

# SQUARE TIME

## Eastern Ontario Square and Round Dance Association



### Frosty Fling

The Beach Party

Despite high winds, blowing snow and bone-chilling temperatures, the dance was a great success



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# Square Time Edition 72.1    March 2026

Material contained in Square Time is for the information, convenience and enjoyment of *the dancers*. Presented information, 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 reproduce material published in Square Time, provided credit for the source is given.

This issue of Square Time will not be printed. It is available, free, online:

[http://www.eodance.ca/square\\_time.php](http://www.eodance.ca/square_time.php)

## 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@eosarda.ca](mailto:SquareTimeEditor@eosarda.ca).

## Next issue...

The next issue will be May 2026. Deadline for submission is April 30.

## Advertising in Square Time

To advertise in Square Time, please send a file to the editor, indicating the size the advertisement is to be (full page, half page etc.) Other than to fit the space, advertisements will not be reformatted. There is no charge for dance events.

	Member	Non-Member	Commercial
Full Page	\$0	\$0	\$100
Half Page	\$0	\$0	\$75

# EOSARDA BOARD OF DIRECTORS 2025 - 2026

President	David Western	Chair Operations, Dance Committee
Treasurer	Mary Thurston	
Secretary	Arlo Speer	Chair Technology
Director	Gerry Johnson	Square Time Editor
Director	Barbara Englehart	Registrar
Director	Lamar Mason	Chair Publicity
Director	Ron Gardner	OACA Caller Rep
Director	Michelle Gravelle	
Director	Shirley Brown	Chair Club Liaison
Director	David Hutchinson	
Director	Debbie Penney	
Director	Bob Pitruniak	

We are always looking for new directors to be on the board, so we would be delighted to have your help. We also need committee members who are not directors, but fill important rolls.

# Message from the President March 2026

## Registration Up-date

So far this Dance Year we have registered:

543 Square Dancers

14 Round Dancers

28 Cloggers and

12 Dance Leaders and their partners

That gives us a total registration of 597, **an increase of approximately 5% over the same period last year.**

It is still too early to call it a trend and the increases are small. But, this is our second consecutive growth year and shows that the combined efforts of our dancers, Member Clubs and Dance Leaders supported by the Board of Directors are making a difference. We still have a long way to go to get our membership back to pre-pandemic levels. There's still a lot of hard work ahead of us. But, as Winston Churchill once said:

*This is not the end, it is not even the beginning of the end. But it is perhaps the end of the beginning.*

## Board of Directors News

It seems like Dance Year 2025/26 has only just begun, but already your Board of Directors is moving from the beginning of a new dance season towards the end of what is quickly becoming the old dance season:

- ◆ Dance Committee has wrapped up this year's Regional Dance Program;
- ◆ Club Liaison is wrapping up this year's New Dancer Recruitment Subsidy Program and is turning its attention to the Dance Dangle Visitor program and the recognition of significant club anniversaries;
- ◆ Publicity is considering ways to promote Modern Square Dancing over the summer months and how best to support Member Clubs' recruitment drives for 2026/27;
- ◆ While there may still be a few stray memberships to process, for our Registrar the bulk of her annual workload is behind her; and
- ◆ Planning for this year's AGM and the election of a new Board of Directors is already underway.

But we're not there yet. In addition to a couple more months of club nights, a glance at our on-line Events calendar (<http://www.eodance.ca/calendar.php>) shows that there's still lots of dancing left in the year. A recent Bulletin listed over a dozen up-coming dance events between the first of February and the end of the dance year and that's not including two major conventions this summer: the 43<sup>rd</sup> IAGSDC Convention in Montreal in June and the Canadian National Convention in B.C. in July

If you can't find a place to dance, you aren't trying.

See you on the dance floor.

Dave Western

President, EOSARDA

# Message from the Editor

I am planning to do articles on clubs that no longer dance.

Do you have club badges from a club that no longer exists? If you have badges or other historic material, and would like to share, please take *a* picture and send it along. I have a long list of clubs that have danced in our area over the years.

I am still waiting for articles to include in our *How We Got Here* column. This should be a paragraph or two about how you got interested in dancing and how it has affected your life. Perhaps clubs could suggest dancers who might like to take part in this project.

The cover is a picture from Frosty Fling, which was a great success.

There are lots of dances coming up to take part in. Check the list of flyers toward the end of this issue, and watch the EOSARDA Calendar on-line!

Gerry Johnson

Square Time Editor

[SquareTimeEditor@eosarda.ca](mailto:SquareTimeEditor@eosarda.ca)



November 30, 2025

FOR IMMEDIATE RELEASE

## **The ONTARIO SQUARE and ROUND DANCE FEDERATION**

(OSRDF) is searching for a Candidate for our Board of DIRECTORS.

Our longtime Secretary Barbara Englehart has done a magnificent job over the years keeping the Federation Meeting Minutes Books. Barb is looking to step away from the board after her many years with the Federation in numerous capacities.

### **Job Title: Board Secretary**

- ◆ Organization: Ontario Square and Round Dance Federation (OSRDF)
- ◆ Location: Ontario
- ◆ Position Type: Volunteer

### **Key Responsibilities:**

- Coordinate the scheduling of all board and committee meetings.
- Prepare and distribute meeting agendas and supporting materials.
- Accurately record and distribute meeting minutes.
- Maintain official records, such as governing documents and meeting minutes.
- Act as a primary point of contact for board members.
- Provide administrative and logistical support for board activities.
- Assist with board member on boarding and succession planning.

### **Qualifications:**

- ◆ Exceptional organizational and time management skills.
- ◆ Strong written and verbal communication skills.
- ◆ Proficiency in minute-taking
- ◆ Knowledge of nonprofit governance best practices is a plus.
- ◆ Experience as an executive assistant or in a similar administrative role is beneficial.

### **How to Apply:**

For further Information and to apply, please contact any of the members of the OSRDF Board of Directors or e-mail me :

Gerry Gregoire – geraldgregoire22@gmail.com

Vice-President OSRDF

Newsletter Editor OSRDF

**We thank Barb for her many years of service to the Board and to Square Dancing in Ontario. It is so very much appreciated Barb.**

# EOSARDA's Dance Committee Report February 15, 2026



EOSARDA's Regional Dance Program for 2025/26 wrapped up in Prescott on Saturday, February 7 with **Frosty Fling '26 - The Beach Party**. Despite high winds, blowing snow and bone-chilling temperatures, the dance was a great success, attracting 84 dancers from all corners of our region along with a few from Montreal. Frosty Fling dangles were presented to 38 people who identified themselves as first time Frosty Fling attendees. This included 10 people who identified themselves as new dancers.

As if coping with the weather wasn't challenge enough, early on dance day morning, one of our featured Callers, Brian Crawford, called in sick, leaving us with one Caller, Ron Gardner, for two rooms. Without hesitation, Geoff Clarke, Laird Green, Dave Hutchinson, Bob Summers and Mary Thurston stepped forward to fill the gap and save the day.



The original plan, based on attendance at past Frosty Flings was to have a Basic/SSD/Mainstream hall in the foyer and a Plus/Advance hall in the gym. However it quickly became apparent that an overwhelming majority of dancers preferred to dance in the Basic/SSD/Mainstream hall which was moved to the gym while the Plus/Advanced hall moved to the foyer.





From the dancers' point of view the dance, with its beach party theme, great decor and tasty snacks, was a great success.



Frosty Fling was the last Regional Dance on this year's Dance Calendar. It capped off a year that went from *"very good"* with the Welcome Back Dance, to *"even better"* with the Christmas Dance Party, to *"best yet"* with Frosty Fling.

It was originally estimated that this year's dance program would raise approximately \$800 for EOSARDA. In fact, the three dances combined raised over \$2,000 for the Association.

I would like to thank this year's Dance Committee: Michelle Gravelle, David Hutchinson, Pat McLachlan, Barbara McLellan, and Debbie Penney for their hard work, dedication and enthusiasm. I have never worked with a finer team.



Dave Western  
Chair Dance Committee

# Hello Dancers!

Can you believe we have already been dancing for almost 6 months!

Have you been tracking which open dances you have attended? EOSARDA hosted 3 wonderful dances - Welcome Back (Sept); Christmas Dance (Dec) and most recently the Frosty Fling (Feb). Did you attend all three?

Maybe you attended the Falling Leaves & Canadian Tartan event in Alexandria, or the Tartans & Kilts Dance in Cornwall? How about the OACA Caller Show case or did you Dance at the All Day Sashay? Maybe you attended the Advanced / Challenge dance in Napanee? Did you ring in the new year at either of the NYE Galas held in Napanee and Kemptonville? Did you learn some flourishing moves in Napanee in February?

All I know is that I just listed 11 dances and you ONLY need a combination of 5 or 8 to obtain a silver or gold dangle!!!! This is not even counting if you attend a visit to another club on a regular dance night! I think MANY of you might already qualify and there are still many GREAT dances planned for March and April!

I am sure I don't need to remind you that the best way for any dancer to become stronger is to dance more often, and visiting another club is a great way to do this! A different caller will present things in a slightly different way and this is a fabulous way to improve your skills! The EOSARDA Visit Dangle Program runs from September 1<sup>st</sup>, 2025 to August 31, 2026.

Check out [Calendar \(eodance.ca\)](https://calendar.eodance.ca) for the many up and coming dances! It is so EASY for you to track and participate!

- We have removed the requirement to obtain a signature to verify that a dancer did participate.
- Attendance at any club other than the club where the dancer pays the EOSARDA registration fee, counts towards the dangle. This also includes dancers who may dance with a second or third club on a regular basis - limited to one visit per club.
- Attendance at any workshop, special event, summer dance and/or convention, including outside Canada also brings you closer to earning a dangle.

***So ...I have attended the dances and club visits ... how do I obtain my dance dangle:***

Complete the required number of visits during a single dance year and submit your completed [application form](#) to [dancedangles@eosarda.ca](mailto:dancedangles@eosarda.ca) on or before September 30, 2026!

Let's continue to increase the number of dancers who will earn their dangles for 2025-2026! If you're not sure how the program works, send an email to [dancedangles@eosards.ca](mailto:dancedangles@eosards.ca) and I will be happy to chat with you!

See you on the dance floor!  
Michelle





February 21, 2026

## Square Dancing May Extend One's Life Span

By Dr. Louis J. Finkle, PhD, retired Clinical Psychologist & Research Professor, Biloxi, MS

After many years of in Clinical Psychology research, I am convinced that there are physical and mental activities that can extend one's life span. The following information may be of interest to those of you who are interested in living longer and fuller.

In examining the average age of many active athletes, the average age of athletes generally falls **between 20 and 30**, though this varies by sport. Sports requiring explosive speed and flexibility (gymnastics, swimming) have younger competitors (approx. 22-24), while precision or low-impact sports (equestrian, shooting, sailing) skew older, with average ages often exceeding 30. But which athletes continue their expertise the longest?

**RECREATIONAL SQUARE DANCERS!** The average age of recreational square dancers, however, is generally **between 60 and 80 years old**, with many clubs reporting an average age in the late 60s to mid-70s. I still communicate with active dancers who are older than 90! We have often been in square dances where **the ages ranged from 13 - 85 ,,, in the same square!**

The psychological and health benefits of Square Dancing has been often researched and reported in scientific terms. In my lectures, I have stressed the **instantaneous enhancement of the brain via simultaneous moving to music, following instant commands, deciding from a selection of many directions and coordinating movements with he movements of others.**

**Regional and Square Dance Club Variations:** The "average" is highly dependent on the local community and the club's focus: **In Western New York:** One report estimates the average age in this area to be between **65 and 80**. Where as in **China**, a large-scale cultural phenomenon known as *guang chang wu* (public square dance) features dancers with a mean age of approximately **58 to**

**59 years, As to Specialized "Young" Square Dance Clubs in America,** some clubs specifically target a younger demographic; for instance, one club reported an average age in the **early 40s**, while another "Young at Heart" club has an average range of **14 to 55**. **In Beginner Classes:** new recruitment efforts can see much younger averages; one beginner open night reported 13 new dancers with an average age of **27**. How and where a club advertises and invites, may determine the age range of the "first visitors to Square Dancing!" Square dancing is currently facing a significant demographic shift as its core population ages.



• **For example,** in some regional areas, more than **50% of dancers are aged 75 or older**. This especially true in retirement communities. Those have led to a declining population due to health-related reasons and a lack of multi-generational participation. Although it appears to be age-related, what is often overlooked is that "Square Dancing has extended the health and psychological well-being of the participants!" How many other athletic activities can report having averages exceeding 50+ years of age among active athletes!

• **Why do Clubs not have Younger Dancers?** Factors that often discourage younger participants include the perceived dress code of "western wear". Another is the lack of racial and cultural diversity. Most clubs in America are predominantly populated by "white folks!" The argument that club dances are often at night and designed for retired people who can stay up late and sleep in daily, is not logical. Most young people go on dates, party, see movies, etc. as late as midnight, and still go to work the next morning!

Despite the high average age, square dancing can include participants of all ages. Children as young as **5 to 9 years old** can learn the basics, provided they know their right from their left and can follow directions. In competitive dance settings for the 2024-2026 seasons, age brackets are formalized for youth as young as **4 to 7 years old** (Tiny Novice) through **16+ years** (Open/Senior).

**Square dancing provides significant psychological health benefits** by reducing anxiety and depression, fostering social connection, and improving cognitive function, especially in middle-aged and older adults. The combination of rhythmic, guided movement and social interaction helps lower stress, increases confidence, and offers a strong sense of accomplishment. Institutes of Health (NIH) | (.gov) +5

with many participants between ages 40 and 80. In our local Gulf Coast clubs, the age ranged from 20s - 90.

Combining commands ... music ... decisions ... dancing increases learning.

**The Math showing Increased Mentation.** The "average" is highly dependent on the local community and the club's focus: **Western New York:** One report estimates the average age in this area to be between **65 and 80**. **China:** A large-scale cultural phenomenon known as *guang chang wu* (public square dance) features dancers with a mean age of approximately **58 to 59 years**, with many participants between ages 40 and 80.

**Specialized "Young" Clubs:** Some clubs specifically target a younger demographic; for instance, one club reported an average age in the **early 40s**, while another "Young at Heart" club has an av-



average range of **14 to 55**. **Beginner Classes:** New recruitment efforts can see much younger averages; one beginner open night reported 13 new dancers with an average age of **27**.

**Demographic Trends and Challenges:** Square Dancing is currently facing a significant demographic shift as its core population ages. **Aging Population:** In some regional areas, more than **50% of dancers are aged 75 or older**. This has led to a declining population due to health-related reasons and a lack of multi-generational participation.

**Multi-Generational Participation:** Despite the high average age, square dancing can include participants of all ages. **Starting Ages:** Children as young as **5 to 9 years old** can learn the basics, provided they know their right from their left and can follow directions. **Age Grids:** In competitive dance settings for the 2024-2026 seasons, age brackets are formalized for youth as young as **4 to 7 years old** (Tiny Novice) through **16+ years** (Open/Senior). **Regional and Club Variations.** Despite the high average age, square dancing can include participants of all ages.

A review of medical literature and gerontological studies reveal no conclusive longevity. Square dancing has been linked to several benefits that can contribute to a longer and healthier life. Here's how it impacts longevity:

- **Physical Health Benefits:** Regular square dancing can lower body weight, improve balance, coordination, and endurance, and prevent the risk of falls in older adults. It also reduces the risk of cardiovascular disease.
- **Mental Health Benefits:** Square dancing has been shown to reduce negative emotions like depression, anxiety, and stress. This is achieved through the physical activity itself and the social interactions that come with it.
- **Social Benefits:** As a group activity, square dancing helps expand social circles, reducing feelings of loneliness and isolation. This social aspect is crucial for mental health and overall well-being.
- **Improved Quality of Life:** Studies have found that square dancing can positively predict quality of life in middle-aged and older adults. It does this by:
  - **Reducing Negative Emotions:** Square dancing acts as a mediator to reduce negative emotions, which in turn improves quality of life.
  - **Fostering Positive Attitudes Towards Aging:** Participants tend to develop more positive attitudes towards aging, further enhancing their quality of life.
  - **Chain Mediating Effects:** The relationship between square dancing and quality of life is also influenced by the chain mediating effects of negative emotions and attitudes towards aging. By reducing negative emotions, square dancing can promote more positive attitudes towards aging, ultimately leading to a better quality of life <sup>1</sup>.

While square dancing is not a direct guarantee of longevity, its numerous physical, mental, and social benefits can certainly contribute to a healthier and

**mPsychological Benefits of Square Dancing:** As a former Clinical Psychologist and Square Dancer, I have always been fascinated by the benefits I was increasing in psycho-motor and instant-reaction times as a result of more than 10 years of weekly dancing. The more I danced, the easier it was to decipher new concepts in my research settings, Let us start with the mathematics of basic skills.



- **When a person arrives for the first time ...** each are introduced to less than 20 basic moves. As most realize that dancing is fun, many go on to sign up for future classes that teach them the basic 50 major moves. For most of the moves, they will then learn that there is a “left, right, female, male” variation to the movement. These increase neuro-networks in the brain that may approach  $50 \times 4 = 200$  new synapses! The beauty of the benefit is that it expands mental capacity with little-to-no awareness among the dancers! This occurs over a period of 10 - 20 evenings.:

- **Mood Elevation & Stress Reduction:** As to the psycho-emotional benefits, the combination of music and movement helps alleviate symptoms of depression and anxiety. It acts as a form of stress relief by requiring intense focus on the Caller’s commands, which helps participants forget daily worries.

- **Enhanced Cognitive Function:** The mental stimulation required to follow callers' instructions (up to 200 may become automatic within the first few months) and coordinate movements with partners will boost memory and brain metabolism, which may delay cognitive decline. In essence, intelligence like muscles, “use it or lose it!”

- **Social Connection & Belonging:** As a group activity, square dancing fosters a strong sense of community, significantly reducing loneliness and enhancing social support. As I have been in continual connection with some Square Dance friends from 20+ years ago, even Square Dancers I have never met become “friends on Facebook” to this day.



- **Once a square Dancer, always a Square Dancer!** Well after many of us over 85 find that our heart and lungs can not handle a night of dancing, many of us still maintain contact with active dancers. Basically, like many ethnic groups, we become conditioned to be “a part of the old gang!”

ore fulfil· **Improved Self-Esteem & Confidence:** Successfully learning routines and performing in a group increases feelings of self-worth and competence. Many square Dancers go on to learn more advanced levels of Square Dancing. Variations of Basic calls are combined to form more complex series of movements. This double or triples the neurological synapses of the brain.

**Improved Attitude Toward Aging:** Regular participation can promote a more positive outlook on aging by fostering a sense of accomplishment and maintaining physical and mental skills. Research suggests that square dancing's combination of social, mental, and physical stimulation can offer superior mental health benefits compared to solitary exercise. National Institutes of Health (.gov) +1

- **Reduced Symptoms:** Regular participation is linked to significantly lower prevalence and severity of **depression** and **anxiety**. Studies show that nearly all participants of all forms of dancing have a more positive attitude than most other control groups.

- **Neurochemical Boost:** Dancing triggers the release of **dopamine** (mood booster), **endorphins** (painkiller), and **serotonin**, while simultaneously reducing the stress hormone **cortisol**. Not only does the brain increase in neural activity, but the overall health factors of the brain are improved!

- **Immediate Relief:** The high level of focus required to follow a "caller's" commands acts as a form of **instinctive mindfulness**, distracting the brain from daily worries and negative rumination. What starts out as intentional following of calls and commands, become automatic stimulus-response behaviors. In other words, “the brain learns automatically!”

- **Combatting Loneliness:** Square dancing is a major introduction to new friends in a positive setting! It becomes an inherently collective, providing a structured “fixed time and place” to form

stable social circles, which effectively alleviates social isolation and feelings of loneliness. Most dancers expand their social network in conjunction with the networks of their new friends. It fosters a strong sense of **group belonging** and identity, which acts as a "social cure" that protects mental health and increases life satisfaction.

· **Memory & Alertness:** Dancers must memorize calls and react quickly to commands, which sharpens the mind, improves **visuospatial skills**, and enhances executive function. These newly acquired skills are often transferable to their work-day schedules. **Neuroplasticity:** The "cross-lateral" movements (crossing the body's midline) engage both sides of the brain, creating new neural connections and potentially delaying the onset of **dementia** and Alzheimer's. The increase in cross corpus collosum transition of neurons aids in learning new skills while on the job during the day.

· **Boost in Confidence:** Mastering complex dance patterns provides a tangible sense of **accomplishment** and increases exercise self-efficacy, making individuals feel more capable and self-assured. This can result in **Positive Aging:** which means that engaging in this vibrant activity helps foster a **positive attitude toward aging**, reducing the impact of negative aging.

**Finally**, as an 85-year old former Square Dancer and retired Research Professor, I can still move, lecture, teach and walk as I did when working full-time. In reflecting back to how I maintained this level of activity, I answer by listing the following:

- **1. For physical and mental acuity, participate in Square Dancing as long as your physical health is sustainable. When unable to dance due to physical limitation, attend dances and maintain connection with dancers.**
- **2. Make it a habit to do at least one crossword puzzle each day. Particularly the Sunday edition of a large newspaper. There are books of 100 - 300 puzzles available.**
- **3. Maintain as many friends as possible. Particularly with Square Dancers. They tend to be sociable and friendly. Make new friends with those who can be helped by introducing them to square Dancing.**
- **4. On a personal level, if you are reading this to the end, I would like to be your "friend on Facebook and LINKED IN." Anyone who reads this far is a person I hold in high esteem!**

Louis J. Finkle, PhD, CFP ... retired Research Professor and Clinical Psychologist.  
Biloxi - Gulfport, MS, USA

# Club News: Grenville Gremlins

It is an honour for the Grenville Gremlins that two of the three Trillium long service awards for 2025 are Gremlin members -- Bernie and Mary Power and Tom and Ardele Mesman. The awards were presented at our annual Christmas potluck dinner. Geoff Clarke did the honours of presenting the Ontario Federation Award on behalf of Dave Western, who was not able to attend. Since Geoff was the caller for the Gremlins for many years, it added an extra personal touch. Meanwhile, Lamar Mason, foot-cast and all and made her way to the ceremony and presented the EOSARDA award. Thanks to Geoff and Lamar for making the presentations.



In addition, the club's Past President, Debbie Armstrong and Mary Cruse, President, presented the award winners with a gift from the Club. We feel privileged to be amongst these esteemed dancers!



On a different note, we hosted another successful New Year's Eve Dance. Once again Peter and Geraldine Matthew led the organizing of the event. It is a huge undertaking and we appreciate them and the volunteers who help make this event happen. Regrettably several folks were not able to attend due to sickness, but those who were able to attend were happy to dance with Caller Brian and enjoy a delicious buffet. There were few leftovers!

The Gremlins have had a challenging year with a later Open House start because of renovations at the Municipal Centre where we dance and then two dance nights were cancelled because of weather. The club will be dancing into the first two weeks of May so that Brian has time to teach our new dancers all the program steps. We appreciate everyone who has "hung in there" during this turbulent dance year.

Mary





# LOCKITS Advanced Dance Club

Geoff & Teena Clarke

February 2026

Here it is, 2026 already and as Lockits is currently in its 17<sup>th</sup> year of Advanced dancing, I'm reminded of just how quickly "time flies"! Where has the last 17 years gone I wonder?? During those years, we've had a number of our dancers 'retire' from dancing while at the same time we've added new members, and many of our current group have been with us for a long time!! At this past week's dance (on Feb 25) I was reminded just how time flies as we had a number of birthday celebrations – 5 actually!! Two of those were celebrating 80<sup>th</sup> birthdays, while one is 91! (*Pat B. wasn't here this week*). Now honestly, all 3 guys were admitting their age, while the two ladies... well, I wouldn't dare ask!! LOL!!

So, here's a 'some' photos of the 'celebration' and you can readily see that all were enjoying themselves! The cupcakes were courtesy of Pearl Western to mark David's 80<sup>th</sup> birthday (thanks Pearl) & were supplied by 'the cupcake lady' herself, Beth Tilbury, and they were indeed delicious!!

### CELEBRATING BIRTHDAYS!



David is 80!!



4 of the 5 birthday folks!

Fletcher(80)

Geoff

Dave

Valerie

John



Barbara

Fran

Fletcher

Sue

Glenn

Carol

Lynn

Marilyn

Barbara

Sue



**You're welcome to come & dance with us at any time!**

**Square Dancing IS all about Fun & Friendship  
So, come & join us, won't you?**

Live Lively -



Square Dance

## Club News: MERI SQUARES

The Club held a very successful dance clothing sale in early November, 2025. Wow, what a successful event! We sold \$475 worth of clothing, thanks to the many volunteers who organized, helped with the huge piles of beautiful clothes and all the dancers who purchased great duds!

Our Christmas Party on December 11 was amazing, with punch, a pot luck feast, and our new dancer graduation and Dangle presentation. Eight dancers graduated, and 12 dancers received new Dangles for their enthusiastic participation! And, once again our members donated cash and clothing to the Ottawa Snowsuit Fund- our Xmas tree was decorated with envelopes of cash and



warm mittens instead of twinkly lights.



Meri Squares welcomed 13 new dancers in January, and all of our new September 2025 dancers have returned, so we are more than pleased!



Our 2 Valentine programs in February were full of dancers decked out in red and pink, as well as delicious treats for all to enjoy.



On Saturday February 28, we hosted our Meri Mingle Plus Dance, called by our own John Charman and special guest Caller, Geoff Clarke. We had more than 7 squares on the dance floor, with 8 area clubs attending for a great afternoon. Refreshments were courtesy of club members and a full table of delicious sandwiches, cheese and fruit trays, cakes and sweet treats were enjoyed by all.

A very special thank you to our extraordinary Callers, Wendy VanderMeulen and John Charman. They make every dance memorable.

Submitted by Patricia McLachlan

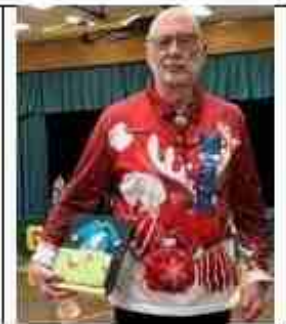
## Club News Mississippi Squares

And so begins the 2<sup>nd</sup> half of this 40<sup>th</sup> year of dancing with the Mississippi Squares in Carleton Place. In this article we'll be initially focusing in on two events that took place near the end of the 1<sup>st</sup> half of the 2025 – 26 season, then following up with two additional items of interest which occurred (or will occur) in the 2<sup>nd</sup> half. These will be as follows:

1. A very notable achievement by one of our members;
2. Our Catered Christmas Dinner dance for 2025;
3. Our St. Valentine's Day dance for 2026; and,
4. Our upcoming *Mississippi Squares 40<sup>th</sup> Anniversary Dance*.

### EOSARDA 2025 Christmas Dance in Prescott, Saturday December 6<sup>th</sup>

A number of Mississippi Squares members were in attendance at this fun-filled event. Howie Marsh was one of those who participated in the Ugly Sweater Contest. We'll leave it up to you to decide whether his sweater won the trophy for most Original, Tacky, Sparkle or Retro.



### 2025 Catered Christmas Dinner Dance, Tuesday, December 16<sup>th</sup>



#### Almost Time to Begin Feasting

- President Betty Ready to Start Calling Folks Up to Buffet Table of Roast Beef
- Lots of Choices
- Amy and Brian About to Get Started

Brian Asks Everyone to Wave for the Camera Before the Dancing Begins

## 2026 St. Valentine's Day Dance, Tuesday, February 17<sup>th</sup>

Due to inclement weather, it took two tries to get this event to come to pass this year. It was well worth the wait. Geoff Clarke did a great job filling in for Brian who was away with Amy on a well-earned sabbatical somewhere sunny and snow-free far to the south.



A word of caution: Don't have of cup of coffee raised to your lips when Brian Patterson discovers he has the winning ticket in any future 50/50 Raffle draw. His exultant roar that night,

**"I Wwwwooooonnnnn !!!!!!"**

nearly brought the house down and left everyone laughing, although somewhat nervously for some.

## Mississippi Squares 40<sup>th</sup> Anniversary Dance

The upper 2 halls of the Carleton Place Arena at 75 Neelin Street in Carleton Place have been booked for this gala event which will take place from 2 to 4 pm on Saturday, March 28<sup>th</sup>, 2026. One of the best callers we know (actually, as stated previously, we think he is the best of the best), our very own Brian Crawford will be there to keep folks dancing to a mix of Basic, SSD, Mainstream and Plus tips. This is one square dance event you definitely don't want to miss! Ribbons have been distributed to other clubs which can be purchased for the low, low price of \$12 Cdn. They will also be available at the door (for \$15 Cdn). For further logistical details, please check out our *Mississippi Squares 40<sup>th</sup> Anniversary Dance* poster which may be found in the **Flyers** section of this issue of **Square Time**. We hope to see you there to help us celebrate 40 great years of dancing here in Carleton Place!

So that's about it for yet another edition of **Mississippi Squares Club News**. As always, we would like to encourage dancers from other member clubs of EOSARDA (and elsewhere) to come out and see what we're all about. Please feel free to drop in for a fun-filled evening of dancing here in Carleton Place. We'd love to see you! We're doing Basic and Mainstream on Tuesdays and Plus on Fridays. Please note: we are normally dancing at our relatively new digs in Brunton Community Hall which is located at 2022 Beckwith Park Lane. On some Fridays, however, we've been bumped from our usual place of residence. On those nights, you'll find us dancing at Zion-Memorial United Church at 37 Franklin St. in Carleton Place.

If you have any questions or concerns regarding where we're dancing on any given night or anything else to do with our club, please feel free to contact our president, Betty Goodwin at 613-256-0551. Another excellent source for information about our club is to be found on our website at [Mississippi Squares Dance Club](#).

In case you're wondering, Diane Marsh and Brian Crawford provided all the great pictures used in this article. Thank you, Brian and Diane!

Submitted by Charles Henderson



Hello everyone,

So far, the winter season here in Napanee has been a wonderful success! When the snow flies and the temperatures dip, there's no better way to stay warm than with good friends, lively music, and a few well-timed do-si-dos. Thank you to everyone who has bundled up, braved the winter weather, and joined us on the dance floor so far this year.



Since our last update, we've enjoyed several special dances. December brought our festive Christmas Dinner, January featured a fun-filled Pizza Night, and February dazzled with our Red and White Valentine's Dance. Each of these events was a toe-tapping success and would not have been possible without our incredible club volunteers. Your time, energy, and dedication truly make our club something special.

This past Saturday, we hosted a styling workshop, and I'm delighted to say it couldn't have gone more smoothly. A huge round of applause goes to our president, Karen Wilson, for organizing such a wonderful event, as well as to everyone who came out to participate. The floor was lively, and the smiles were even bigger!

The Napanee Pioneers have several exciting dances planned for the remainder of the season. We'll kick things off with our St. Patrick's Day Dance on March 13th, followed by our always-popular Pie Night on April 17th. Our Graduation Dance will take place on May 15th, and last—but certainly not least—we'll swing into our grand finale: the Spring Into Summer Dance on May 30th.

The Spring Into Summer Dance is always a fun and festive way to wrap up the winter season, and we hope to see many of you there as we celebrate another fantastic year of dancing together.



See you on the dance floor,

Shannon McKinney  
Secretary  
Napanee Pioneers

# Rideau Canal Cloggers

The Rideau Canal Cloggers are a group of individuals who come together to share their love of music and dancing. We are not interested in competition or taking things too seriously. We all genuinely love to dance and have enjoyed the friendships being made along the way, with lots of laughs!

Each September we begin our classes at the basics of clog dancing. We practice Wednesday evenings from 6:00 pm to 8:00 pm in the basement of the Westminster Presbyterian Church in Smiths Falls, Ontario.

The Rideau Canal Cloggers are very proud of our accomplishments over the last several years. Some of these include being a part of several local fairs, festivals, providing entertainment at area retirement communities and other social events. In 2025, we were part of the acclaimed Stewart Park Festival in Perth, Ontario and the 1st Annual Smiths Falls Downtown Business Association Bike Night which was held the first Wednesday of June, July, August and September along the main drag of town. Each event boasted THOUSANDS of motorcycles and motorcycle enthusiasts to the downtown core. We were honoured to be requested to perform at the Perth's Pathway of Heroes Motorcycle Parade where we performed for a WWII veteran as he received his Quilt of Valour.

We ushered in 2026 with some school demonstrations. Some of our dancers visited area elementary schools to share our love of dance. The students enthusiasm is surely contagious, and we look forward to perhaps some of them picking up the "clogging bug"!!

On October 3rd of this year, we look forward to hosting our **3rd Annual Clogging Workshop** with the theme of Railways and Riverboats ~ a nod to our hometown that is rich in railroad and Rideau Canal history. Three years ago, this was a pipe dream that started with some new dancers on their way home from their first ever clogging workshop with stars in their eyes. With the encouragement and help of our fellow dancers this dream became a reality. Our first year we welcomed 30 dancers that travelled from several hours away to join us for a one-day workshop. Our second year was bigger and better where we welcomed more than 50 clog dancing enthusiasts!!!



 **FOR MORE INFORMATION**  
rideaucanalcloggers@gmail.com  
 Rideau Canal Cloggers



3rd Annual

# CLOGGING WORKSHOP

Hosted by the Rideau Canal Cloggers

Saturday, October 3, 2026

Smiths Falls Civitan Club

12468 ON-15, Smiths Falls, ON

## Railways and Riverboats



Registration begins at 8:00am

Teaches begin at 9:00am

**\$30 PER PARTICIPANT | SPECTATORS \$10**

*\*includes lunch and syllabus*

FOR MORE INFORMATION:

[amkerr70@gmail.com](mailto:amkerr70@gmail.com)

[rideaucanalcloggers@gmail.com](mailto:rideaucanalcloggers@gmail.com)



RideauCanalCloggers





Russell Squares

Saint Mother Teresa School, 1035 Concession St., Russell K4R 1G7

Teaching and Dancing the SSD program

Fridays, 6:30 - 8:30 PM

Wendy VanderMeulen

Russell Squares had a late start for the winter/spring session. We had an open house on January 30 which saw 8 new people come to try it. Two of them joined us for our lessons which began on February 6. We lost 4 dancers from last fall's class which puts us at 15 dancers.

It was great to hear that 4 of our dancers went to Frosty Fling and had a great time. We're now always on the lookout for other dances that our SSD graduates can attend.

# Club News - Swinging Bs Cornwall

**Fridays, 6:30 - Plus, 7:00 - Basic, MS**

It must be Spring. The sun is slowly moving north; giving a better view of the dust on the furniture. I will keep an eye open for the first robin when I go for my walk.

Luckily, we have been having a great dance season since Christmas.

Our 10 new dancers from September are almost completed MS. One more joined us in January and is quickly progressing.

I can't say enough about this group; 2 are learning to call with lots of help from Bob Summers.

Despite the cold, snowy weather, most dancers have braved the elements to come out and dance. I keep checking my steps and register 500 for each tip.

We are occupied with plans for the Swinging B's 50<sup>th</sup> Anniversary Dance on Sunday, March 8<sup>th</sup>. Hope to see many there.

# Club News, The Swinging Swallows, Pembroke

## A Swallows Tale

It was recent transplants to Pembroke from the Huntsville area, Eileen and Gordon Hildebrandt, who brought with them the idea and the energy to plan and pursue the Swinging Swallows Square Dance Club in 1987 and convinced Mel Wilkerson to be the Swinging Swallows club caller! Later came Andy Himberg-Larsen called for many years, then Francois Desmarais and, currently, we have Ron Gardner calling for the club.



Eileen's cousin, Betty, is the person who chose the name. Beginning in the early 1970's, and continuing for about 20 years, Pembroke was the site of the largest concentration in Canada of swallows and martins.

From early June to mid-August, every evening, millions of birds descended in waves of some 5000 per minute into a small stand of willows at the confluence of the Muskrat and Ottawa Rivers, not far from Pembroke's main street. Thus, the name of our club, the Swinging Swallows. Unfortunately, the swallows disappeared in the early '90s, but the Swinging Swallows continue to swing.



Club member, Alf Allwright, designed and created the first Club banner which was used until about 2015. The Swallows' own Wendy Schields took up the task of replicating the banner. At the same time, she made a smaller banner, in case visitors decided to come 'banner napping'! A couple of years earlier, Wendy made two banners, black lettering on white, that were to decorate our float in the Christmas Parades.



The Club has had a few special achievements, in addition to hosting some fun dances over the years. We applied for an Ontario Trillium Foundation Grant in 2007/8 and were awarded \$16,200. These funds helped to revitalize our image, create a website, purchase a street banner (to hang across the main street in Pembroke), purchase three stand-alone banners. The funds also made it possible for the Swallows to purchase a laptop and sound equipment.

As well, the Ontario Trillium Awards have been awarded to Swallows: Renton & Eleanor Patterson, Roger Morreau, Ron & Charlene Gardner, and me, Gloria Bateman. The Club has also made efforts to recognize several hard-working members who have gone out of their way to help the club: Wendy & Bill Shields, Mary Dament, Harold Duchrow, Shal-lan Dament, and our Décor Diva, Norma Crozier-Grant. Many, many others who continue to contribute their time and talent to help build and sustain the club. Our 40th anniversary comes up 2027!

We continue to try to generate interest and participation in modern square dancing and are making plans for a summer (June 20) event that we hope you all will come to. Watch for an e-Bulletin in the next month or so but be sure to save the date for us!

Submitted by Gloria Bateman

## UPCOMING DANCES - MAR - JULY 2026

The 2026 Dance Season has started and coming up there are some great opportunities to enjoy great dances! Print this list, put it on your fridge, enter the data into your calendar and plan to support the dances, improve your skills, meet new people - and most importantly -have fun! Unless otherwise noted, full details can be found at <https://www.eodance.ca/calendar.php>

- Mar 7 Toronto & District Square Dance Association / Quinte Twirlers Joint Dance - 2 halls, 4 callers, Basic - Advance - afternoon & evening sessions
- Mar. 8 Swinging B's - Cornwall - 50th Anniversary Dance-
- Mar 14 Limestone Dancers - Kingston - St Patrick's Day Dance- 2 halls, 2 callers - Basic to Advance
- Mar 28 Mississippi Squares - Carlton Place - 40th Anniversary Dance-
- Apr 18 Lift Locks - Peterborough - Spring Spree - 4 callers, 2 sessions, all levels dance
- Apr 25 Quinte Twirlers, Belleville - Apple Blossom Dance - 2 callers - all levels dance.
- May 2 Border Boosters Square and Round Dance, Association Cornwall - Celebrating Don Moger's 50 years of calling.
- May 9 Glengarry Tartans - Alexandria - Mother's Day Dance
- May 16 Napanee Pioneers - Advance & Challenge Dance - 4 callers, 2 halls
- May 17 Glengarry Tartans - Spring Flutter Wheel - Alexandria
- May 30 Napanee Pioneers - Spring into Summer Dance- 2 callers, 2 halls, all levels
- June 20 Swinging Swallows - Pembroke- TBD
- July 2-543<sup>rd</sup> IAGSDC Convention - Montreal Mix - Multiple callers, multiple halls, all levels. Full details <https://www.montrealmix2026.com/>
- July 15 - 18 Canadian National Square Dance Convention Penticton, BC - multiple callers, multiple halls, all levels. <https://csrds.ca/news-26-2/>



*The Rhythm of Friendship*

# Square Dance

*The Music of Life*

Square Dance Ottawa  
Intro to Square Dancing  
J.A. Dulude Arena,  
941 Clyde Ave, Ottawa  
4<sup>th</sup> Sunday of the Month  
Wendy VanderMeulen

## MODERN SQUARE DANCING

*No experience necessary!!*



## COME DANCE AT SQUARE DANCE OTTAWA IN 2026

J.A. Dulude Arena, 941 Clyde Ave. (1/2 km south of Carling at Woodward)  
4th Sunday of the month, 2:30 – 4:30  
Jan.25, Feb.22, Mar.22, Apr.26, May.24, Jun.28,  
Jul.26, Aug.23, Sep.27, Oct.25, Nov.22



Everyone is welcome (including people with 2 left feet). No judgement! 😊  
Ages 10 and up.

For more information, call or text Wendy VanderMeulen at 613-282-0575

Email her at [WendyGVanderMeulen@gmail.com](mailto:WendyGVanderMeulen@gmail.com)

Check the website [www.SquareDanceOttawa.ca](http://www.SquareDanceOttawa.ca) or [www.meetup.com/square-dance-ottawa-meetup-group](http://www.meetup.com/square-dance-ottawa-meetup-group)

Small print: \$12 per person – payment in advance by eTransfer to [wendyv@simpatina.co](mailto:wendyv@simpatina.co), or at the door by cash, or credit/debit.

# MODERN SQUARE DANCING

*No experience necessary!!*



## COME DANCE AT SQUARE DANCE OTTAWA IN 2026

J.A. Dulude Arena, 941 Clyde Ave. (1/2 km south of Carling at Woodward)  
4th Sunday of the month, 2:30 – 4:30  
Jan.25, Feb.22, Mar.22, Apr.26, May.24, Jun.28,  
Jul.26, Aug.23, Sep.27, Oct.25, Nov.22



Everyone is welcome (including people with 2 left feet). No judgement! 😊  
Ages 10 and up.

For more information, call or text Wendy VanderMeulen at 613-282-0575  
Email her at [WendyGVanderMeulen@gmail.com](mailto:WendyGVanderMeulen@gmail.com)

Check the website [www.SquareDanceOttawa.ca](http://www.SquareDanceOttawa.ca) or [www.meetup.com/square-dance-ottawa-meetup-group](http://www.meetup.com/square-dance-ottawa-meetup-group)  
Small print: \$12 per person – payment in advance by eTransfer to [wendyv@sympatico.ca](mailto:wendyv@sympatico.ca), or at the door by cash, or credit/debit.

# SUMMER 2026

## IMPROVE YOUR SSD DANCING

Okay. Lessons are over, but let's not forget everything over the summer! Dancing continues all summer – so you can improve your dancing skills.



**Tuesdays**  
**Details coming soon.....**

Mel Baker Hall, J. A. Dulude Arena  
941 Clyde Ave. (1/2 km south of Carling, at Woodward)



## BACK BY REQUEST!!

### TOUGH PLUS DANCING

Hey Plus dancers – do you want to be challenged?

Do you want to find out some really neat stuff that can do with Plus?



we



Thursdays, May 14 – August 20  
(except July 2)  
7:00 - 8:45 p.m.

Mel Baker Hall, J. A. Dulude Arena  
941 Clyde Ave. (+/- 1/2 km south of Carling, at Woodward)

**Caller: Wendy VanderMeulen**

**\$12 per person per night**

*Pay in advance\*: \$140 (equivalent of \$10 per night)*

For more information, contact [WendyGVanderMeulen@gmail.com](mailto:WendyGVanderMeulen@gmail.com) or 613-282-0575

\*By cash, cheque (to Wendy VanderMeulen), or eTransfer (to [wendygvandermeulen@gmail.com](mailto:wendygvandermeulen@gmail.com))

# Riverside Gypsy Squares



**Do you Love Square Dancing?  
Do you Love Camping?**

**Combine these two great activities and join us!**



Dancing level is full Mainstream with Plus tips, and easy line dancing. Visitors are welcome and encouraged to join us for our Open Dances on Friday evening and on Saturday afternoon. Our Friday dances are from 7:00 – 9:00 PM and our Saturday dances are in the afternoon from 1:30 – 3:30 PM. They are held in the open air Pavillion just near the entrance gate. Our dress code is "relaxed", so please wear something comfortable and appropriate for the weather as we could be outside.

You can find us at Lower Beverley Lake Park Campground, **146 Lower Beverley Lake Park Road.**, Delta, ON. Phone (613) 928-2881 on the following week-ends:

## Summer 2026 Schedule

May	June	July	August	September
22-23	19-20	17-18	21-22	18-19

You may camp with us for up to a maximum of 2 weekends, then we would expect you to join our group. Our Membership fees are \$40.00 per couple. Otherwise, there is also a small fee of \$5.00 per person to dance.

For more information please contact Chris or Christine Slater at: 613-925-1712 or (Cell) 613-246-3053 (call or text) or email at: [cslaterfamily@gmail.com](mailto:cslaterfamily@gmail.com)





61st

Join Us In Peterborough  
Lift Lock Squares Presents The  
61st Annual

61st

# SPRING SPREE

## 18 April 2026

1:00 to 4:00 PM - 6:00 to 9:00 PM

Crestwood Secondary School  
1885 Sherbrooke Street West Peterborough K9J 0E5

Four Great Callers : Four Halls  
**Barry Clasper Tim Crawford**  
**Dave Hutchinson Don Moger**  
Basic, Mainstream, Plus, A1/A2

Pre-registration: – All Day \$22.00 PP, Afternoon or Evening \$12.00 PP  
Registration At The Door –All Day \$25.00 PP, Afternoon or Evening \$15.00 PP  
NEW BASIC DANCERS DANCE ALL DAY FOR HALF DAY PRICE  
Please wear clean shoes in dance halls: NO perfumes or scents please

For Information: email: [springspreedance@gmail.com](mailto:springspreedance@gmail.com) or phone 905 342 5450



.....

1st Last Name.....First Name .....

2nd Last Name.....First Name .....

Address.....

City.....Province.....Postal Code.....

Phone.....Email.....

All Day..... Afternoon Only..... Evening Only.....

Square Dance Club.....Amount Enclosed .....

Please make cheques payable to : **Lift Lock Square Dance Club** or E transfer to **annewayne644@gmail.com**

Mail registration to : **Wayne Hare 107 Douro 2nd Line Douro-Dummer K0L 2B0**

or Email to **annewayne644@gmail.com**

Specify Number of Dancers at highest level you plan to dance. Dance in lower level rooms as you wish.

Dance Level: Basic ..... Mainstream ..... Plus..... A1..... A2.....



Please Join Us To Celebrate the  
**Mississippi Squares**  
**40th Anniversary**

**Basic, SSD,  
 Mainstream, Plus**

**Saturday March 28, 2026  
 2-4pm**

**Carleton Place Arena  
 Upper Hall  
 75 Neelin Street  
 Carleton Place  
 Ont**

**Caller: Brian Crawford**

**Info: call 613-256-0551**

**Email: [betty.goodwin@gmail.com](mailto:betty.goodwin@gmail.com)**

**Ribbons \$12.00 in advance  
 \$15.00 at the door**

**[www.mississippisquares.ca](http://www.mississippisquares.ca)**



**Soft Soled Shoes  
 Please**





**LIMESTONE DANCERS**  
**MODERN SQUARE DANCE CLUB**  
**KINGSTON, ONTARIO**

# 25th Annual St Patrick's Dance

**March 14<sup>th</sup>, 2026**

**1:30 PM – 4:30 PM**



Two Halls – Two Callers:  
Brian Crawford & David Hutchinson  
SSD, Basic & Mainstream/ Plus & Advance

\$15.00 per dancer

**Odessa Fair Grounds**

231 Main St, Loyalist, ON, K0H 2H0  
*Cross street: Main St and County Rd 6*  
Just off 401 at County Road 6

Snacks will be served / Door Prizes to be won

**Please Join us for an afternoon of  
dancing and friendship**

email or e-transfer at [limestonedanceclub@gmail.com](mailto:limestonedanceclub@gmail.com)



## Proposed Outline Of Program

### Afternoon Session

**1:00 to 4:00**

Dedicated halls for Basic, Mainstream, Plus, and Advanced  
Advance hall will have 1 hour A1 and 2 hours A2

Coffee/Tea and cookies available during afternoon dancing

### Evening Session

**Dancing Resumes At 6:00**

**6:00 to 6:30**

Four Halls of Dancing  
Callers Showcase, Basic, A1 and C1

**6:30 to 8:30**

Basic, Mainstream Plus and A2  
Will Resume In The Designated Halls

**8:30 to 9:00**

Grande finale in large gym with all callers

**9:00**

Refreshments Served

**Refund policy: Prior to the dance less \$4.00 handling fee. Or roll-over to 2027 at no charge**

### Peterborough Hotels

**Super 8, 1257 Lansdowne St W., 705 876 8898**

**Spring Spree Rate \$ 119.00 Plus Taxes**

**For Standard Guest Room**

**Free Continental Breakfast from 6AM to 10AM**

**Book Before 30 March 2026**

**Comfort Inn, 1209 Lansdowne St. W., 705 740 7000**

**Spring Spree Rate \$ 134.00 Plus Taxes Includes Hot Breakfast.**

**Book Early To Obtain The Group Rate**

**For Special Rates Please Book Directly With The  
Local Hotel and Request The Spring Spree Group Rate**

For Lift Lock Records

Date Received.....Ribbons Sent.....Given Out.....CQ..... CA..... E-Tr.....

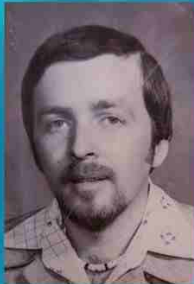
B.B.S. & R.D.A.



# BBS&RDA

Invites all dancers  
and friends of

# Don Moger



To celebrate **50 years** of superb calling  
for BBS&RDA clubs and clubs all around the world.

Saturday May 2, 2026

At Charles Claude Emile Centre

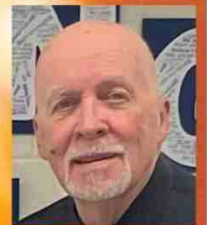
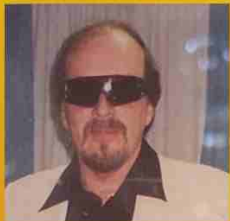
146B Chevrier Ave, Cornwall ON, K6H 1S1

Dancing 2:00 - 4:30 pm

2 Basic (this year's class) and 1 Plus

Refreshments - Pot of Gold

Donations: \$10



Directions from HWY 401:

Take exit 792

Turn right onto McConnell Ave for about 4,6 km

Turn right onto Chevrier Ave

Destination will be on your left

For information contact: Sheila Marcus [sheandhe@sympatico.ca](mailto:sheandhe@sympatico.ca)

Live Lively -



Square Dance!



### Registration Form

Register online or if paying by cheque, clip out this section and mail it to us at:

**MSDC Inc.**  
**450 Rochefort Circle, Ottawa, ON**  
**K4A 0M9 Canada**

Person 1 Name: \_\_\_\_\_  
 Dance Level: \_\_\_\_\_  
 Person 2 Name: \_\_\_\_\_  
 Dance Level: \_\_\_\_\_  
 Club Affiliation: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Email Address: \_\_\_\_\_

### Registration Includes

- 4 days of square dancing
- Seven large dance halls
- All levels up to C4, including SSD
- 13 internationally renowned callers
- Thursday brunch
- Saturday evening banquet gala
- Memorial room
- Women's hospitality suite

You can register easily online using our website, [montrealmix2026.com](http://montrealmix2026.com) or use this form to register by mail. Make cheques payable to MSDC Inc.

### Merchandise

Commemorate your visit to Montréal by purchasing some amazing merchandise from our website: [montrealmix2026.com](http://montrealmix2026.com)



## 43rd IAGSDC Square Dance Convention



July 1-5, 2026

Montréal, Québec, Canada

### Rates

Through 2025: \$315  
 Through 2026: \$345  
 Non-Dancer: \$195  
 First Timer: \$275  
 \* Rate is per person  
 CAD Canadian

### Cancellation

Before June 1, 2026:  
 Refund minus \$10 fee

Transfer at no cost

After June 1, 2026: No refunds, cancellations or transfers



[MontrealMix2026.com](http://MontrealMix2026.com)  
[info@montrealmix2026.com](mailto:info@montrealmix2026.com)

### The Venue

The Centre Sheraton Hotel is your home away from home.

Located in the heart of downtown Montréal, a short walk to the Metro (subway), this hotel will be a warm and contemporary space to dance and sleep all under one roof.



### Montréal, Québec, Canada



\* Note: English is widely spoken in Montréal

### Signature Event

At this year's signature event we're bringing cirque to you!

Hosted in the hotel ballroom and curated by Marcus Gauthier — a renowned trainer from Cirque du Soleil — professional circus actors spanning multiple disciplines will thrill and amaze you with their skills.

A gourmet plated three course meal is included as well as two hours of square dancing to celebrate the beginning of convention.

You won't want to miss this event!  
 \* a *matinée performance* has been added



### Tours

Visit our website to book any of these fun tours, including others, during your stay in Montréal.

- Fun Badge Tour
- Québec City Bus Tour
- Montréal City Bus Tour

We will be adding more tours as we get them organized so visit our website often. Full details and pricing at [montrealmix2026.com](http://montrealmix2026.com)



<b>Barry Clasper</b> Toronto, ON	<b>Kris Jensen</b> Albuquerque, NM
<b>Michael Kellogg</b> Northridge, CA	<b>Sandie Bryant</b> Chicago, IL
<b>Brian Crawford</b> Carleton Place, ON	<b>Michael Levy</b> San Francisco, CA
<b>Justin Russell</b> Moscow, TN	<b>Vic Ceder</b> Los Olivos, CA
<b>Ett McAtee</b> Severn, MD	<b>Wendy VanderMeulen</b> St-Albert, ON
<b>Don Moger</b> Montréal, QC	<b>Ted Lizotte</b> Manchester, NH
<b>Dave Hutchinson</b> Marlbank, ON	<b>GCA Callers</b>

# Convention Update

Are you registered for the Montréal convention yet? If you haven't registered, the number of days until the next price increase is limited because on **January 1**, the rate goes from \$315 to **\$345**.

That price includes a full weekend of amazing square dancing at all levels (SSD/MS through C4) to eleven of the best callers in the world, a banquet supper and a breakfast buffet meal. Also some really fun specialty tips like women's tip, bear tip, leather tip, last man standing, hot hash and many more.

If you've never attended an IAGSDC convention before, you qualify for a special **first-timer rate of \$275**. Check out the [registration page](#) of the website for details on how to get it.

If your reason for not attending the convention is financial, you should definitely check out the [special subsidy](#) that's available to anyone who can't afford to attend. Do it before the subsidies run out.

Either way, the host hotel (Le Centre Sheraton) is **filling up fast**. Rooms are 95% booked already so if you plan to attend, you should [reserve your room](#) asap. You can cancel the hotel up to 72 hours in advance with no penalty.

# PENTICTON

British Columbia, Canada



July 15th - 18th  
**2026**



## Canadian National Square, Round & Clog Dance Festival

[squaredance.bc.ca](http://squaredance.bc.ca)



PENTICTON TRADE AND  
CONVENTION CENTRE



Come to Penticton, with its rich history of square dancing.  
Host of the Peach Festival Square Dance Jamboree for over 60 years.  
Enjoy square dancing in Okanagan Lake, floating down the canal joining two  
beautiful lakes, wine tasting tours, bountiful orchards and dancing  
with friends old and new.

**Welcome to the Okanagan!!**

## Look who you could be dancing to in Penticton BC in 2026:



Ray Brendzy



Betsy Gotta



Barry Clasper



Wendy Krueger



Lorne Smith

**AND MANY MORE SUCH AS:** *Patrick Aubert, Gary Baker, Black Sheep Steph, Caitlyn Brendzy, Nicholas Brendzy, Lionel Crowe, Gary Dean, Jim Decelle, Garry Dodds, John Fawcett, Joe Gonzalez, Roy Gotta, Terry Hebert, Dave Hutchinson, Laurie Illsely, Claudis & Dave Littlefair, Sandy Meyer, Vance Morrison, Steve Ocskasy, Connie Ritchie, Kirk Rocherbie, Dan Roy, Gordon Ruedig, Deb & Ray Schmidt, David Symington, Mary Thurston, and Dottie Welch!!*

**CLOGGING LEADERS:** *Rosalie Bodnarchuk, Barbara Bizovie, Lyle Boswall, Mary Dart, Barbara Guenette, Janet Guise, Mike McDow and Tracy Turner!!*

**EARLY BIRD PRICING EXPIRES DECEMBER 31<sup>ST</sup>, 2025!!!!**

REGISTER NOW FOR THE 24<sup>TH</sup> CANADIAN NATIONAL SQUARE, ROUND & CLOG DANCE FESTIVAL: JULY 15<sup>TH</sup> – 18<sup>TH</sup> 2026

TO REGISTER AND FOR MORE INFORMATION GO TO: [squaredance.bc.ca/festivals](https://squaredance.bc.ca/festivals)

**\*\*Reminder: special hotel pricing for this event expires soon\*\***

## **CANADIAN NATIONAL SQUARE & ROUND DANCE FESTIVAL 2026**

### **• AND WHAT A PEACH OF A DEAL!**

Please accept our invitation to the Canadian National Square & Round Dance Festival 2026, to be held on July 15-18, 2026 in Penticton, BC, Canada. Here's a chance for you to get involved in a unique event that can give you the vacation memories of a lifetime. Penticton (pen-TIK-ton) is located in the central area of the southern interior of BC, westernmost province in Canada. It is one of just two cities in the world that is located between two lakes, Lake Okanagan to the north and Skaha Lake to the south, and boasts a semi-desert warm climate. So it's no wonder Penticton's known for both its water sports and its variety of home-grown produce, especially peaches. How many of us can fondly remember the aptly-named Peach Festival with its iconic Aquaduck square dance!

The venue is located by the south end of Okanagan Lake, so it's steps away from the Channel Float activity, where we can take a break from dancing to float from one lake to the other in lazy river fashion on giant rubber floats, courtesy of Coyote Cruises. And Saturday, at the Urban Farmer's Market, load up on fresh fruit goodies to energize those dancing feet.

Penticton is easy to find. It's located on Highway 97, one of the longest-stretching highways that runs from California to Alaska. Also, it is easily accessed from Highway #1 (Trans-Canada Hwy) to the north and Highway #3 (Crowsnest Hwy) to the south. Two airports serve Penticton. The Regional Airport hosts the Pacific Coastal Airline, with daily flights from Vancouver, BC to Penticton. For international flights, Kelowna International Airport is close by, to the north, and provides direct flights from Calgary and Edmonton on Westjet Airlines.

Here's a peach of an idea. Invest some thought into getting involved in the square dance vacation of a lifetime. And now's the time to do it, when it's at its lowest amount. Just fill in the on-line form at [Festival2026Finance@gmail.com](mailto:Festival2026Finance@gmail.com). It's as easy as pie – peach pie!

Keep in touch with us at [squaredance.bc.ca](http://squaredance.bc.ca) or phone 1-800-335-9433, and thank you for your time and consideration.

- Advertising & Publicity, Canadian National Square & Round Dance Festival 2026



## BRITISH COLUMBIA SQUARE & ROUND DANCE FEDERATION

“The purpose of the Federation shall be to preserve, promote and perpetuate Square Dancing, Round Dancing, Contra Dancing, Clog Dancing and other related forms of dance in the Province of British Columbia”

October 10, 2025

### EXPRESSION OF INTEREST

The BC Square and Round Dance Federation has given the go-ahead to investigate the possibility of having a Caller's School in conjunction with the 2026 Canadian National Festival in Penticton.

At this point, we have two Canadian Callerlab Accredited Coaches interested in being instructors and if necessary, we will be looking at a third Caller Coach.

With two Caller Coaches, the school would be restricted to 20 to 22 students. If more students are interested then we will look at arranging for the third Caller Coach.

### Who would be the ideal student?

With the quality of instructors and two potential experienced teaching assistants, this school would be valuable to all callers from brand new to very experienced. In addition to joint sessions, students would likely be split into groups depending on experience and areas of interest.

**Dates:** Friday, July 10<sup>th</sup> to Tuesday, July 14<sup>th</sup> in the city of Penticton (still working on the venue). Friday will start later in the day but Saturday, Sunday, Monday and Tuesday will be all day and evening.

### Other Details:

For students, funding should be available from Callerlab, the Canadian Square and Round Dance Society in addition to provincial associations and possibly state associations to help offset costs.

Anticipated tuition is \$500.00 CDN per participating student. Spouses and partners are also encouraged to attend and may be requested to assist by providing dancers on which the students can practice. We have also found that partners can be a real help to the students in their learning process.

We are looking at the possibility that lunches may be provided as well as mid session snacks.

To assist with the planning we are seeking “expressions of interest” from those who are interested in attending the Caller's School.

To express your interest, please email me at [garryd@dz-dancing.com](mailto:garryd@dz-dancing.com).

If you have any questions, please feel free to contact me at [garryd@dz-dancing.com](mailto:garryd@dz-dancing.com) or 250-516-6525.

Garry Dodds

## List of interesting web sites for our dancers

EOSARDA web site	<a href="https://www.eodance.ca/SD_clubs_full.php">https://www.eodance.ca/SD_clubs_full.php</a>
EOSARDA Facebook	<a href="https://www.facebook.com/groups/eosarda/">https://www.facebook.com/groups/eosarda/</a>
Ontario Federation	<a href="https://squaredance.on.ca/">https://squaredance.on.ca/</a>
Canadian Square Society	<a href="https://csrds.ca/">https://csrds.ca/</a>
Toronto and District	<a href="http://www.td-dance.ca/">http://www.td-dance.ca/</a>
Southwest Ontario	<a href="https://swosda.ca/">https://swosda.ca/</a>

### EOSARDA Email Contacts

President	<a href="mailto:president@eosarda.ca">president@eosarda.ca</a>
Registrar	<a href="mailto:registrar@eosarda.ca">registrar@eosarda.ca</a>
Square Time Editor	<a href="mailto:SquareTimeEditor@eosarda.ca">SquareTimeEditor@eosarda.ca</a>
Bulletins	<a href="mailto:bulletins@eosarda.ca">bulletins@eosarda.ca</a>
Webmaster	<a href="mailto:webmaster@eoDance.ca">webmaster@eoDance.ca</a>

### EOSARDA Dance Clubs

Grenville Gremlins	<a href="#">Grenville Gremlins</a>
Limestone Dancers	<a href="#">Limestone Dancers</a>
Meri Squares	<a href="#">Meri Squares</a>
Mississippi Squares	<a href="#">Mississippi Squares</a>
Napanee Pioneers	<a href="#">Napanee Pioneers</a>
Ottawa Date Squares	<a href="#">Ottawa Date Squares</a>
Quinte Twirlers	<a href="#">Quinte Twirlers</a>
Square Dance Ottawa	<a href="#">Square Dance Ottawa</a>
Swinging Swallows	<a href="#">Swinging Swallows</a>

# Square Dance Clubs

## Crazy A's

A1 Friday 1:00pm - 3:00pm  
J.A. Dulude Arena, 941 Clyde Ave., Ottawa  
Caller: John Charman  
Contact: Wendy VanderMeulen  
613-282-0575 WendyGVanderMeulen@gmail.com

## Glengarry Tartans

Basic Most Sundays  
Check schedule 2:00pm - 4:00pm  
Usually La Fraternite Hall  
49 St Paul St, Alexandria—Check Schedule  
Caller: Wendy VanderMeulen, John Charman  
Contact: Carole & Bernie Lauzon  
613-931-1783 clauzon55@sympatico.ca\

## Grenville Gremlins

Basic/MS Monday 7:00pm - 9:00pm  
North Grenville Municipal Centre  
285 County Road #44,  
Kemptville, ON  
Caller: Brian Crawford  
Contact: Robert Taylor King  
612-853-5634 [grenvillegremlins09@gmail.com](mailto:grenvillegremlins09@gmail.com)

## Limestone Dancers

Basic/MS/Plus Thursday 6:45pm - 9:30pm  
Polson Park Public School  
165 Robert Wallace Dr. Kingston  
Caller: Dave Hutchinson  
Contact: Noreen Peters  
613-888-3170 noreenpeters1957@gmail.com

## Lockits

A2, A1 Wednesday  
A2 - 10:00 to 11:00am  
A1 - 11:00am to 12:30  
Brunton Community Hall  
2022 Beckwith Park Lane, Carleton Place  
Caller: Geoff Clarke  
Contact: Geoff & Teena Clarke  
613-724-8438 caller.geoff@bell.net

## Meri Squares

SSD\* Tuesday 7:00pm - 9:30pm  
Alternating tips: SSD Teach & Full SSD  
J.A. Dulude Arena, 941 Clyde Ave, Ottawa  
Caller: Wendy VanderMeulen  
Contact: Lamar Mason  
613-221-9188 lamarmason4@gmail.com

## Meri Squares

Plus / Plus Teach Thursday 7:15pm - 9:15pm  
Westminister Presbyterian Church  
470 Roosevelt Ave, Ottawa  
Caller: John Charman  
Contact: Lamar Mason  
613-221-9188 lamarmason4@gmail.com

## Mississippi Squares

Basic/MS Tuesday 7:00-7:30pm Full MS  
7:30pm - 9:30pm B/MS  
Brunton Community Hall  
2022 Beckwith Park Lane, Carleton Place  
Caller: Brian Crawford

Contact: Betty Goodwin  
613-852-3496 betty.goodwin@gmail.com

### Mississippi Squares

Plus, Plus Teach Friday 7:30pm - 10:00pm  
Brunton Community Hall  
2022 Beckwith Park Lane, Carleton Place  
Caller: Brian Crawford  
Contact: Betty Goodwin  
613-852-3496 betty.goodwin@gmail.com

### Napanee Pioneers

Basic/MS/Plus Friday 7:00pm - 9:30pm  
North Fredericksburgh Hall  
1178 County Rd. 8, Napanee  
Caller: Dave Hutchinson  
Contact: Muriel Brough  
613-354-4595 mrb47@cogeco.ca

### Ottawa Date Squares

SSD\*/MS LGBT friendly Wednesdays 6:30pm - 8:45pm  
Room B203, Jack Purcell Community Centre  
320 Jack Purcell Lane, Ottawa  
Caller: Wendy VanderMeulen  
Contact: Jean-Marc Robichaud  
613-806-3138 OttawaDateSquares@gmail.com

### Ottawa Date Squares

A2 LGBT friendly Wednesdays 6:45pm - 8:45pm  
Room B201, Jack Purcell Community Centre  
320 Jack Purcell Lane, -  
Contact: Jean-Marc Robichaud  
613-806-3138 OttawaDateSquares@gmail.com

### Ottawa Date Squares

Plus LGBT friendly Mondays 6:30pm - 8:30pm  
Room 202, Jack Purcell Community Centre  
320 Jack Purcell Lane, Ottawa  
Caller: Wendy VanderMeulen  
Contact: Jean-Marc Robichaud  
613-806-3138 OttawaDateSquares@gmail.com

### Quinte Twirlers

Basic, MS, Plus Wednesday 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/Lines May/ Jun/ Jul/ Aug/ Sep  
3rd Weekend of every month  
(Fri evening, Sat afternoon),  
Lower Beverly Lake Campground, Delta, On  
Caller: Various Callers and Cuers  
Contact: Helen MacCallum  
1-613-330-4873 helenmaccallum@sympatico.ca

### Russell Squares

SSD Friday 6:30 - 8:30pm  
Mother Teresa Catholic School, 1035 Concession St., Russell  
Caller: Wendy VanderMeulen  
Contact: Wendy VanderMeulen  
613-282-0575, WendyGVanderMeulen@gmail.com

### Square Dance Ottawa

Beginner 4th Sunday of the Month 2:30pm - 4:30pm  
J.A. Dulude Arena, 941 Clyde Ave., Ottawa  
Caller: Wendy VanderMeulen  
Contact: Wendy VanderMeulen  
613-282-0575, WendyGVanderMeulen@gmail.com

### Swinging Bs

Basic/MS  
Plus Tips Friday 6:30-7:00 pm (Plus)  
7:00-9:00 pm (B/MS)  
Knox - St. Paul United Church  
800 Twelfth St E, Cornwall  
Caller: Don Moger  
Bob Summers  
Contact: Iris Swerdfeger  
613-937-3455 iris.swerdfeger@gmail.com

### Swinging Swallows

Basic/MS/Plus Thursday 7:00pm - 9:30pm  
Wesley United Church Hall  
275 Pembroke St E, Pembroke  
Caller: Ron Gardner  
Contact: Jeannie Mastine  
613-401-4907 j.mastine@outlook.com

# Round Dance Clubs

## Capital Carousels

Ph 3-4

Thursday 10:00am - 12:00pm

Parkdale United Church

429 Parkdale Ave

Dancing to pre-recorded tapes

Contact Gavin Currie

613-739-9395