

SQUARE TIME

**Eastern Ontario Square
and
Round Dance Association**



Who Could Ever Have Imagined This?

Volume 66.4

December 2020

Square Time Edition 66.4 December 2020

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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 pictures have to be extracted. Please send them to SquareTimeEditor@gmail.com.

Next issue...

The next issue will be February 2021. Deadline for submission is January 30th.

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

Message from the President

I am writing this on December 7, the 79th anniversary of the attack on Pearl Harbour, an event that changed the world forever. Today we are faced with a similar world-changing event as we struggle with a world-wide pandemic that has already killed over one million people and has sickened millions more.

Yet, unlike 1941 when both Canada and the United States were firm in their resolution to put an end to an existential menace and to do whatever was needed to achieve that end, some among us are weak in their resolve. Collectively we are divided in our efforts. As a result, the virus continues to spread at an ever-accelerating pace.

For most of the western world, World War II lasted for six long years. Years marked by sacrifice, deprivation and death on a scale never seen before.

We, on the other hand, have been in the current struggle for less than a year. For the most part, our efforts consist of: staying in our bubble; maintaining physical distance; wearing masks; and washing our hands. Yet there are people who complain of “COVID fatigue”, who feel that even these small sacrifices are too much to bear, who believe that wearing a mask infringes on their personal liberty, that not getting together with family and friends is just too hard.

Like all of you, I miss the dancing, the social interaction, the friendship. I miss seeing my daughter and I miss my dancing friends.

But the really hard part is having to say goodbye to elderly relatives who have succumbed to COVID-19; watching health care workers struggle to deal with unbelievable difficult challenges; seeing store clerks and cashiers going to work every day for minimum wage, knowing that they may be exposing themselves to a potentially fatal disease.

Sure, we all want to dance again, to travel, to get together with those we hold most dear. With effective vaccines on the horizon, there is reason to hope that this nightmare will end. But we are not there yet. We have to be patient; to continue following health guidelines; and even to change how we celebrate the Holiday Season this year.

I know its hard but breathing on a ventilator or dying from COVID is a lot harder.

All indications are that the dancing community gets it, that collectively we are doing what we need to do to help check the spread of COVID-19. Keep it up. Do not let you

guard down now. Christmas this year will be, and has to be, different. No family gatherings, no hugs and kisses (at least not for those who don't live with you), no parties and no dancing.

But we can do this. We can Zoom and Face Time. We can keep on wearing our masks and washing our hands. We can limit our out-of-bubble contacts. And when the time comes, we can roll up our sleeves and get vaccinated, knowing that all of this will bring us ever closer to a return to normality.

I am confident that at some point the restrictions and health protocols will be lifted; that things will return to normal; that in time we will get back on the dance floor. With apologies for the sombre tone of this President's Message, I wish you all a safe and healthy Christmas season and I join you in praying for a better and brighter New Year.

Dave Western
President
EOSARDA

A woman was flying from Seattle to San Francisco . Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes.

Everybody got off the plane except one lady who was blind. The man had noticed her as he walked by and could tell the lady was blind because her Seeing Eye dog lay quietly underneath the seats in front of her throughout the entire flight.

He could also tell she had flown this very flight before because the pilot approached her, and calling her by name, said, 'Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs?' The blind lady replied, 'No thanks, but maybe Buddy would like to stretch his legs.'

Picture this:

All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a Seeing Eye dog! The pilot was even wearing sunglasses. People scattered. They not only tried to change planes, but they were trying to change airlines!

True story ... Have a great day and remember ... THINGS AREN'T ALWAYS AS THEY APPEAR.

Message from the Editor

Well, it's December and the holiday is around the corner. It seems such a long time that this pandemic has been with us. I miss dancing, and so many other social things. My family and friends are all staying well. We do have much to be thankful for. I also very much enjoyed the Zoom meeting that Wendy organized, which gave us a chance to socialize with other dancers.

I want to give a big thanks to all those who took the time to create articles. This job is mostly about putting things together. We appreciate all we can have submitted. Again this month, the issue of Square Time will not be printed, but be found on our web site.

http://www.eodance.ca/square_time.php

We have our outdoor Christmas lights on and are planning to spend more time decorating the house this year. Decorations always make us feel cheerful and bring back fond memories. It has been a great opportunity to complete tasks around the house and I have accomplished many long delayed projects. Much more quality time has been spent with my spouse.

Many of us are calling and connecting with friends, family and dancers. We remember at this time the importance of touching base with folks; especially those who live alone. It can make someone's day. How about arranging an online get-together with your club? This is a very hard time to be alone.

I have added some material from "Around the Square", a publication from Australia produced by Barry Wonson, with his permission. I hope you enjoy.

From our family to yours, we wish you the best holiday season you can have. We look forward to a better year ahead.

As with each magazine, I appreciate my wife's support.

Gerry

How to be a successful Virtual Square Dancer – when you’re dancing alone!

By Wendy VanderMeulen

Although things are looking up as far as getting a vaccine for COVID-19 goes, I think we all understand that dancing will more than likely NOT be back to normal before next September (we’re hoping!!!). So, for the next little while, the only square dancing that is available to everyone is Virtual Square Dancing (VSD). Thank goodness there IS at least that!

VSD is not easy. I’d be the first to admit that. I consider myself a pretty good dancer and even I don’t get it right all the time. So I – and I tell everyone to do this, too – celebrate every time a sequence works and I’m back “home” when the caller says I should be. The hard thing about VSD is that it involves dancing with invisible dancers, or “phantoms” (or “ghosts”). If you have a spouse who will dance with you, that’s great, because you are only dancing with 2 phantoms. Dancers who are single, dance with 3 phantoms. Tough stuff, right? Right!

But there IS a method to dancing it successfully, and that is ---- *knowing your definitions!*


When I first started VSD ... and let me explain that MOST times, I dance as a single. John will dance with me from time to time, but not often. From the beginning, I was working *so hard* at trying to keep track of where all 3 phantoms were, that I’d miss some calls. And I wasn’t as successful dancing as I thought I should be. Then I figured out a different way to dance. IF I KNEW THE DEFINITION OF THE CALL, I ONLY NEEDED TO KNOW WHERE I NEEDED TO BE!

Let me explain....

VSD dancing is based on 2-couple dancing, so all calls (well, 98%) are calls that only take 1, 2, or 4 people to do. And we dance as if we are Head Couples. It’s me and my partner facing another couple and that’s it, that’s all. As a single dancer, I’m dancing alone, and I know that (as a Head Lady) I am on the right side of a phantom guy facing a phantom couple. We’re all looking into a box of 4 dancers. Got it? Now, let’s say the callers calls “Star Thru”.

Before Star Thru:

D D

D  That’s me, the Head Lady, at home, on the right side of the box, facing into the box.

In order to dance Star Thru successfully, I NEED TO KNOW: 1. I will dance that call with the man in front of me (even though I can’t see him); 2. I will use my left hand; and 3. I will end out facing the wall that is on my left before I start the call. So, I step forward, raise my left hand, pretend to duck under the arm of the phantom guy in front of me, and turn to face the wall on my left. I ALSO know that I am still in a box-of-four formation and I am looking *into* the box with a phantom on my left and facing another couple (if you’re fortunate enough to be dancing with a REAL partner, you will be facing him):

After Star Thru:

D 


There I am, facing the wall that was on my left, facing another couple, with a phantom beside me.

D D

So, now the caller calls “Square Thru 3”. I NEED TO KNOW: I have to give a right hand, pull by and face in; then give a left hand, pull by and face in; then give a right hand a pull by – and I’m done. I ALSO know I’ll end out facing OUT of the box in the spot that was beside me at the start of the call.

After Square Thru 3:

D D

D  There I am, facing out of the box, the other couple behind me, and in the spot that was beside me originally.

Next call: Boys Run. I NEED TO KNOW: square dancing is symmetrical. If I’m on the right side of the box facing out, I know the other lady is on the other side of the box ON THE RIGHT SIDE FACING OUT! That leaves the men on the left side of the box facing out. There is NO OTHER PLACE for them to be! So I know there is a man beside me. And, when someone does the call Run, someone else HAS to move over. The Boys are doing the Run, so I have to move over – and I move over into the spot of the guy who is doing the Run *without turning around*. I end out facing OUT of the box, on the left side.

After Boys Run:

D 

And there I am, moved over into the spot the phantom guy ran out of, still facing out of the box, because I didn’t turn around.

D D

Notice that in these little pictograms, I am not worrying about what the other 3 dancers are doing. I’m just concerned with where I am supposed to be. They may be dancing it all wrong, but it doesn’t affect me because I KNOW where *I’m* supposed to be – and I know that because I know the definition of the call and what I’m supposed to do to dance the call.

I can’t go through every single call here, but I just wanted you to start thinking differently when you dance virtually. Know where YOU need to be and don’t worry about whether the phantoms are dancing correctly or not: if the caller calls Pass the Ocean from our home position, I KNOW that I’ll end out in the middle of a wave, with a phantom on my right (the end-of-the-wave dancer) and another middle-of-the-wave dancer on my left. So I can dance “Swing Thru” when it is called (turn half by the right and then I’m done, because I’m not holding left hands with anyone anymore) or “Ladies Trade” (dancing is symmetrical – so if I’m a lady in the middle of the wave, the other lady will also be in the middle of the wave, so, Hey! I’m holding hands with her, so I can trade and know I’m still in the middle of the wave, just in the OTHER middle position!); etc....

You know, it sounds more complicated when it’s written down than when it’s described by speech. But I hope this gets you thinking differently about phantom dancing. If it still sounds like something you can’t figure out, contact me. I’ll happily give one-on-one (or one-on-two!) lessons via ZOOM. Contact me: wendyv@sympatico.ca or 613-282-0575 (call or text).

In the meantime, test yourself.... Can you dance the calls listed on the next page even if you’re by yourself? And look at the list of calls! It’s almost ALL the calls in Basic and Mainstream! So, dance virtually, and when we get back to normal dancing, we’ll only have to review the few calls that take 8 dancers! It’ll take no time to be back to dancing as if we’d never had a break. 😊

Basic and Mainstream calls that are “one-person” calls:

Forward and Back
Single File Promenade
U-Turn Back
Balance

Basic and Mainstream calls that are “two-person” calls:

Basic:

Arm Turns
Do Sa Do
Swing
Couples Promenade
Stars
Half Sashay / Rollaway
Courtesy Turn
Lead Right / Left
Veer Right / Left
Star Thru
California Twirl
Wheel Around
Box the Gnat
Partner Trade
Run
Touch $\frac{1}{4}$

Mainstream:

Cast Off $\frac{3}{4}$
Fold
Hinge
Slide Thru
Turn Thru

Basic and Mainstream calls that are “four-person” calls:

Basic:

Ladies Chain
Pass Thru
Right and Left Thru
Square Thru
Bend the Line
Box Circulate
Chain Down the Line
Couples Trade / Ends Trade / Centres Trade
Make a Wave
Pass the Ocean
Swing Thru
Cross Run
Wheel & Deal
Zoom
Flutterwheel / Reverse Flutterwheel
Sweep $\frac{1}{4}$

Mainstream:

Centres In
Cast Off $\frac{3}{4}$
Cloverleaf
Dixie Style to a Wave
Cross Fold
Walk & Dodge
Tag the Line ($\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, All the Way)
Scoot Back
Recycle
Spin the Top



Your Publicity Committee, working with you
to promote square, round and line dancing!

The Poster Challenge: Linda, Geoff & Wendy Take the Prize!

Recently we asked that the creative-types out there (or family or friends) design a poster that the Publicity Committee can make available to all the EOSARDA clubs to post on their websites, Facebook page, or the corner store bulletin board. We want to create visibility in our community even though we can not invite folks to the dance floor at the present time.

We are happy to inform you that we received three wonderful posters in response to our challenge! Each is attractive, informative, up-beat and should easily attract the eye of non-dancers.

Our sincere thanks, and a small prize, go out to **Linda Chapman**, who round dances with the Limestone Dancers in Kingston; **Geoff Clarke**, who calls for the Lockits and the Grenville Gremlins; and to **Wendy VanderMeulen**, who calls for the Meri Squares, Ottawa Date Squares, the Saturday Squares and the Charmin' Promenaders. The three posters are shown on the following pages.

We appreciate your support in our endeavours and hope that many clubs will take advantage of the opportunity to use these posters to promote participation in our square, round and line dancing activities. We will be emailing a copy of the three posters to all the club contacts so they can make the documents available to all dancers. You can also contact us at publicity@eosarda.ca to receive a copy of the posters. Help us raise awareness and interest within our communities so we can fill the dance floor when we are able to gather again!



Your Publicity Committee (Lamar, Carole & Gloria) wishes everyone in the dance community and their families a Merry Christmas and all the best in 2021!

Keep your dance shoes polished and ready to go...hopefully it will not be too long before we can form our squares, rounds and lines!

Gloria, Lamar & Carole

Happy Feet are Dancing Feet!



Rounds



Squares



or Lines

- A Great Way to Make New Friends!
 - A Great Way to Get Active!
 - A Great Way to Have FUN!
- Choose Your Partner or Come on Your Own
 - Choose Your Style or Try Them All
 - Choose Your Location & Give Us a Call



Dancing will be raring to go when
COVID-19 social gathering
restrictions are lifted!

Club Name & Contact Info:

For more information:

visit the EOSARDA website - www.eodance.ca

or email the Publicity Committee at publicity@eosarda.ca

(Eastern Ontario Square and Round Dance Association)

Poster designed by: Linda Chapman



CREATED BY WENDY VANDERMEULEN

It's connections.

IT'S A PUZZLE.

It's teamWork.

IT'S FRIENDSHIP.

It's crazy fun!

it's addicting.

IT'S GOOD FOR YOU.

But it's TOO MUCH FUN to call exercise.

What IS it??????

MODERN SOCIAL SQUARE DANCING

When you're ready to get out of the house and get social again, we'll have a dance somewhere near you. Look for it.

Contact: _____

www.eodance.ca

publicity@eosarda.ca



NEWS FLASH !!



Are you tired of COVID and...
Want to do something that's FUN?
Looking to make new friends?
Need to 'move' that 'butt' more?
Love to dance to great music?
Have no idea where you can
find all of the above?



Look no further than a
SQUARE dance club near you!



We're also "itching" to get back to
dancing again & we'd love to have
you come & join in the fun with us!

(we will resume dancing post-covid when
the health regulations permit it.)

Live Lively -



Square Dance!

Until that time, to find a dance club
near you, go to:- www.eodance.ca



More information:- publicity@eosarda.ca

Poster designed by: Geoff Clarke, Lockits Dance Club



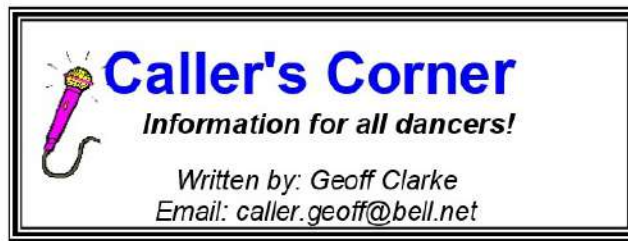
Our Wish for You

The *Swing into Spring* Organizing Committee wishes you and your family a very Merry Christmas and good health and lots of happiness in the coming year.

A few months from now we will begin preparations for the next Swing into Spring, planned for April 29 through May 1, 2022. We appreciate your continued support and especially thank all those who allowed their 2021 registration to carry over for this next dance!

All the best,

Wendy, Arlo, Bob, Kathleen, Simone & Gloria



In the last issue (Oct 2020), as well as myself, we had 5 of your Callers telling you what they've been up to during the pandemic so far! It was great to hear from them all and I trust that you, our dancers, all appreciated reading their 'stories'!

So, for this edition, we've got some more "stories" to pass along to you to enjoy and to learn more about what Callers doing to keep themselves busy during these difficult times!



Since my comments in the last ST edition, not much has changed around our house other than, by the time you read this one, our kitchen 'reno' will have been completed and hopefully the house 'back to normal' by the time Christmas rolls around. Like you, our Christmas will be very different from all previous years as there will be 'just us' this time around. Certainly, we'll still enjoy the day, but 'without family' it will be very quiet indeed. Normally on Christmas day we would be at our son's home in Richmond for most of the day with ~30 other members of the family, having fun; chatting; eating; playing games; eating things we shouldn't; and just enjoying our time together – that rare time of the year when we can all gather in one single place. Not so, this year, but we are planning to have a 'Zoom' gathering sometime during the day so that we can at least say we did 'gather together' for a while and celebrate 'virtually'. I imagine that many of you will be doing the same thing 'this time around' as well?

So, to ALL, have a wonderful Christmas & please stay safe and following the health guidelines we're having to live with right now! Remember, when we reach Dec 31st, we can thankfully say 'goodbye to 2020' and look forward to 2021 as we anticipate the arrival of a vaccine so that we can all get back to a 'normal' existence, including back to Square Dancing. Just 'when' that will happen, none of us know right now, but "sometime" during 2021 is what we're all hoping will happen!!

Just a quick note to all dancers out there that, once it's safe to return to dancing, you're perhaps thinking that you won't return to dancing, because. - *"I've been away from dancing for over a year, I'll not remember anything!"* or maybe *"It's been too long, I've forgotten all the calls"*; or maybe *"I'm not going to bother going back, it will be too embarrassing to not know how to dance as I did before"*. ***Is that what's running through your mind?***

No, don't think like that! Take it from me (and I'm sure all Callers will tell you the same thing), even if you haven't danced a step in over a year, you have NOT forgotten all the calls that you've danced, be it your first year of dancing or your 30th! Sure, you'll be 'rusty' at the beginning, but you have NOT forgotten your moves, you just haven't danced them in a while and after some review, you'll find that out it all comes back! Over the years, I've had dancers 'returning to dance' after absences of up to 20 years that were totally amazed that the calls were 'still there', filed away in their brains, not forgotten after all!

So, when we can, just GET BACK to dancing and be assured that the Callers will indeed be doing a lot of 'review' when that time comes. **We want to see ALL OF YOU BACK on the dance floors** so that we can all, once again **HAVE FUN** in our most favourite activity!!



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Hello everybody

Since March, life has changed for everyone and Barbara and I have found our choices to be rather limited.

Barbara's usual activities are reading her paper in the morning, walking a dog, reading a book, playing bridge on her note book. She now has choir rehearsal on Monday evenings via ZOOM. She has been playing golf 2 to 3 times a week as part of the Canadian Women in Golf. She insists I go for walks with her which is not my cup of tea. I'll walk for about 20 min and then she keeps going for another half hour or so.

Our kids live in Ottawa and we have managed to visit within the permitted limits. We also watch a lot of TV. We have exhausted Netflix. (Ozark, Homeland, After Life, Beirut, etc) and now have access to Prime Video (Bosch, Dr House).

I do have a clean bill of health. I am being followed every 3months. I actually had my first haircut recently.

We were not able to do our yearly summer visit to the east Coast, and my Family Christmas is tentatively being postponed to Easter. (Fingers Crossed)

I was finally able to attend a Caller Association meeting. Currently we are the Meri Squares Past President Couple and meet virtually for meetings. I am part of our Condo executive. Again, we had our AGM via Zoom.

As some of you know I don't mind telling a joke or two. Since I lost my captive audiences, I have a few people including the Condo Building cleaning lady as my focus Group.

e.g. "Housework won't kill you. But then again, why take the chance?"

Barbara can tell you that I am bona fide pack rat. Some years ago, I created a second email address specifically for Caller Related activity. I used it to join "Newbie Caller Group" and "Callers in training". I rarely check it and recently went back to it just to find that I had over 3,500 unread emails. I am cleaning it up and kept interesting discussions, exercises and monthly homework. I now have less than 1,000 left to review.

COVID-19 forces me to realize that 2-couple dancing is not only a teaching tool but is also a form of square dancing which will likely stay once the pandemic is over. We have danced virtually a number of times. It allows us to dance to a variety of very experienced Callers and highlight the fact that they have to resort to use moves and sequences not normally used with a 4-couple square.

In my office I do have a picture of Paul and imagine him telling me "Keep at it young man" and so I am.

Hoping we will be together again dancing sooner rather than later.



Well who knew it would be such a long time not seeing all of you, but here we are.

Charlene and I have been busy while COVID has been keeping us at home. This was supposed to be my last year preparing for retirement from the Government. I have worked 30 years for Statistics Canada.

There are a number of things I have planned to do once retired but none included sitting around watching Netflix.

I am still continuing to plan my activities which include my renovations company. I am still working on many projects ramping up for retirement. I am “working” from home. Due to so many changes at work, the plan to get up to full speed in January, and the fact I will be retired on December 30, 2020, I have had little work to do.

As many of you know we are very involved in theatre. Charlene and I both act on stage and have many roles behind the scenes with the production. I am president of Rural Root Theatre and Vice President at Kanata Theatre. Rural Root Theatre has been focusing on producing a number of virtual plays, using Zoom and keeping theatre alive in the community. We have had so many people excited about acting and working on the productions. If you have any interest in theatre please contact one of us.

It was my intention to focus on Calling more when I retired, but since COVID we do not have the opportunity as much or with as many people. I am still working on my calling and pattern resolution. I often listen to my calls on the way to and from my jobs.

I have been working a lot on the house, getting things done at home as well in accordance to Charlene's Honey Do lists. We are missing dancing, missing all the social closeness we had before. The one thing this has taught us is the importance of keeping friends and family close.



.....
**** This one came to Geoff “anonymously”, but it “might” have a familiar theme? ****

Since the last Square Time, where I found I had graduated from “JTW” (Just The Wife) to “SWMBO” (She Who Must Be Obeyed), I would like to say that Nothing has changed.

I think I would enjoy being SWMBO – if only there were things for me to tell HWMO to do! I know! ***I need a Honey Do List!***

With help from the people who participated in the EOSARDA Zoom chat on November 23rd when I was told that it was very odd that I did NOT have an HDL, I created one the following day. It had 2 items on it, one which turned out to be a non-issue and the other one was taken care of in, oh, about 10 minutes.

So, life is back to normal again, SWMBO or not! If anyone has suggestions as to what can be on such a list – keeping in mind that there is NO grass to cut for awhile and the walls are clean now – I would love to hear from you. HWMO is rather bored, these days, so I would be remiss if I did not give him something to do!

And.... from "JTW" comes the following...!!

- What's John been up to since he hasn't been unable to call?
- Making jewelry & woodworking of course!! 😊



(Column writers note): - **Much better than this...eh John??**



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and from the lighter side of life comes ...
“Understanding Engineers”

To the optimist, the glass is half-full. To the pessimist, the glass is half-empty.
To the engineer, the glass is twice as big as it needs to be.

A priest, a doctor, and an engineer were waiting one morning for a particularly slow group of golfers. The engineer fumed, "What's with those guys? We've been waiting for fifteen minutes!" The doctor chimed in, "I don't think I've ever seen such inept golf!" The priest said, "Here comes the green-keeper. Let's have a word with him." He said, "Hello George, What's wrong with that group ahead of us? They're rather slow, aren't they?" The green-keeper replied, "Oh, yes. That's a group of blind firemen. They lost their sight saving our clubhouse from a fire last year, so we always let them play for free anytime!" The group fell silent for a moment. The priest said, "That's so sad. I'll say a special prayer for them tonight." The doctor said, "Good idea. I'll contact my ophthalmologist colleague and see if there's anything she can do for them." The engineer said, "Why can't they play at night?"

What is the difference between mechanical engineers and civil engineers?
Mechanical engineers build weapons. Civil engineers build targets.

The graduate with a Science degree asks, "Why does it work?"
The graduate with an Engineering degree asks, "How does it work?"
The graduate with a Commerce degree asks, "How much will it cost?"
The graduate with an Arts degree asks, "Do you want fries with that?"

Normal people believe that if it ain't broke, don't fix it. Engineers believe that if it ain't broke, it isn't sufficiently complex yet.

Two engineers were standing at the base of a flagpole, looking at its top. A woman walked by and asked what they were doing? "We're supposed to find the height of this flagpole," said Sven, "but we don't have a ladder." The woman took a spanner (*wrench*) from her purse, loosened a couple of bolts, and laid the pole down on the ground. Then she took a tape measure from her purse, took a measurement, announced, "6.5 metres," and walked away. One engineer shook his head and laughed, "A lot of good that does us. We ask for the height and she gives us the length!"

Both engineers have since quit their engineering jobs and have been elected to Parliament!!!

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LOCKITS Advanced Dance Club

Geoff & Teena Clarke

Well, as one might expect, there's not much "new" for this edition, but I did ask for more contributions from our Club members, those are included as you can read further on. For us, it's been pretty much 'more of the same' as the pandemic still keeps us 'close to home' most of the time. We do venture out, but sparingly and with much caution as we're sure you all do! That way we all stay well & stay safe. Inconvenient, yes, but very necessary so that when the day comes (and it will!), we'll all be healthy and willing to 'square up' once more!! Let's hope that the vaccine will be here 'sooner' than 'later'!!



As I write this, we're now waiting for our 'kitchen reno' to get started. The timeline for completion is Dec 23rd, so we'll be 'kitchen-less' for about 3 weeks. Doesn't sound like much fun, however Teena has amazingly created a 'temp-kitchen' in the laundry room and has everything 'planned out' for all our meals during that time! Combined with some take-out and the occasional 'dine-in' (at a local restaurant), we're going to be just fine – different for sure!! (and I have no idea where anything is now!). So, we should be back in our new kitchen in time for Christmas dinner! It's certainly going to be quite different for all of us this time around – we normally spend Christmas day at our son's home in Richmond along with just about all of the rest of our family (~30), but not so this year. It will certainly be 'very quiet' with just the two of us, but we have a Zoom session planned, so we can all gather 'virtually', at least for a while anyway. Let's all hope that things will be back to normal next Christmas!!



MERRY CHRISTMAS & HAPPY NEW YEAR
to all our dancing friends and the one thing we can all really
celebrate on Dec 31st is to say "Good Riddance" to 2020!!





David & Pearl Western
2017 Trillium Award Recipients

Pearl says she and David are doing just fine during the COVID-19 pandemic. They both have type O blood, take vitamin D and are staying safe. They are struggling though with old age, arthritis and body fat.

David spends his days cutting down dead trees on their property and burning them while Pearl sews challenging designs and reads vast amounts of books.

Their 50th wedding anniversary in August ended up a quiet affair and their UK cruise to celebrate it was cancelled. They miss socializing with all the dancers.



Helgi & Sharen Goodman
Sitting in their new gazebo!

After the two months of isolation it was a relief when spring came and the economy and Helgi returned to building the gazebo he started last summer. The frame was up and the roof on. So it was off to Home Depot for supplies; home to frame up for windows; off to Home Depot for supplies; home to build and install screens; off to Home Depot for supplies;

home to build windows and install plexiglass; off to Home Depot for supplies; home to build and install a door; off to Home Depot for supplies; home to.... well you get the picture. It's a beautiful gazebo and large enough that we can social distance inside, so come rain or shine we're out there - but snow and cold not so much. I'm hoping for a really short warm almost no snow winter. Guess I should move, huh?

We are fortunate to live on an acreage and have space to socially distance. Besides the now finished gazebo, we have a fire pit area with lots of space so we have celebrated family birthdays, university convocation, high school graduation, Thanksgiving etc. We have had friends over one couple at a time and we have felt safe. With Geoff and Teena who live on our street, we alternated hosting one afternoon a week and we tried new recipes and old favorites for drinks and sweet treats, always outside at a safe distance. We felt that life was almost normal!

In this time of cocooning we have been doing puzzles, reading, sharing books with friends, doing puzzles, reading, sharing books... I have also been trying recipes, savoury and sweet, lots and lots of recipes (I am a long-time collector). We look forward to again entertaining inside our home.

Stay safe everyone and we will be dancing at Lockits again.

Sharen

Square Time – Dec 2020



Glen McCue & Carol Eldridge

(Nov28, 2020 on their deck!)

Glenn and I have taken up virtual choir singing. We have learned to practice our parts at home and to create video recordings of us singing our part. We have submitted the recordings to a sound engineer who is combining submissions from all choir members, and some other guests to create a virtual Christmas concert.

We have to wait until **December 6**, to hear what it all sounds like together. **Join us online**. Don't worry if you can't make it on the date, the concert will be on line until after the New Year.

<https://westportartscouncil.com/2020/11/22/at-home-for-christmas/>





Les & Valerie Goodwin

(Photo 2018 in Italy)

You recently asked what have we been up to since the last edition of Square Times. The simple answer is, to paraphrase a Hyundai advertisement for its Tucson SUV, "*You know, same old*" In these days of the pandemic how could one do much new?

Valerie is still going out to help our daughter-in-law with the triplet girls, albeit not as often as before now they have started school. They managed to sneak in as they turned four in mid November. Everyone, and that includes both our son and daughter-in-law who are both working from home, are keeping their fingers crossed that the school remains open.

With Fall comes falling leaves. This year Les broke down and bought a leaf blower/mulcher (his old blower broke down). Why, one may ask, do we need such a device when we don't have a tree in our garden? Well, it's because our neighbour generously donates the leaves from his giant Manitoba Maple to our backyard!

Square Time – Dec 2020

With the start of the Winter season many clubs have now decided to have virtual meetings, realizing that COVID is not going to disappear any time soon. These sometimes bring international events into our house that we would not normally have had the opportunity to attend. This is at least a positive side to the lock-down. (on the negative side Valerie said that she wouldn't get her hair cut until COVID was over.... she is now tripping over it!)

We wish all our fellow Lockits and our esteemed caller couple, Geoff and Teena, a Merry Christmas and hope the 2021 sees a light at the end of the tunnel.

Valerie and Les



**WHY you need to 'read carefully' before you send that next text message!!
(this text is from neighbour to neighbour)**

- **Hi Max** – *this is Richard, next door. I've been riddled with guilt for a few months and have been trying to get up the courage to tell you face-to-face. When you're not around, I've been sharing your wife, day and night, probably much more than you. I haven't been getting it at home recently. I know that's no excuse, but the temptation was just too great. I can't live with the guilt & hope you'll accept my sincere apology and forgive me? Please suggest a fee for usage & I'll pay you. Regards, Richard.*
- **Max**, feeling enraged & betrayed, grabbed his gun & went next door and shot Richard dead. He returned home, shot his wife, poured himself a stiff drink and sat down on the sofa. Max then looked at his phone & discovered a second text message from Richard.
- **Second Text:** - *Hi Max, Richard here again... Sorry about the typo in my last text. I assumed you figured it out & noticed that the darned Spell-Check had changed "wi-fi" to "wife"!!! Technology, huh? It'll be the death of us all!*

(Writers note: - above humour courtesy of Les G!)

Live Lively -



Square Dance

You are always welcome to dance with us at any time when the time is right again!!!

**Square Dancing IS all about Fun & Friendship
We ALL miss it & we miss YOU!
Hang in there!!**

Square Time – Dec 2020

Family Scrapbooks ---Square Dance Memories

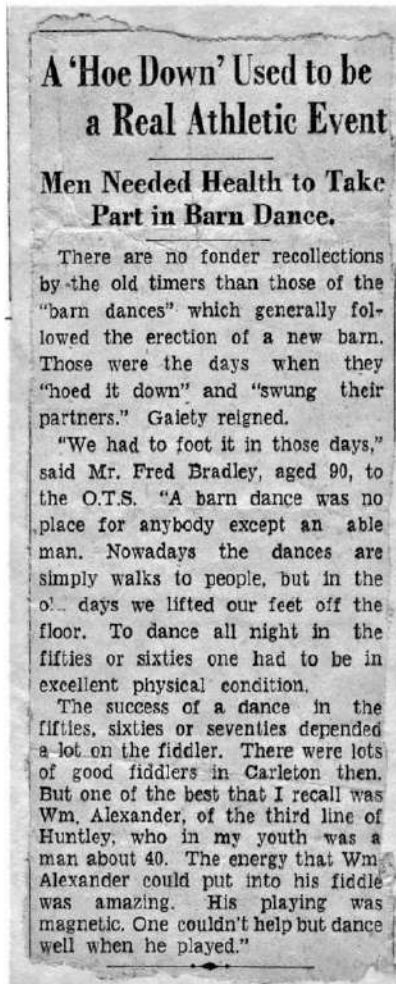
Marguerite Evans (Mississippi Squares & Lockits)

One cannot accurately create a future vision of square dancing without casting one's mind to

the past. I looked at our family's multi-generational scrapbooks. In my late mother's "clippings" scrapbook I found unattributed newspaper clippings which covered an interview with my then 90-year-old great grandfather Frederick Bradley, when he lived in Stittsville with my grandparents. According to Fred, "A barn dance was no place for anybody except an able man. Nowadays the dances are simply walks to people... The success of a dance in the fifties, sixties, or seventies depended a lot on the fiddler." To what century was Fred referring? If you guessed the 19th century, you would be correct. Born in 1840, G-Grampa Fred died in 1933, aged 93. During his lifetime, especially for those who lived on a farm, square dancing was a way of life. "In the fifties there were very few buggies in Carleton County. When a young man wanted to take his girl out, he either brought two horses, one with a side saddle, or he took her out in his father's express." In those days, Fred recalled that "young men did not like to go home in the dark on the ghost infested roads. So they danced till daylight came" arriving home in time for chores.

Almost a century later the post-war years saw square dance clubs being established in many Canadian cities.

The iconic 1951 photograph (reddit.com) of then Princess Elizabeth and Prince Philip square dancing at Rideau Hall spurred-on square dancing in Canada and the world. The caller was Tony Griffin who worked for External Affairs.



My childhood scrapbook reminded me of the fun that my parents, my twin sister, and I had square dancing in the 50s and 60s at Red Pine Camp, nestled amongst an oasis of red pines at Golden Lake. (Born on a farm in the Gatineau hills, my mother loved to dance so she taught us.) With as many as 20 squares on the wooden floor, dancing occurred in the dining hall with caller Jack Zoubie (who also worked in External Affairs). Using his 45 rpm records and interspersing a waltz or fox trot, Jack would call such old square dance



favourites as “Dip and Dive,” “Duck for the Oyster,” and “Climbing up the Golden Stairs.” This was the perfect vacation with no meal preparation or dirty dishes, and along with square dancing there were outdoor sports such as canoeing, sailing, swimming, shuffleboard, volleyball.

For Camp Fortune’s ski season opening and throughout the winter, Jack called for evening square dances along with an “old-time square dance orchestra.” Blazing torches lined the road from the parking lot to the ski lodge with music echoing over the hills. (“Square Dance Fun at Fortune,” Jessie Fear, Year Book 1959-1960). Years later in January 1984 Jack called for the Snowflake Special held in the Glebe (Glebe Report, 13 January 1984, Vol. 12, no. 1, p.18). (At St. Mark’s Anglican Church, there is a stained glass window in memory of Jack and Joan Zoubie donated by their daughters.)

In the 50s and 60s many Canadian intermediate (e.g., York Street Public School) and high schools (e.g., Lisgar Collegiate Institute) taught square dancing within their physical education programs. Northern Ontario held interscholastic square dance championships in North Bay. Husband Jim’s scrapbook features the 1954 winning square from Tweedsmuir Public School, West Ferris. (He’s the fellow in the middle.)



For the competition, there were a number of compulsory dances that had to be prepared, but, which one the set presented was determined by a draw at the competition. In addition, competitors had to present one original dance of their own design.

In 1955 Jim was the caller for the runner up set from North Bay Collegiate Institute and Vocational School (photo: Railton Studio and Hobby Shop, 141 Main St. W., North Bay) One of the dancers (now deceased) was gay, but given time and place, did not come out of the closet until a later move to a big city.

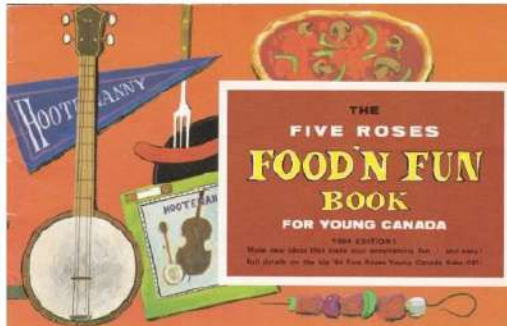


While at Trinity College, U of T, in 1959-60, taking turns at calling and playing the fiddle, Jim and a fellow student held a square dance for inner city youth at a nearby church. Some of the music they used is pictured here.

What was interesting in the 60s were the booklets produced by such enterprises as the Brewers Association of Canada, Ottawa, and Five Roses Kitchens, Montréal. Described therein are suggestions for decorations, food, and drink for a hootenanny, fireside sock-hop, games



party, beach picnics, square dancing. Five Roses Kitchens recommended country style stroganoff, jellied cabbage salad, bonanza apple pie, and cola punch. For square dancing, the Brewers Association suggested oven-fried chicken marinated in beer, French fried potatoes, French fried onion rings, biscuits or corn bread. "A wheelbarrow full of canned and bottled beer buried in cracked ice sets a genuine barn dance mood."



Prior to our marriage in 1968 and during the first year thereafter, we danced with Keith Waters and the Sunshine Squares. At their 60th anniversary party in 2018 we were able to find our names in membership lists from that era.

In the current 21st century some of our favourite photos and memories are associated with the Ottawa Date Squares, our caller Richard Sharman, his air-conditioned basement, and the 2015 Gay Pride Parade. We learned a lot, switched gender roles, laughed at our mistakes, ate wonderful food, and discussed a myriad of topics.



Is there anything that we can learn from the past? Perhaps we could submit write-ups to local historical society newsletters. Might we create more partnerships, be more diverse? What about holding dance workshops for inner city youth by partnering with police who do community work? What about square dancing with persons in wheelchairs as occurred in Ottawa at Festival 2014? What about more dancing outdoors? In 1914, for example, the Bytown Ukulele Group (a.k.a. BUG) partnered with The Ottawa Contra Dance group for a camping weekend in Algonquin Park. Due to COVID-19 we are no longer dancing. Eventually we will get past this pandemic. In the interim dancers can use this hiatus to start anew.

Club News Grenville Gremlins

By now most of us have adjusted to the “New Normal”. Many household chores have been completed as we get ready for winter.

There is encouraging information with different Companies working on a new vaccine which we hope will bring us back to the dance floor.

Wishing everyone a Merry Christmas and Happy New Year.

Peter and Geraldine Matthew

And The Grenville Gremlins

Club News CAPITAL CAROUSELS

Welcome to another thrilling installment of “As The Round Dance Turns” by members of the Capital Carousels club, to cap off this wonderful? year 2020. Sans actual meetings or dancing, I have had to rely on occasional updates via email, in hopes that we will not forget each others’ names and faces. I wish to thank proud great-grandparents Tom and Ardele Mesman, and Jenny and Ziggy Segstro for giving me their approval to include their names, pictures, and written submissions for your reading pleasure. “What have you all been doing?” So glad you asked

Ardele and I are doing well and keeping healthy during this very difficult time. The summer and fall went by rather quickly, life in the country and living on the Rideau River is enjoyable. Staying at home a lot more gave us the opportunity to take in nature, all the migration of birds on the water, gardening and hiking has been fantastic. The garden was bountiful this year, so much so that Ardele threatened to throw a squash or basket of beans at me if I brought another one in the house for her to preserve or prepare for the freezers. We were also blessed with the recent arrival of our first great-grandchild Ethan. He is a healthy boy with lots of smiles, bringing us and his parents great joy. Staying within the social circle of our immediate family, that live next door, and a few close friends to play bridge with, is not a hard life!!! We are indeed thankful for what we have and we empathize with those who are suffering and/or lost a loved one during this pandemic. Regards and stay safe.

Tom and Ardele Mesman



They included a picture of their granddaughter Kayla, holding an adorable little “pumpkin” dressed all in orange, except for a tiny green “stem” on the very top of his head; plus another close-up of great-grandson Ethan.

And from Ziggy Segstro, this update, with pictures:

Jenny does a lot of crafts, mostly sewing and cross stitching. About three years ago, our daughter showed Jenny a quilt that she had made. Well, Jenny quickly became addicted. So far, she

has made 9 quilts of various sizes and has 2 currently on the go. She has also made 9 place mats, 4 table runners, and 2 advent calendars!! As for cross stitching, we currently have hanging in our completely Christmas-decorated house, 45 of her Christmas/Winter creations and she has one on the go (don’t know where to hang it as the walls are all filled). That does not count the cross stitches that she has made that are not Christmas/Winter themed. I cannot count those because they’re in storage.

As for myself, my activities include reading (have finished almost 50 books this year), gardening (until recently), and my stained glass hobby. We currently have 63 stained glass ornaments (Christmas/Winter themed) hanging in our windows. If I make any more I don’t know where to display them. I have also started to re-learn the Tai Chi movements (227 of them) which I had learned, but have not done for six years. I’ve got about 75 movements to go, but these are the very complicated ones.

Jenny and I play pickleball within walking distance of our house. Now, however, as the weather is not conducive to playing outdoors, we play indoors 2 or 3 times a week for an hour at a time. This gives us our exercise.





Also, we recently spent 4 days decorating our house which Jenny loves to do.
So we are not bored at all.

However, the pandemic did have a negative impact on us. First, we really miss our regular/weekly activities such as dancing (OF COURSE!!!!) and its social aspects and my card playing. Also, we had to cancel our scheduled trip to Scandinavia. And we had planned to spend Christmas with our son in Chilliwack but we will not consider flying at this time.

Ziggy

(insert the third and fourth pictures, of Jenny and Ziggy, here either before or after or in the middle of Ziggy's amended essay, as you see fit, Gerry)

I remind all club members or former members that no names, pictures, or updates from them will be submitted to Square Time without their express permission, so fear not to communicate with me about anything. Please, I miss you. Thanks again for these. Hoping you are all healthy and happy. Until we don't meet again,

Linda Shannon



Club News Riverside Gypsy Squares

The Gypsies like many other clubs have had an unusual summer but in the late part of the season we were able to get together in as a group in the outdoors keeping our distance. No in-person dancing but time spent around the campfire and a corn roast in August.

We had our Annual General Meeting in mid September and the Club is going to be moving to a new campground. The new site is Lower Beverley Lake Park in Delta Ontario, Canada. The campground has lots of trees, a small stream flows by some of the sites and there is a beach on the Lake. The campground is a mix of seasonal campers and occasional campers. A number of sites have been reserved ahead for us but we must confirm a month in advance to have our club rate.

When we are able to dance again, we will be having a Saturday afternoon dance and potluck at the Hall in the Fairgrounds at Delta so dancers will not be charged a camp entry fee.

Our first campout for 2021 is scheduled for May 14 & 15th weekend although we may not be dancing. If you are thinking about visiting please see the campout listing for the Contact Person and confirm that we are indeed camping and possibly dancing.

Have a safe winter and we look forward to showing off our new home come May.

EOSARDA RECIPIENTS 2019-2020 TRILLIUM AWARDS

The **Trillium Merit Award** was established in 1985 to officially recognize excellence, dedication and outstanding achievement in the advancement of the Square and Round Dance activity by dancers, Callers, Cuers and Leaders, of the Province of Ontario. Two classes of the award are authorized:

Trillium Merit Award which recognizes those who have made an outstanding contribution beyond the scope of their normal regular activities.

Trillium Long Service Award which recognizes those whose who have devoted many years of faithful service to the dance community in Ontario.

The following EOSARDA dancers/couples have been recognized in Dance year 2019-2020 for their Support and Leadership over many years and will be receiving Trillium Awards. Due to Covid-19, EOSARDA formal recognition cannot take place until a time that dancing is again possible. In the meantime we extend congratulations to all of the following extraordinary people.

Bill & Gail Butler – Trillium Long Service Award, 2020

Bill began dancing with the Grenville Gremlins in Kemptville, Ontario, 41 years ago in 1979 and has remained an active dancer since that time. Gail started with the Grenville Gremlins in 1982, and like Bill has been an active member since the beginning. Over the years they have held various executive positions, and continue to offer assistance when required. They certainly fulfill the requirement for this award and are a well deserving couple.



Don & Jean Clingin – Trillium Merit Award, 2020

Don & Jean started Square Dancing with the Grenville Gremlins in 1998. As time went on, they thought they would give Round Dancing a try. Their abilities & skills improved to the point where they started their own Round Dance Club (Take A Step Rounds) in 2003. At one point Jean was cueing 3-nights per week, helping out at other clubs, all while maintaining a regular working career. Don & Jean were always there to help other dancers; they even had teaching sessions at their home to accommodate small interested groups. They have travelled for dancing, and have assisted at many National Conventions. They are members of Roundalab, have been members of the EOSARDA Board of directors, and the Seaway Valley Square & Round Dance Association. They retired from cueing and instruction in April, 2019, but continue to dance regularly. They are a most deserving couple.

Brian & Amy Crawford – Trillium Merit Award, 2020



In 1991 Brian and Amy, a young, energetic couple, joined Mississippi Squares in Carleton Place as new Basic dancers. After having learned to dance Basic, Mainstream and Plus, Brian, in 1995, attended a *Learn To Call* workshop led by John Charman. In 1998, after many hours of practice, Brian and Amy together with fellow student caller Geoff Clarke and his wife Teena, co-founded the Town and Country Kickers, a Basic/Mainstream club in Stittsville. Later in 1998 Brian accepted the invitation to call the Basic/Mainstream program on Tuesdays for Mississippi Squares. In addition to calling for Mississippi Squares, Brian added Bytown Squares to his calling duties from 1999 to 2001, followed by Dynamite Tay Dancers, in Perth, from 1999 to 2010 and then Plus for the Swinging Saints from 2002 to 2014. As Brian's skills expanded to include A1, he and Amy founded the Shadowcasters Club in Ottawa and later the Sunday in the County Club in Carleton Place. Over the years Brian and Amy have danced with many clubs such as PJs, Adams Aces

and Castaways. In the fall of 2014 Brian accepted Mississippi Squares' invitation to call their Plus program on Friday nights thus he calls all three levels for Mississippi Squares.

Brian has served as Chair of the Ottawa Callers Association, and as Rep to EOSARDA. He has volunteered at many National Conventions, and donated his time calling for many, many fundraiser events.

Brian is an excellent caller and an excellent teacher. He has an innate ability to teach and to put his dancers at ease. With empathy for new dancers and experienced dancers alike, he makes learning and dancing fun for his dancers at every level.

Brian and Amy are still that young, energetic couple who started dancing in 1991. A lot of people wait until retirement to call, but Brian and Amy do it while working full time. Brian and Amy are great ambassadors for Square Dancing and will be for many years to come. Their dedication to and support and promotion of the movement is exemplary and they are most worthy of this award. Congratulations Brian and Amy.

June Tripp – Trillium Long Service Award, 2020



June has been dancing since 1977. She started in Quebec, and then moved to British Columbia in 1982, where she once again found that dancing was available. She danced with the Town & Country Swingers, in Maple Ridge, BC. As years progressed she danced in other clubs – Buttons n' Bows, Chuckwagon 8's, and Century House Squares. In 2006, a new move brought her to Ontario, where she continues to dance to Meri Squares, in the Ottawa region. Over the years, June has helped many clubs in any way she could. She has held various executive positions along the way. More recently she even volunteered as a member of the EOSARDA Board of Directors. June has dancing in her blood, and certainly a very worthy candidate for this award.

EOSARDA Dancer Travel Achievement Awards 2019-2020

The EOSARDA "Travel Program" provides a Dangle which can be attached to Member Name Badges, as recognition and publicity for their achievements

- Visits are to be made between Sep 01 and Aug 31 in a single dance year.
- Dancers receive the following Achievement Dangle Rewards:
 - **SILVER:** Dancer has made five (5) such Club visits.
 - **GOLD:** Dancer has made eight (8) such Club visits.



The suspension of the 2019-2020 Dance year in mid-March, also meant that our Club Visitation Dangles Program ceased to operate at that point.

While our year 2019-2020 did not get completed, we felt that there were dancers who did achieve a reward level of Club

Visitations prior to the suspensions, and we wished to provide the recognition due to them. With that presumption in mind, a letter was sent to all Club Presidents asking for their assistance in determining who these people were.

The following dancers will be receiving Travel awards for their Club Visitation activities in 2019-2020.

KEVIN BOWEN	Grenville Gremlins	Silver
GERALD CASSELMAN	Harbour Lites	Gold
MARLENE CASSELMAN	Harbour Lites	Gold
SIMONE CYR	Swinging "B"s	Gold
ROBERT MILBURN	Village Squares	Gold
ROSIE SCHURR	Village Squares	Gold

Our congratulations to each of you. We can't ourselves, travel to a dance somewhere to present your awards in a public fashion. Instead, we will be relying on Canada Post. Your Dance Dangles will arrive soon.

There are some indications now, with a vaccine in the future that we will be able to resume dancing with some semblance of normality. We hope that this is the case, and we will see you "ON THE ROAD AGAIN".

Helgi Goodman, non-Board member of EOSARDA Liaison Committee.



The Month Before Christmas of 2020



T'was a month before Christmas,
And all through the town,
People wore masks,
That covered their frown.

The frown had begun
Way back in the Spring,
When a global pandemic
Changed everything.

They called it corona,
But unlike the beer,
It didn't bring good times,
It didn't bring cheer.

Contagious and deadly,
This virus spread fast,
Like a wildfire that starts
When fueled by gas.

Airplanes were grounded,
Travel was banned.
Borders were closed
Across air, sea and land.

As the world entered lockdown
To flatten the curve,
The economy halted,
And folks lost their verve.

From March to July
We rode the first wave,
People stayed home,
They tried to behave.

When summer emerged
The lockdown was lifted.
But away from caution,
Many folks drifted.

Now it's November
And cases are spiking,
Wave two has arrived,
Much to our disliking

Frontline workers,
Doctors and nurses,
Try to save people,
From riding in hearses.

This virus is awful,
This COVID-19.
There isn't a cure.
There is no vaccine.

It's true that this year
Has had sadness a plenty,
We'll never forget
The year 2020.

And just 'round the corner -
The holiday season,
But why be merry?
Is there even one reason?

To decorate the house
And put up the tree,
When no one will see it,
No one but me.

But outside my window
The snow gently falls,
And I think to myself,
Let's deck the halls!

So, I gather the ribbon,
The garland and bows,
As I play those old carols,
My happiness grows.

Christmas is not cancelled
And neither is hope.
If we lean on each other,
I know we can cope

- Author unknown -

Merry Christmas to all and to all, a goodnight!

Club News The Swinging Swallows:

Waiting for Christmas to Come and For COVID to Go

The Swallows, like every other dance club, is waiting for a vaccine for COVID so we can form our squares and dance to our hearts' content (so long as our feet last!). I think the first few dances should be just an hour long until we are sure we are holding together!

Regardless, Christmas is coming and, although there will be fewer places set at the table for dinner, and less commotion in the room, I, personally, am still ... waiting for Christmas. The decorating is all done, lights adorn the porch railing and Christmas baking is being planned. I'm making my way down the list for Christmas cards and phone calls.

The Swallows have continued our 'Swallows Challenge' – a weekly report from a different dancer each week about what they have been doing since we had to stop getting together. It is a wonderful way to stay in touch and really interesting reading! Every dancer I have spoken with shares the same thought: wish we could get back to dancing!



A note from our President:

“On behalf of all the members of the Pembroke Swinging Swallows, I would like to extend our warmest wishes, to all our fellow dancers, for the upcoming holiday season. May you find hope and peace this joyous time of year and may the New Year bring health and happiness to the world! We look forward to dancing with you again as soon as it is safe to do so.
Keep smiling, stay safe! Andre Blais”

The Swallows hope that everyone is staying safe and learning to relax with a little slower lifestyle; enjoy those nearest and dearest but try not to lose touch with all the rest of us!

Submitted by Gloria Bateman

SMOOTHNESS & DANCE MECHANICS

By Jim Mayo

The following article by Jim Mayo was prepared by Jim Mayo in November 2012 as part of a series on CALLERLAB VIEWPOINTS.

THIS IS DANCING

Square dancing should be dancing. It is not just "getting through" the figures. The movement calls for a shuffling step. When we walk, the heel hits first. When we dance, the ball of the foot is the first to touch the floor. It's also important to think about how we look. Stand tall. Be proud of how you look when you dance.

Square dancing is also something that we do with other people. It's not a "solo" activity. The interaction between us is sometimes called "counter dancing". When we turn, we should counterbalance each other. A swing is not two people walking around each other. The swingers should become a single unit. Some have described the interaction as "giving weight." The same is true of hand or arm turns like Allemande Left and Swing Thru.

Another aspect of counter dancing is the way we move to make dancing easier for others in the square. Actions like Separate Around One require the "inactive" people to move also. In a run, the "runnee" moves into the space the "runner" came out of and on Ladies Chain, the men should move to their right and start the turn before the ladies get to them.

COURTESY

We hope that courtesy is not yet dead in square dancing. If you want to dance with someone, ask them. Don't stand in a square and yell or gesture to them. It's best if you go together as a couple to fill squares and it's not polite to pass a square that needs a couple so that you can dance with your friends in another square. If you must save a place for a couple that is late getting onto the floor, at least fill that place by separating a couple to put one person in the position you are saving. If you don't want to dance this tip, leave the room if that's at all possible, so that you don't seem to be refusing to dance with the people who are in the square that needs a couple.

Sometimes it is necessary to leave a square - never because you don't want to dance with these people - but you might get sick. If possible, get someone from the sidelines to fill in for you and, certainly, explain to the folks you left as soon as possible. It's also nice to applaud the caller's performance and the pleasure of dancing in your square. THEN, thank those who shared this tip with you - including the partners.

Some dancers seem to enjoy gimmicks like extra spins and twirls. These are not usually a problem - unless you have new

or fragile dancers or folks you don't know in your square. Be careful that your enthusiasm doesn't spoil the dancing for others. Sometimes your eagerness to help others leads you to yank, shove or yell at someone - **DON'T**. The best way to help is to dance your part of the action absolutely correctly with NO unusual styling.

TIMING

One aspect of square dancing is not under your control. Callers call it "Timing." The best timing happens when you know what the calls mean, and the caller delivers the call JUST before you need to hear it. When the call comes too late, you have to stop for a beat or two between each action. That gets tiring. When the calls come too soon, you have a tendency to rush to keep up. The dancing then becomes scrambling. Sometimes, when the dance pattern is unusual, you need a little more lead time to figure out what you're supposed to do.

All square dance music is based on 8-beat phrases. Your action fits the music best when the caller lets you start each action on the first beat of one of those phrases. Because our actions are not all 8-steps long, you can't get the first beat every time. That would interfere with good timing. But there are a couple of calls where you SHOULD always have the first beat. These are Grand Square and an Alamo Balance.

ACCEPTED STYLES

There are a few "accepted standards" of styling in square dancing. Sometimes these are so often ignored that they may not seem so "accepted" but it's good to know what they are anyway. Most important is that grabbing and tight hand grips are never right.

In a Promenade, the men should have palms up and the women palms down. In arm turns, the forearm hold does not mean "grab the elbow." The palm should

be flat against the other person's forearm with the elbows bent to encourage counter dancing.

In Ocean Waves, in many areas, a forearm hold is usual. The CALLERLAB recommended style for Waves is hands up at (her) shoulder height, palm to palm. In Canada and most areas outside the U.S. everyone uses the recommended styling for ocean wave actions (including Swing Thru and Spin the Top.

The recommended style for Stars is the "Palm Star" with all elbows bent to touch hands with the fingers pointing up. The exception is a Thar when everyone holds the wrist of the person in front of them (called the "Pack Saddle" hold.)

CONSIDERATION FOR OTHERS

There are a few calls in square dancing that have become sloppy in execution. Most often the action of the men causes the women to do something uncomfortable. They've done this so much that they often don't even notice. From the stage, every time I call Star Thru, I see most of the women duck to avoid getting a man's elbow in the face. Guys, keep the elbow high - and, if she's too tall, don't insist on keeping the hands joined.

Another of those troublesome calls is Ferris Wheel. The men usually head directly at each other dragging the women behind them. When Don Beck created this call, he described it by saying the In-facing couples move straight ahead until they have formed a Two-Faced line in the centre. Then they do a Wheel and Deal.

A similar problem occurs in Recycle which was intended to be a Hinge, Fold and Follow action. Often, these days, it seems to be "women reach across and get dragged by the men around the corner" -- Small wonder that so many women find this an uncomfortable call.

ACCURACY

My final point is to encourage accuracy in your dancing. This is particularly important in the Basic actions like Runs, Trades and Circulates. A large share of dancing errors occur with these fundamental actions - even among dancers in the Advanced programs.

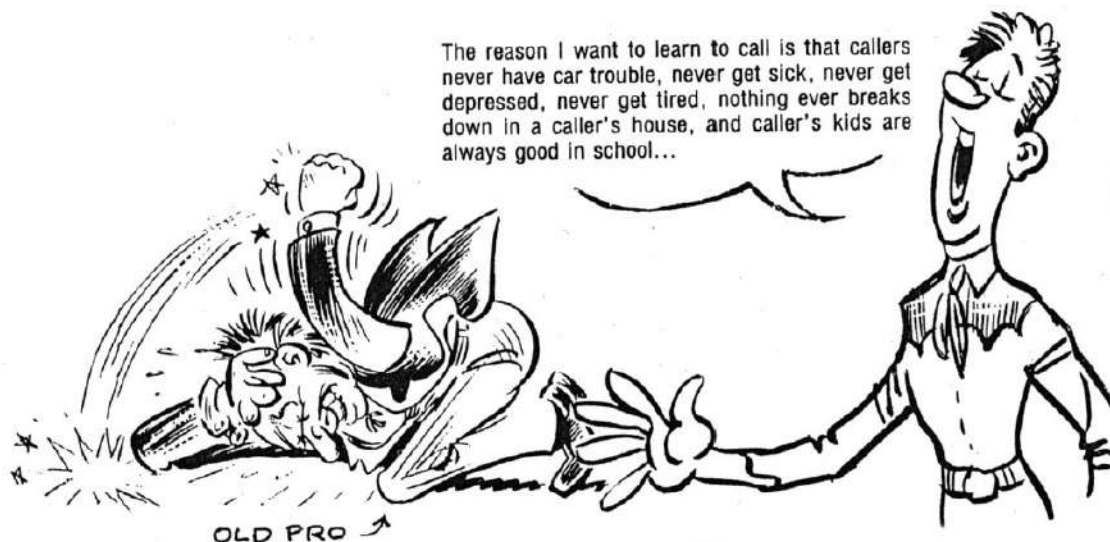
- In every line, touch hands (and that includes Ocean Waves.)
- On the call Run, only the runner changes facing direction. The "runnee" just moves sideways into the vacated spot.



- In Trades, both people turn around - and change places.
- In any Circulate, the people facing in walk straight ahead with no turn. Those facing out will always make a turn to face in.
- Three-quarter turns are tough. Practice being very precise. Try turning half and a quarter more. Another technique is to count walls - as long as the hall isn't circular. Three good-sized steps will usually work, too. Find something that works for you and then try to be accurate every time.
- One-quarter turns are tough too. Many people turn too far on Hinges. Try taking just one small step. It's better to turn too little than too much for one-quarter turns.

DANCE WITH PRIDE

Square dancing is a wonderful recreation. At its best it provides both physical and mental exercise and all in the company of some of the nicest people you will ever meet. Please do your part to make it the best it can be.



Square Dance Clubs

Bay Waves

Basic/MS

No dancing until further notice 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

No dancing until further notice 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

Crazy A's

A1

No dancing until further notice Friday 7:00pm - 9:30pm

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

No dancing until further notice 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

No dancing until further notice 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 Teach

No dancing until further notice Wednesday 7pm - 9:30pm

Presbyterian Church

Center & Dibble Streets, Prescott

Caller: John Charman

Contact: Gerald & Marlene Casselman

613-652-4232

gm.casselman@gmail.com

Kanata Squares

Basic/MS

No dancing until further notice Thursday 1:30pm - 3:30pm

Dick Brulé Community Centre

170 Castlefrank Rd, Kanata

Caller: David Currie

Contact: David & Marie Currie

613-521-5292

david.currie@sympatico.ca

Limestone Dancers

Plus/Advance

No dancing until further notice 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

No dancing until further notice 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

No dancing until further notice Wednesday

9:30am-10:30am
10:30am - 12:00 Noon
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
No dancing until further notice Tuesday 7:30pm
- 9:30pm
Westminster Presbyterian Church
470 Roosevelt Ave, Ottawa
Caller: John Charman
Wendy VanderMeulen
Contact: Lamar Mason
613-221-9188
lamarmason4@gmail.com

Meri Squares

Plus
No dancing until further notice Thursday
7:30pm - 9:30pm
Westminster Presbyterian Church
470 Roosevelt Ave, Ottawa
Caller: John Charman
Contact: Lamar Mason
613-221-9188
lamarmason4@gmail.com

Mississippi Squares

Basic/MS
No dancing until further notice 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: Vince and Debbie Guthro
613-257-2480

Mississippi Squares

Plus, Plus Teach
No dancing until further notice Friday 7:30pm -
10:00pm
Brunton Hall
1702 9th Line, Blacks Corners (Carleton Place)
Caller: Brian Crawford
Contact: Vince and Debbie Guthro
613-257-2480

Napanee Pioneers

Basic/MS/Plus
No dancing until further notice 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
No dancing until further notice 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

Ottawa Date Squares

Basic/MS/Plus
LGBT friendly
No dancing until further notice Wednesdays
6:30 pm - 8:45pm
Room 202, Jack Purcell Community Centre
320 Jack Purcell Lane, Ottawa
Caller: Mark Benoit
Wendy VanderMeulen
Contact: Jean-Marc Robichaud
613-424-2992
OttawaDateSquares@gmail.com

Quinte Twirlers

Basic, MS, Plus, Lines
No dancing until further notice 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
No dancing until further notice May/Jun/Jul/
Aug/Sep
Every 4th Weekend
(Fri/Sat/Sun) Check Schedule
Various times
Happy Acres Campground
2 Green Acres Rd
Brockville
Caller: Various Callers and Cuers

Contact: Helen MacCallum
Hm: 613-933-4025
Cell: 613-330-4873
helenmaccallum@sympatico.ca

Saturday Squares

AM - MS Wrkshp
PM - DBD Plus
No dancing until further notice Saturdays
Once a Month
Check Schedule
Tom Brown Arena
141 Bayview Rd (at Scott) Ottawa
Caller: Wendy VanderMeulen
Contact: Wendy VanderMeulen
613-987-2711,
wendyv@sympatico.ca

Skirts n Flirts

Basic/MS/Plus
No dancing until further notice Friday 6:30pm - 9:00pm
Canton Central School, Banford Elementary
School Cafeteria
99 State St, Canton N.Y
Caller: Bob Brown
Contact: Alan & Sandy Brown
315-543-2175
sadushbrown@gmail.com

Sunshine Squares

Plus
No dancing until further notice 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
No dancing until further notice 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
No Dancing until further notice 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
No dancing until further notice Wednesday
7:30pm - 10:00pm
Roy C. Hobbs Community Centre
109 Larch Ave, Orleans
Caller: David Currie
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
No dancing until further notice
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
No dancing until further notice
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

No dancing until further notice
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 Lines

Beginners

No dancing until further notice

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 Lines

Beginner plus

No dancing until further notice

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 - Line Dancing - Richmond

Tuesday 2:30 pm - 4:00 pm

No dancing until further notice

Easy Lines 2:30 - 3:00 pm

Beginner/Improver 3:00 - 4:00 pm

Upper Hall, Richmond Arena

6095 Perth Street

Richmond

Instructor/Contact: Dave Western 613 838-5428

dlwestern@yahoo.com

Got Lines - Line Dancing - Stittsville

No dancing until further notice

Thursday 7:00 pm - 8:30 pm

Easy Lines 7:00 - 7:30 pm

Beginner/Improver 7:30 - 8:30 pm*

*Includes optional, complimentary Intermediate Line Dance program 8:30 -9:00 pm

Upper Hall, Johnny Leroux Arena

10 Warner-Colpitts

Stittsville

Instructor/Contact: Dave Western 613 838-5428

dlwestern@yahoo.com