds is back in business! We started up again on Friday, September 13<sup>th</sup> at St. Mark's Anglican Church on Fisher Avenue. We had 4 brand new round dance couples and 3 who came out for review and to learn (or re-learn, in some cases) the dances that John has in his "record box." Somehow, he seems to have amassed a collection of round dances very different from other cuers in the area ... hmmm, I guess that makes Round Dancing similar to Square Dancing in that it's good to dance to more than just one leader so you can learn a larger variety of dances!

Anyway, back to our new dancers – after learning "White Silver Sands" (to learn to listen for rhythm and dance to the beat of the music) and "Left Footers One Step" (to introduce some Round Dance terminology, like "semi-close", "butterfly", "line of dance", "side car", etc.), we've moved on to teaching Two Step. Not as easy as the first 2 dances, but it IS totally new for them and we certainly don't expect them to be perfect for a little while yet. Persistence and patience will pay off, we know.

Come on our and visit with us sometime. Be angels for our newbies (2:00 -3:30) and learn some new dances (3:30 – 4:30).



## You're invited to our Fun Events!

### **Autumn Leaves & the Canadian Tartan** *the Maple Leaf*

Sunday, November 3<sup>rd</sup>, 2019 2:00 - 4:30pm

With the Glengarry Tartans' Caller *François Desmarais* & special guests  
**The Vankleek Hill Fiddlers!**

Easy Modern square dancing for all new dancers, Basic,  
Mainstream & the Virginia Reel!

**\$8.00** drop in (Raffle, share the wealth & light lunch)

Glengarry Sports Palace (side door) 170 McDonald Blvd, Alexandria, ON



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### **A Tartan Christmas**

Sunday, December 15<sup>th</sup>, 2019 2:00- 4:30pm

With the Glengarry Tartans' Caller *François Desmarais* & special guests  
**The Vankleek Hill Fiddlers!**

Easy Modern square dancing for all new dancers, Basic,  
Mainstream & the Virginia Reel!

**\$8.00** drop in (Raffle, share the wealth & light lunch)

Glengarry Sports Palace (side door) 170 McDonald Blvd, Alexandria, ON



info? Carole & Bernie Lauzon [clauzon55@sympatico.ca](mailto:clauzon55@sympatico.ca) 613-931-1783

Secretary, Advertising & Promotion The Glengarry Tartans

# HARBOUR LITES

## 45th Anniversary Party

*Saturday, November 2, 2019*

*1:30pm - 4:00pm*

*South Grenville High School*

*Edward St. Prescott, ON*

*Basic - Mainstream - Plus*

*Easy Rounds*

*By : John Charman &*

*Brian Crawford*

*Ribbons:*

*Advance: \$10.00*

*At Door : \$12.00*



**Door Prizes - Share the Wealth - Lunch Following**

**Info: Contact Gerald or Marlene - 613-652-4232**

**Donations of Cash & Non-perishable food items will be accepted  
on behalf of "The Prescott & Area Food Bank"**





**Seaway Valley Square  
& Round Dance Assn**

# **Christmas Dance**

**Sunday, December 8th, 2019  
South Grenville District High School  
1000 Edward St. Prescott ON**



**Squares: John Charman & Wendy VanderMeulen  
Rounds: John Charman**



**1:30 to 2:00 Round Dance Party**

**2:00 to 4:30 Basic/Mainstream & Easy Rounds 2+1  
Plus Tip**



**Admission: \$10.00/person**

**Info: Gerald or Marlene Casselman 613-652-4232**



# Frosty Fling

*Presented by*



**Sunday, February 9, 2020**

**2:00 to 4:30 PM**

**\$10 (advance) \$12 (at the door)**

**New Basic, Mainstream & Easy Rounds**

**Light refreshments & Share the wealth**

*Come earn your Purple Heart  
Dance in a square with 3  
Callers to earn a Purple Heart.*



***St. Mother Teresa Catholic H.S, 440 Longfields Drive, Nepean***



***Callers:***  
**John Charman**  
**Dave Hutchinson**

***Cuer:***  
**John Charman**



***For information contact: Pat Gauthier*** [pat@websupport4u.com](mailto:pat@websupport4u.com) **613-410-7977**

***If there is a severe storm, check eodance.ca to see if the dance has been cancelled.***

# Square Dance Clubs

## **Adams Aces**

A1 Monday 8:00pm - 10:00pm  
Queen Elizabeth Public School  
689 St. Laurent Blvd. Ottawa  
Caller: Paul Adams  
Contact: Paul & Judy Adams  
613-824-4262  
paul452@sympatico.ca

## **Bay Waves**

Basic/MS Friday 7:30pm - 10:00pm  
Northwind Community Centre  
262 Len Purcell Dr,  
Constance Bay  
Caller: Ron Gardner  
Contact: Ron Gardner  
613-878-7712  
bay.waves@live.ca

## **Charmin' Promenaders**

Plus Wednesday 7:15pm - 9:30pm  
Seaway Senior Citizens' Club  
506 Pitt St (at Fifth), Cornwall  
Caller: Wendy VanderMeulen  
Contact: Wendy VanderMeulen  
613-987-2711  
wendyv@sympatico.ca

## **Cookie Club**

Full Advanced 2nd, 3rd & 4th Sundays 2:00pm - 4:00pm  
Roy G. Hobbs Seniors Centre  
5 Larch Cres, Orleans  
Caller: Paul Adams  
Contact: Paul & Judy Adams  
613-824-4262  
paul452@sympatico.ca

## **Crazy A's**

A1 Friday 7:30pm - 10:00pm  
St. Mark's Anglican Church  
1606 Fisher Ave, Ottawa  
Caller: John Charman  
Contact: Wendy VanderMeulen  
613-987-2711  
WendyV@sympatico.ca

## **Glengarry Tartans**

Beginners + Basic  
at every dance Most Sundays  
Check schedule 2:00pm - 4:00pm  
Usually La Fraternité Hall  
49 St Paul St, Alexandria  
Check Schedule  
Caller: Francois Demarais  
Contact: Carole & Bernie Lauzon  
613-931-1783  
clauzon55@sympatico.ca

## **Grenville Gremlins**

Basic/MS/  
with Plus Tips before and after Monday 7:30pm - 9:30pm  
North Grenville Municipal Centre  
285 County Road #44,  
Kemptville, ON  
Caller: Geoff Clarke  
Contact: Peter & Geraldine Matthews  
613-258-3690  
kemptvillesquaredance@gmail.com

## **Harbour Lites**

Basic/MS  
Plus Church  
CenteTeach Wednesday 7pm - 9:30pm  
Presbyterian r & Dibble Streets, Prescott  
Caller: John Charman  
Contact: Gerald & Marlene Casselman  
613-652-4232  
gm.casselman@gmail.com

## **Kanata Squares**

Basic/MS Thursday 7:30pm - 9:30pm  
Dick Brulé Community Centre  
170 Castlefrank Rd, Kanata  
Caller: David Currie  
Contact: David & Marie Currie  
613-521-5292  
david.currie@sympatico.ca

## **Lift Lock Squares**

Plus/Advance Wednesday 6:15-7:00pm A2  
7:00-7:30pm A1  
7:30-9:30pm Plus  
Activity Haven

180 Barnardo Ave  
Peterborough, Ontario  
Caller: Joe Uebelacker  
Contact: Fred & Linda Levitt  
705-775-9710  
linda.m.levitt@gmail.com

### **Limestone Dancers**

Plus/Advance Monday 7:00pm - 9:30pm  
Polson Park Public School  
165 Robert Wallace Dr, Kingston  
Caller: Dave Hutchinson  
Contact: Bill Bryan  
billbryan4@hotmail.com

### **Limestone Dancers**

Basic/MS Thursday 7:00pm - 9:30pm  
Polson Park Public School  
165 Robert Wallace Dr, Kingston  
Caller: Dave Hutchinson  
Contact: Bill Bryan  
billbryan4@hotmail.com

### **Lockits**

A2  
A1 Wednesday 9:15am - 12:00am  
Brunton Community Hall  
1702 9th Line, Beckwith (Carleton Place)  
Caller: Geoff Clarke  
Contact: Geoff & Teena Clarke  
613-724-8438  
caller.geoff@bell.net

### **Meri Squares**

Basic/MS Tuesday 7:30pm - 9:30pm  
Westminister Presbyterian Church  
470 Roosevelt Ave, Ottawa  
Caller: John Charman  
Wendy VanderMeulen  
Contact: Francois Desmarais and Barb McLellan  
613-798-9163  
francoisd2@rogers.com

### **Meri Squares**

Plus Thursday 7:30pm - 9:30pm  
Westminister Presbyterian Church  
470 Roosevelt Ave, Ottawa  
Caller: John Charman  
Contact: Francois Desmarais and Barb McLellan  
613-798-9163  
francoisd2@rogers.com

### **Mississippi Squares**

Basic/MS Tuesday 7:00-7:30pm Full MS

7:30pm - 9:30pm B/MS  
Brunton Hall  
1702 9th Line, Blacks Corners (Carleton Place)  
Caller: Brian Crawford  
Contact: Nick & Karen Burn  
613-461-0150  
njburn@rogers.com

### **Mississippi Squares**

Plus, Plus Teach, Rounds 2x/month Friday  
7:30pm - 10:00pm  
Brunton Hall  
1702 9th Line, Blacks Corners (Carleton Place)  
Caller: Brian Crawford  
Contact: Nick & Karen Burn  
613-461-0150  
njburn@rogers.com

### **Montreal Acey Deuceys**

A2/C1  
C1 Teach Mon/Thurs  
call for locn & times  
Pointe Claire, Quebec  
Montreal, Quebec  
Caller: Don Moger  
Contact: Avena Smolkin  
514-744-6097  
avena@videotron.ca

### **Napanee Pioneers**

Basic/MS/Plus Friday 7:00 pm  
Southview Public School  
18 Golf Course Lane at Cty Rd 8, Napanee  
Caller: Dave Hutchinson  
Contact: Muriel Brough  
613-354-4595  
brough@kingston.net

### **Opeongo Squares**

Basic  
some MS teach Tuesdays 2:00pm - 4:00pm  
call to confirm time & date  
Opeongo Seniors Centre  
19 Stafford St, Barrys Bay  
Caller: Roger Moreau  
Contact: Roger J. Moreau  
613-628-6626  
jrmoreau@distributel.net

### **Otonabee Squares**

Basic/MS Mondays 6:30pm - 9:00pm  
George Street United Church  
corner of George and McDonnell streets, Peter-  
borough

Caller: Wayne Whatman  
Contact: H & J Lander  
905-342-5450  
otonabeesquares@gmail.com

### **Ottawa Date Squared**

Basic/MS/Plus  
LGBT friendly Wednesdays 6:30 pm - 8:45pm  
Room 202, Jack Purcell Community Centre  
320 Jack Purcell Lane, Ottawa  
Caller: Mark  
Contact: Jean-Marc Robichaud  
613-424-2992  
OttawaDateSquares@gmail.com

### **Quinte Twirlers**

Basic, MS, Plus, Lines Wednesday 6:30 Line  
Dance  
7:00pm - 9:30pm  
Harmony Public School  
Belleville  
Caller: Dave Hutchinson  
Contact: david dunham  
613-403-2882  
quintetwirlers@gmail.com

### **Riverside Gypsy Squares**

MS/Plus/Rounds May/June/July/Aug/Sept  
Every 4th Weekend  
(Fri/Sat/Sun) Check Schedule  
Various times  
Happy Acres Campground  
2 Green Acres Rd  
Brockville  
Caller: Various Callers and Cuers  
Contact: Mary Anne Reinhard  
613-838-5781  
mareinhard@sympatico.ca

### **Saturday Squares**

No experience necessary Saturdays  
Check Schedule  
Tom Brown Arena  
141 Bayview Rd, Ottawa  
(at Scott Street)  
Caller: Wendy VanderMeulen  
Contact: Wendy VanderMeulen  
613-987-2711,  
wendyv@sympatico.ca

### **Skirts n Flirts**

Basic/MS/Plus Friday 6:30pm - 9:00pm  
Canton Central School, Banford Elementary School Caf-  
eteria  
99 State St, Canton N.Y  
Caller: Bob Brown  
Contact: Alan & Sandy Brown  
315-543-2175  
sadushbrown@gmail.com

### **Stone Bridge Squares**

Basic/MS Friday 7:00pm - 9:00pm  
Mother Theresa School  
1035 Concession St, Russell  
Caller: Bob Summers  
Contact: Dean & Shirley Benson  
613-445-2073  
dsbenson99@rogers.com

### **Sunshine Squares**

Plus Wednesday 7:00pm - 9:00pm  
Canterbury Community Centre  
2185 Arch St, Ottawa  
Caller: Bob Summers  
Contact: Doug Bennett & Laura Johnson  
613-730-0002  
douglas.bennett2@sympatico.ca

### **Swinging Bs**

Basic/MS/Plus/Rounds Friday Class 7:00pm - 8:00pm  
8:00pm - 10:00pm  
Knox - St. Paul United Church  
800 Twelfth St E, Cornwall  
Caller: Don Moger  
Guest Callers  
Contact: Helen MacCallum  
hm: (613) 933-4025  
cell: (613) 330-4873  
helenmaccallum@sympatico.ca

### **Swinging Swallows**

Basic/MS/Plus Thursday 6:30pm - 7:00pm Plus  
7:00pm - 9:30pm B/MS/P  
Wesley United Church Hall  
275 Pembroke St E, Pembroke  
Caller: Francois Desmarais  
Contact: Andre Blais  
819-689-5487  
andre.cathy@hotmail.com

### **Village Squares**

Basic/MS Wednesday 7:30pm - 10:00pm  
Roy C. Hobbs Community Centre  
109 Larch Ave, Orleans  
Caller: Paul Adams  
Contact: Bob and Gabrielle Forsyth  
613-833-2601  
gandbforsyth@bell.net

# Round Dance Clubs

## **CAPITAL CAROUSELS**

Parkdale United Church  
429 Parkdale Ave  
Phases 3 to 5  
Monday 10:00am 12:00pm  
Phases 3 to 4  
Thursday 10:00am 12:00pm  
Contact: Gavin Currie 613.739.9593  
president@capitalcarousels.ca  
www.capitalcarousels.ca

## **LIMESTONE DANCERS**

Ph 2, 3 + Beginner Wednesday  
Beginners: 7:00pm  
Intermediate: 8:00pm  
Poison Park Public School  
165 Robert Wallace Dr, Kingston  
Cuer/Contact: Susan Connors  
613.634.3384 susanhenden@hotmail.com

## **Stepping Out Rounds**

Ph 2-3 Teach + Beginner  
Friday  
2:00 - 3:30 pm Teaching New Dancers  
3:30 - 4:30 pm Teaching and Dancing Experienced Dancersy  
St. Mark's Anglican Church  
1606 Fisher Ave., Ottawa  
(South of Baseline, at Normandy)  
Cuer: John Charman  
Wendy VanderMeulen  
Contact: John Charman  
Wendy VanderMeulen  
613-987-2711

# Line Dance Clubs

## Capital City Line

Beginners

Mon 1:00pm-2:00pm

Alexander Community Center 960 Silver Street, Ottawa

Caller: (AJ) Diane Poulton

Contact: Diane Poulton 613.729.4974

clogger13@sympatico.ca

## Capital City Line

Beginner plus

Mon 1:15pm-2:15pm

Alexander Community Center 960 Silver Street, Ottawa

Caller: (AJ) Diane Poulton

Contact: Diane Poulton 613.729.4974

clogger13@sympatico.ca

## Got Lines

Intro/Beginner/Improver

Tues 2:00pm-2:30pm

Intro to Line Dance 2:30-3:00pm Beginner/Improver

Richmond Arena (Richmond Memorial Centre)

6095 Perth St.

Richmond

Caller/Contact: Dave Western 613.838.5428

dlwestern@yahoo.com

## Got Lines

Intro/Beginner/Improver

Thurs 7:00 7:30 pm Intro to Line Dance 7:30pm 8:30pm Beginner/Improver

Upper Hall, Johnny Leroux Arena

10 Warner Colpitts Stittsville

Caller/Contact: Dave Western 613.838.5428

dlwestern@yahoo.com

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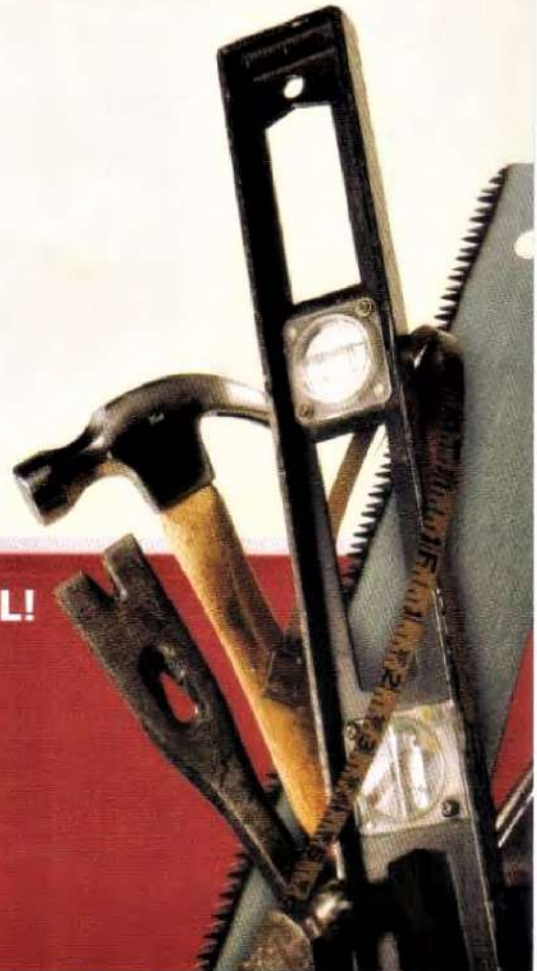
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John Tilbury  
Burritt's Rapids, ON  
613-269-2994  
[john.tilbury@jcis.ca](mailto:john.tilbury@jcis.ca)



South Grenville District High School  
1000 Edward Street North, Prescott, Ontario

# Swing *into* Spring

May 1-3, 2020

Jointly sponsored by SVSRDA and EOSARDA

Todd Fellegly  
Meriden, CT



Tom Miller  
Chest Springs, PA



Phil Gatchell & Marilyn Rivenburg  
Melrose, MA & Ocean Park, ME



## **BASIC – MAINSTREAM – PLUS – ADVANCED – ROUNDS**

FRIDAY NIGHT DANCE ..... 7:00 – 9:45  
2 ROOMS, PLUS, ADVANCED, ROUNDS

SATURDAY MORNING WORKSHOPS ..... 9:30 – 12:00  
3 ROOMS, ALL PROGRAMS

SATURDAY AFTERNOON WORKSHOPS ..... 1:30 – 4:30  
3 ROOMS, ALL PROGRAMS

SATURDAY NIGHT DANCE..... 7:00 – 9:45  
3 ROOMS, ALL PROGRAMS

SUNDAY MORNING WORKSHOPS ..... 9:30 – 12:00  
3 ROOMS, INTRO TO ROUNDS, DBD PLUS, A1&A2

SUNDAY AFTERNOON - SVSRDA MOTHER'S DAY DANCE  
..... 1:30 – 4:30  
1 ROOM, ROUNDS, BASIC, MAINSTREAM



## **MEALS**

SATURDAY LUNCH / SUNDAY LUNCH INCLUDED  
(TICKETS REQUIRED)

*(As always: subject to change...)*

Info: [www.SwingIntoSpring.ca](http://www.SwingIntoSpring.ca) ----- [www.facebook.com/PrescottSIS](https://www.facebook.com/PrescottSIS)  
Wendy VanderMeulen – 613-987-2711 – [wendyv@sympatico.ca](mailto:wendyv@sympatico.ca)