

BUGLE

Square and Round Dancers of South Western Ontario Inc.

WEBSITE: www.swosda.ca **E-MAIL:** bugle@swosda.ca



October 2019
Volume 58 Number 2
President's Message



Happy Fall to all you “eager beavers”! It is truly a time for thanksgiving! What a beautiful one it’s been so far! I for one do love this time of year when the air is a little bit crisp in the mornings, and we are blessed with refreshing cool air and amazing colors as only God and nature can provide. I mention about the crisp mornings, but as many of you may suspect, this is not first-hand knowledge.

While it’s always great to take a break from the regular dance season, and give our Callers and Cuers a breather too, it’s so wonderful to be back to a regular dance routine! How we’ve missed all our friends in this exciting and exhilarating recreation we share.

Jim and I have two dances under our belts in our Guys ‘N Dolls Club, and two in Jubilee Rounds. We welcome you to join us any time, we are always happy to have visitors! By now most clubs are underway, and we hope experiencing the return of your members and the addition of some new ones. We aren’t the only ones feeling the need for a few “refreshers” right smartly. What with creaking knees, stiff joints, brain fog, and so on, oh my! We will persevere, as we know how fortunate we are to enjoy such a healthy and fun activity.

There is a full line-up of special events to keep us inspired and learning each and every time we dance. Of course most anticipated on our calendar for fall, is the **60TH. ANNIVERSARY OF SWOSDA**. This grand event will be on October 26th. in Aylmer. Three rooms of dancing, for all levels. A scrumptious menu, headed up by (you guessed it), Roast Turkey as well as Roast Pork. **DO YOU HAVE YOUR TICKETS?** Dan and Rhetha Roy, also Austin and Avril Hayward are waiting to hear from you. It’s a time to celebrate, be thankful and be part of the 60-year history of this fine organization! That an activity has brought joy to us for so many years, is a glowing testament to the good wholesome fun that Square and Round Dancing is. The many volunteers who have devoted their time and talents over 60 years, to organize, promote and oversee this great art-form, deserve our applause. We are so grateful for folks who spend many hours, some on a weekly basis, some on a daily basis even, making sure that all is planned and prepared, and all this for the enjoyment of each and every one of us. We especially note the unselfish devotion to a good

number serving on the board for many years. We dancers owe a vote of thanks to you all, so do take time each dance to appreciate and thank these special people.

In addition, for those who have not yet been a “cog” in this wheel called SWOSDA, it would be so very encouraging to give some thought to taking a turn. You will be glad you did, because this is one of the best-run organizations Jim and I have had the pleasure to work in. You never worry about doing a task for the first time; there are always lots of friendly supporting hands to help get the job done. Just think, alone perhaps we can’t do a big job, but collectively we can accomplish wonders!

Let’s be fair and give some of these amazing people a break, as well as have a chance to bring new ideas and perspectives to this fantastic dance family. Enjoy your dancing and remember, ” Square Dancing Is Happiness Set To Music”!

Yours in Square Dancing- Jim Ferris & Dot Mitchell, President Couple



Saturday September 28, 2019

Hosted by Jubilee Round Dance Club

What a great day this turned out to be - sun shining, a cool breeze in the air and a few coloured leaves crossing the path on the way to the dance hall. It was time for the SWOSDA Round Dance party in St. Jacobs. The Dance was hosted by Jubilee Rounds, and as usual they did not disappoint; they were the perfect hosts.

By 2 pm the hall was filled with dancers from 7 different clubs. All enjoyed a nice assortment of music and rhythms provided by leaders, Andrea Priest, Dan Roy, Ed Dolson, Stan McKeen, Ian Hulley, and Gail Mottashed. This was the first time cueing at a Round Dance party for Ian & Gail. They did a wonderful job, and I’m sure we’ll get to appreciate more of their talents in the future.



In case you needed a boost during the breaks, the Jubilee club made sure that was covered too, providing a nice assortment of sweets and fruit. Thank you Jubilee for sharing your space on this fine afternoon.

The next SWOSDA dance on Oct 26 is the 60th Anniversary of the Association. You don’t want to miss it! Get your dinner tickets as soon as possible, or just come for the dance, as you wish. There will be 3-rooms of dancing, 1-room allocated for rounds. Looking forward to seeing you there.



www.facebook.com/swosda



SWOSDA

Anniversary Celebration

Sat. Oct. 26, 2019

**East Elgin Community Complex
531 Talbot St. W., Aylmer, ON N5H 2T9**

**Dancing from 2 pm till 5 pm,
& 6:30 pm till 9:30 pm**

**Three Rooms of Dancing
Basic, MS, Plus (A1) & Rounds**

**Complete program to be
Posted on Website**

Dance Cost \$5 per person

For More information
Dan & Rhetha Roy 519-396-9877
rhetha.roy@tnt21.com
Austin & Avril Hayward 226-271-4171
hayward.avril@yahoo.ca



Request Dinner Tickets from: Dan Roy, 18 Snobelen Trail, Kincardine, ON N2Z 0C6

I would like ___ Dinner Ticket(s) @ 25.00 per person

Name _____ Address _____
Town _____ Post Code _____ Phone _____
Email _____

E-Tranfers to rhetha.roy@tnt21.com

Include a Stamped Addressed Envelope for return of tickets

OR Tickets held at the door — Confirmation sent by email

**Seating Limited
Register Early**

**Cheques Payable To
"Dan Roy"**



SWOSDA

Remember When...

This and That - Looking Back

As usual, I started my research for this article by pulling Bugles in 10-year intervals looking back, or so I thought. It wasn't until I thought I had found the perfect quote for this month and took a second look at the Bugle in my hands and realized that somehow, I had picked up the wrong year. I'm including it anyway.

In the **2000 October Bugle** I had found the following paragraph in the President's Message (Dan & Rhetha Roy) " It's very difficult to organize an event when dancers don't buy tickets till the last minute. In most cases the halls and callers need to be booked more than 2 years ahead. Many want payment guarantees, so it can be expensive even if the dance is cancelled. The next time you see flyers on a table, think of the work that's already been done for that event, and consider supporting it. If you're not planning on attending then make note of the date and try to avoid scheduling another event at the same time." In the 2009 October Bugle Presidents Zenas & Eleanor Buehler also were hoping that all SWOSDA clubs would have a large turnout at the Anniversary celebrations in Aylmer.

Are you ready for the 60th Anniversary Celebration also in Aylmer? Do you have your tickets for the dinner? I'm not sure what the cut-off date is but I am sure that you had better get cracking if you aren't ready for a great time. I hope to see you there. I'll be bringing items from the archives for display. e.g. book on past-presidents currently in development My daughter has agreed to accompany me to the dinner in Nick's place. I still haven't convinced her to square dance. Lost cause, I think!

Taken from the 1999 October Bugle is the list copied here WE'RE THANKFUL...

For the music that fills our lives
For the ability to move to that music, in short, to dance
For the friends who dance with us
For the friends we've yet to meet
For the many halls, churches and schools where we dance
For the caller and cuers whose greatest pleasure is giving pleasure to others.
For all the dancers who take leadership roles, from club officers to federation executives to national volunteers
For all the dancers who reach out to help other dancers in times of trouble
For all dancers who offer their help to their communities and neighbours
For all who have square danced in hospitals and nursing homes.
For all the dancers who raise funds for worthy causes
For all the wonderful cooks in the square dance activity
For all the caller-haulers who are on the spot when a caller pulls into the parking lot
(For cuer- haulers too, but doesn't rhyme as well)
For the many opportunities to travel and visit square dancers in other provinces and countries.
This issue also contained 2 pages of pictures from the 40th celebrations.

From October Bugle 1989 Repeat That!

I'd rather be a maybe, If I can't be an are.
For maybe is a can be, With a chance of reaching par.
I'd rather be a has been, Than a might-have-been by far,
For a might-have-been has never been, But a has-been was and are-

1979 October Bugle advertising the 20th Anniversary to be held in St. Thomas and the 2nd National Canadian Square Dance Convention to be held in Ottawa in August, 1980.

If you have been in correspondence by email with me in the last few years it is most likely that you are familiar with the following quote, which often followed my signature line in my messages.

“It's amazing the great people I have in my life that I wouldn't have ever met if it wasn't for Dancing!” Over the course of the last few weeks it has been brought home to me big time that many caring and great people have been and continue to be supporting Nick's family, Lisa and I Our neighbours, our personal families, the medical staffs, our church families, our friends, our work colleagues and the square dance family far and wide have reached out in various ways. We appreciate you all. Thank you!

Dorothy Dahm, SWOSDA Historian, missing my proof-reader
dndahm@sympatico.ca or 519-842-9212

From the Editor



Dan Roy

Because it's SWOSDA's Anniversary and this issue lends itself to history, I thought I might mention a few things about the Bugle.

1961: The year that the idea of a newsletter was conceived and the costs researched. Initially, SWOSDA's publicity member put together a package of information (minutes of the meetings and a calendar of upcoming dances) that was handed out at each SWOSDA dance in 1962. By February 1963 the first copy of the SWOSDA Bugle, edited by Joe Matika, was received with much enthusiasm. Each club was asked to appoint a Club Reporter so that ideas and club activities could be reported and shared through the newsletter with other clubs. Over the years as technology improved the Bugle editors moved from cutting stencils on standard typewriters to computer generated copy and from mimeographing to the much faster, cleaner and more user-friendly (sometimes) printed version. I remember when adding graphics to a page was cut and paste – cut a picture out of a book using scissors, then paste it with tape onto the master sheet. Now it's all done with a few keystrokes on the computer.

Then, because of ever increasing mailing costs, it was decided to offer the bugle to all via the Web, where it is today.

The Bugle has changed a lot over the years. It is your communication to the outside world. If you have ideas or can make recommendations for ways to improve what we have, please feel free to pass those along; I would love to hear them.



SPECIAL NOTE FOR MEALS

For anyone thinking about attending the Anniversary dinner, please keep in mind that a **GLUTEN FREE** option is available on request. Please let us know in advance so that proper planning can be made.

Other meal restrictions are available on request - diabetic, etc.

Advance notification is required!

FEATURE

Congratulate that Special Someone - AWARDS

Do you know someone who has been dancing for many years?
Do you know someone who has worked hard for the good of Square & Round Dancing?

If you do, you should be thinking about getting them some recognition for their efforts. There are several ways to do this. More information at <https://swosda.ca/awards/>

SWOSDA Recognition Merit Award

This award is dedicated to recognizing any deserving SWOSDA club member(s) who contribute significantly to their dance Club. The nominees' contributions shall be reflective of a continuing dedication to the normal activities of the Club. The participation in the Club shall be a minimum of 15 years and one or more periods of time may be added to meet the requirement for the Recognition Merit Award.

The Award is limited to one couple or one individual per club per year. It is to be presented at the April Annual General Meeting of Square and Round Dancers of South Western Ontario.

The deadline for submitting an application to SWOSDA is March 15.

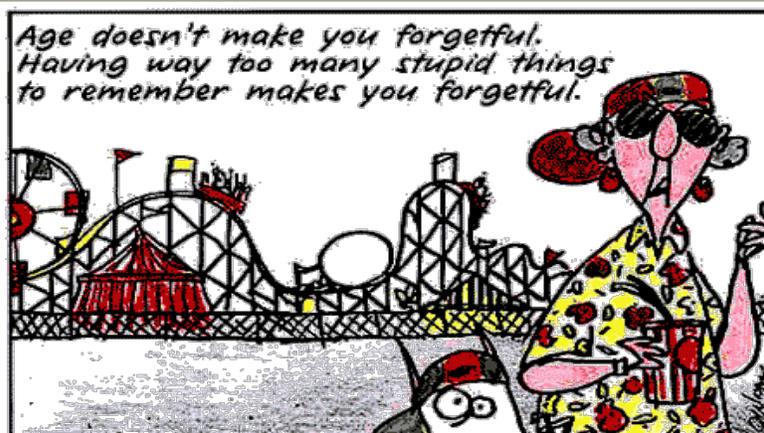
Ontario Square & Round Dance Federation Trillium Merit Award – Trillium Long Service Award

There are 2 types of Trillium Awards: • Award of Merit • Long Service Award

The Award of Merit was developed by the Ontario S&RD Federation to recognize those Ontario dancers, callers, and leaders who have made outstanding contributions to the square and round dance movement.

The Trillium Long Service Award was developed by the Ontario S&RD Federation to recognize those Ontario dancers, callers, and leaders who have devoted 25 years or more of faithful service to the dance community of Ontario.

The awards are decided upon annually at the August Board meeting of Ontario S&RD Federation. The Board decides whether the nominee will receive the Merit Award or the Long Service Award (although the nominee or the Regional Association can recommend one).



CLUB NEWS

Send Club News to bugle@swosda.ca

Centennial Beavers - London

Well, the Beavers were back on September 20th with a full house. We had 7 new dancers come out and are enjoying their new activity. Last years dancers are getting some teaches in Mainstream and also are doing really well.

We have a few things coming up and hope that you will come out and enjoy dancing with us. We have our Halloween Party on the 25th of Oct., and our Pajama Party on the 22nd of November. Both of these are such good fun and we have a "grazing table" throughout the dance.

We are dancing at the Kiwanis Senior & Community Center at the corner of Riverside Drive and Wharnccliffe Road. We dance from 7 to 9 every Friday night. So if you have friends that have never danced before or you want to get back into dancing after being out for a while, we are here and would love it if you would join in our fun!

Clinton Wheel 'N' Dealers

Clinton Public School, 27 Percival Street, Clinton

Presidents – Don and Kathy Procter 519-357-9557

Caller – Dave and Blanche Paulen – 519-348-8335

Dancing Wednesdays 7:30-9:30 pm Mainstream with announced Plus Tips

Traditional and Casual Attire welcome at our regular club dances

Regular Dances – October 2 – December 11, 2019

Clinton Wheel n Dealers are excited to begin a new season of dancing. Dave and Blanche Paulen will continue to call for the club this year. Ian and Debbie Hulley will cue a couple of rounds each night. We will host an open house on October 9th and 16th and encourage our members to bring out their friends and neighbors to see what square dancing is all about. We will have a Halloween themed night on October 30th and look forward to seeing what everyone comes up with for costumes.

Looking ahead to November, we would like to remind everyone that our annual Pumpkinfest dance will be held at the Holmesville Community Center on Saturday, November 2nd with Tim Crawford as our guest caller

Upcoming Dancing Dates to Remember:

SWOSDA 60th Anniversary Dinner and Dance October 26th in Aylmer

Hanover Happy Twirlers Pie Night November 5th in Hanover

Huron Bruce Swingers 50th Anniversary Dance November 13th in Brookside Public School

Looking forward to seeing everyone again on the dance floor soon.
Reminder that we dance in a fragrance free, nut free environment.

Ian and Debbie Hulley
Publicity Contacts
519-482-7972

[Denim'N Lace - Flesherton](#)



The Denim 'n Lace Square Dance Club, Flesherton held their Annual Toonie Burger Night on September 11. Four squares of dancers enjoyed giant hamburgers, with all the fixings, flipped by our own chef, Bill Einarson. We ate at 6:00 and danced at 7:00 pm. It was a great evening with everyone in good spirits and enjoying the calls and good humour of our caller, Jim Lee; great dancing – with a few rusty spots – which Jimmy quickly addressed.

The planning, organizing, and marketing of our **Introduction to Modern Square Dancing for New Dancers** was successful in attracting 16 new potential dancers to our two free nights on September 18 & 25th. Our Club membership worked hard over the summer months reaching out to potential new members and inviting them to experience modern square dancing. The new dancers dance from 7:00 – 8:15 pm along with our seasoned dancers (Angels). Mainstream and Plus

dancing runs from 8:15 – 9:30 pm.

Plans are well underway for our Pumpkinfest dance to be held on October 16 with special snacks, décor, activities and dress and a share the wealth lucky draws. We are aware that a neighbouring club has sights on stealing our banner in October; we are also targeting a couple of clubs for banner stealing.

The 2019 – 2020 Executive:

- President – Bruce Saunders
- Vice President – Shirley Chamberlain
- Secretary – Mel Chamberlain
- Treasurer – Al & Joan Boyce
- Social Conveners – Marilyn & Sam Lemon
- Bugle Correspondent – Mel Chamberlain
- Executive members – Marg & Terry Mathers, Sue King, Julia Richards & John Cowper, Wanda Gostick & Earl Reid

Mark your Calendars – Our **Annual Spring Fling will be held on Saturday, May 9 2020 at Stothart Hall, Priceville. All are Welcome.**

Live Lively – Square Dance!

Mel & Shirley Chamberlain
Bugle Correspondents

[Elora Grand Squares - Elora](#)

St. Mary School, 251 Irvine Street, Elora, ON

Caller: Jeff Priest

As of this week, we are in our new location, Elora Public School. We've enjoyed our time at St Mary School for many years but financially this made more business sense for us. We're still bemoaning some of the nice perks we enjoyed there.....but we'll get over it!! So take note of our new address when you come to visit!

We are a Mainstream Plus Club this year since all our Basic members have completed the program. We dance Mainstream (review) from 7 to 7:45 and alternate Plus and Mainstream tips from 7:45 to 9:15.

Our rates remain at \$14 a couple/\$7 a single. By the time you read this we'll have had our Western Night/Pie Night at the end of September and are looking forward to the next special, which will be Halloween on Oct. 28. So expect to see some cowboy hats and Halloween costumes in the next Bugle!

Joan Klapwyk, Publicity

[Guys n' Dolls Square Dance Club - Kitchener](#)

Welcome back!! Our regular members of the club were very pleased to dance with the new people that came out for our open house dance giving us a total of 4 full squares and a few extra dancers. It was a joy to see the smiles and laughter that the newer dancers exhibited and brought back fun memories from our earlier years of dancing.

Before the dancers arrived we held our annual general meeting at the church facility. Our President, Mark Ackersviller was pleased to announce that all the positions on the executive will remain as they were for the previous dance season with the addition of a bugle gal reporter for the club, Donna. Dan Weatherby will continue to be our caller and Fran continues in the treats department.

An encouragement was given to attend the SWOSDA dance in October and to check out the flyers on the web site and at the clubs on the flyer table and to attend as many as possible to support the clubs.

After the dance, most stayed to enjoy an array of delicious cookie, tea and coffee with a social time. It is such a great time to catch up on all the news, learn of some struggles of folks, share memories of vacations taken in the summer and update email addresses and phone numbers. Friendship put to music is such a great statement of what we all enjoy.

Our club is holding a special Halloween dance on October 25. Come join us in your favourite outfit, bring a food donation for our local food bank, and enjoy a wonderful assortment of pies after the dance.

We are now selling tickets for our annual New Years Eve dance on December 31. Dot Mitchell and Mark Ackersviller have details; so consider joining us! Reserve your spot, and get your tickets!

Till we dance in your square,

Donna R, Bugle Gal
Guys and Dolls Dance Club.

[Hanover Happy Twirlers - Hanover](#)

The Hanover Happy Twirlers started our 2019/2020 dancing season on September 10, with a good group coming out, even with the summer type weather still here.

Our first dance was an open house evening for any new dancers. We welcome some new faces to our dance for the evening. We will be welcoming new dancers for the month of September to our club.

On Tuesday November 5th, Hanover Happy Twirlers will have our Annual Pie Night. Area clubs should be receiving flyers shortly. The event is listed on the SWOSDA event page with a flyer attached to the listing. Please mark this date on your calendar and come join us for an evening of great dancing, and some delicious pies. See you in a square soon.

Eric and Joyce Fatum
Bugle Correspondents.

[Huron Bruce Swingers - Lucknow](#)

October already! We have not had a dance yet - first one **October 2nd** at Brookside - our "**Welcome Back Dance**" at 8pm at Brookside PS. But some members will have done a demonstration and helped at a dance in Point Clark on September 26th....but can't report on it because it has not happened at time of sending this article in.

Remember, we are planning our **50th Anniversary Dance on November 13th** - mark the day and plan to attend. Lots of news for November!

Sharon McDonald
Bugle Correspondent



[Huron Happy Hearts - Clinton](#)

The Happy Hearts are just getting into the swing of things. Our dance season starts Friday October 4.

We dance regularly on Friday nights from 7:30 till 9:30 pm. We dance mostly phase 2-3 rounds, with a few higher level dances to add a bit of challenge and intrigue to the program. Each night includes an intermediate teach to brush up on known dance figures, and add a few new ones.

If you are in the Clinton area, be sure to drop in. Visitors are always welcome. We dance at the Clinton Public School, Percival St.

Be sure to check the SWOSDA Website in case of cancellations.

The Bugle Guy

[Jubilee Rounds - St. Jacobs](#)

Greetings from Jubilee Rounds in St. Jacobs:

We hope your season start up was successful and you get the chance to dance with other groups this year!!

We started back dancing on September 12th. With our regular program for the season of Phase 2/3 dancing with a teach! We welcomed back 12 – 14 of our dancing couples but still have a few away enjoying the end of summer.



On September 28th Jubilee Rounds hosted the September SWOSDA Round Dance Special. We had a good turn-out and an excellent cueing staff. Dan Roy, Ed Dolson, Gail Mottashed, Ian Hulley, Stan McKeen and of course Andrea.

We do hope you all will be able to join us in October for the 60th Anniversary in Aylmer. There will be a full-time Round Dance hall for the day with a variety of cuers.

INTRODUCTION to Rumba? EVERYBODY WELCOME.

We will have an intro to Rumba clinic on October 19th in St. Jacobs. See flyer on our website and also on the SWOSDA website. This intro is suitable for NON Round Dancers and also for Round Dancers who want to learn a new rhythm or have a refresher on styling and execution of figures. SPACE LIMITED ... A few spaces left so send in your Registration Today!

INTRODUCTION to Foxtrot: We will be having an Intro to Foxtrot clinic on November 9, 2019. This is designed for dancers who know their Phase 2 waltz moves. SPACE LIMITED.. Register early.

We will have other special Round Dance clinics in conjunction with our ShadowLight Dance Club in 2020. Please watch for flyers or sign up for Jeff's weekly email that outlines "what's happening" for the week and beyond! Just contact him at: jeff@jeffreypriest.com .

We are still at St. James Lutheran Church in St. Jacobs and we hope you will be able to join us there☺

Visitors are always welcome! If you wish to join us, please feel free to come out Thursdays at 7:00pm. Check our website www.shadowlightdance.com for cancellations.

For info: Andrea or Jeff at: 1.519.752.2172 or andrea@jeffreypriest.com
Printable flyers are on our website: www.jeffreypriest.com

See you on the Dance Floor...
Jeff Priest ☺

[ShadowLight Dance Club - SW Ontario](#)

Greetings! It never ceases to amaze me ... it seems the more I write these reports, the closer they come together.

The Year's Dance Season Is:

Monday Afternoons: Daytime Advanced Dancing, Cambridge
Monday Evening: Grand Squares Elora Mainstream and Plus, Elora
Tuesday Afternoon: Stonecroft Dancers, New Hamburg
Tuesday Evening: Royal City Squares, Basic and Mainstream, Guelph
Wednesday Evening: Royal City Squares, Plus Workshop and Full Plus, Guelph
Thursday Evening: Jubilee Rounds, Phase 2/3, St. Jacobs.
Friday Afternoon: Kokomo Kickers – Advanced Dancing in Lobo

Dance Parties:

ShadowLight Enterprises is involved in introducing Square and Round dancing to various new groups all through the year. Keep us in mind if you know of a group that might be interested in a "Square Dance Party" or a group that may be interested in a Rumba or Cha Cha afternoon clinic. We do many private parties for Birthdays, Anniversaries, Weddings, Pre-wedding parties, as well as "just because parties"

Camp & Dances: We also do Camp and Dance groups as well. The Puddle Jumper in May for PLUS dancers took place at The Rock Glen Family Resort this year – Rock Glen has cabins too, so is not just for campers. The 2020 Puddle Jumper weekend will be our final as we celebrate 50 years of this great weekend. If you haven't joined us before, May 2020 will be your last opportunity and we would love to see you there. If you would like to join us the flyer is on our website or contact us and we will get you registered.

Specials:

“September Sashay” Saturday evening September 28th. We had a great dance thanks to all those who joined us for the evening. Be sure to join us on October 19th for our Country Cuddle Plus dance in the evening. Or make a day of it and come out for the Intro to Rumba clinic in the afternoon (see below) and the stick around for Square Dancing in the evening.

****The September Sashay was a Funtime Event**** The Funtime Event Program will be ending this year after 5 years and more than 30 dances.



Up-Coming Dances:

INTRODUCTION to Rumba: We will have an intro to Rumba clinic on Afternoon of **October 19th** in St. Jacobs. See flyer on our website and also on the SWOSDA website. This intro is suitable for NON Round Dancers and also for Round Dancers who want to learn a new rhythm or have a refresher on styling and execution of figures. SPACE LIMITED ... Register Early!

“Country Cuddle” Saturday Evening **October 19th** Break out your jeans and gingham shirts or your best western wear, put on your boots and join us for this fun evening of PLUS dancing and Country Music. This will be The Second Last Funtime Event.

SWOSDA 60th Anniversary: Afternoon and Evening **October 26th** come and celebrate with us in Aylmer. Flyers on our website and the SWOSDA website. Be sure to register for the dinner - it will be delicious!

INTRODUCTION to Foxtrot: We will be having an Intro to Foxtrot clinic on the afternoon of **November 9th**. This is designed for dancers who know their Phase 2 waltz moves. SPACE LIMITED.. Register early. See the flyer and registration form on our website or the SWOSDA website or even check the flyer table at your club.

“A Night To Remember” Our annual salute to our War Vets. Saturday evening **November 9th**. Come and enjoy this evening of PLUS dancing and the songs that won the war. As we have decided to end the

“Funtime Event” program, this will be the last opportunity, for those who qualify, to use your card to collect your 1/2 price dance. Don’t miss out!

**** Funtime Events: ShadowLight Dance Club has held more than 30 dances over the last 5 years that qualified dancers for a 1/2 price entry once they attended 3 dances. Sort of like a BOGO but really a Buy Three, Get One Half Price! We have many dancers that have actually gone through 3 or 4 cards. We thank all those that supported the program and attended as many of our “Funtime Event” dances as they could.

Happy Dancing and More – Much More!

Andrea & Jeff Priest

ShadowLight Dance Club

Check out our website for flyers - www.shadowlightdance.com

519-752-2172

[Sound Steppers - Owen Sound](#)

Hello fellow dancers and welcome back. The Owen Sound club has had a busy month. We are having excellent turnouts to our dances with 5 squares each night as well as visitors and new dancers. The club has also been doing demos to promote the club at the fall fairs and seniors homes in the area of Owen Sound, Paisley and Tara.

We are going to be 'stealing' banners in the area so we may be coming to your Club to get your banner and then when you bring a square back to our club you can retrieve it. We will look forward to you coming and enjoying the evening with us.

We had an excellent turnout at our 50s and 60s dance, pictures are to follow.

Our Halloween dance is coming up in October so come on out in your favourite orange and blacks and see what a fun club we have.

For more information on our club and our upcoming dances check out our website at www.owensoundsteppers.ca and our Facebook page at www.facebook.com/owensoundsteppers.

See you all on the dance floor.

Linda Wedow

Bugle Rep/Website Designer

[Strathroy Swinging Duo's](#)

It seems everything is ‘new’ with the Strathroy Swinging Duos!

The Club started the new season on September 10th at a new location, new day (Tuesdays, 7:30 pm to 9:30 pm)) and with new dancers!



Ed and Mary Faber, Presidents, welcomed the 16 new dancers to the Club following their completion of the *Introduction to Modern Square Dancing* program. Each of the new dancers received Club name badges as a 'welcoming gesture'. This new group compliments the 15 new dancers who joined the Club last year, continuing the growth trend.

Changing from Mondays to Tuesdays will also allow the Club to dance more often during the dance year, avoiding the usual 'holiday Mondays'.

The Club is planning to offer the next Introduction to Modern Square Dancing program in September, 2020.

[Swing'n Canadians C028 & Horseshoe Squares 'N' Wheels C112 - Port Glasgow](#)

Another camp and dance season comes to an end. As usual, a great time was had by all. Time to start planning next Summers events. Stay tuned for more information as it becomes available.

[Thames Valley Dance Club - Woodstock](#)

We've been dancing for 2 weeks now, and it's been great to 'be square' again!

Our friendly 'cafe' style setting, has welcomed back caller, Ed Dolson and wife Nancy, and our regular dancers, as well as, 4 brand new dancers! The first two weeks have been focused on attracting 'newbies' through an Open House.

TVDC is lead by a strong and dedicated executive who works hard to introduce several fun nights of dress up, family/friend nights, and celebratory event nights. Our social convener team assures we have coffee and cookies every week while President Jack never fails to entertain with a joke or two! Several volunteers give of their talents with set up and decorating, and greeting each person as he/she comes in the door.

Oct. 26 is quickly coming up to a great event where we will celebrate SWOSDA's big 60th anniversary with dinner and dance. See you in Aylmer!

We welcome you to join us any Monday night, in our fellowship and dance....for good fun, and fitness for body and mind.

For *TVDC*, Agnes

EXERCISES FOR SENIORS

You know how important exercise is, as we grow older. Here are a few suggestions. I start by standing outside behind the house and, with a five-pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can.

After a few weeks, I moved up to 10-pound potato sacks, then 50-pound potato sacks and finally I got to where I could lift a 100-pound potato sack in each hand and hold my arms straight out for more than a full minute!

Next, I started putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level.

A DAY ON THE LINKS

Four men were out golfing.

"These hills are getting steeper as the years go by," one complained.

"These fairways seem to be getting longer too," said one of the others.

"The sand traps seem to be bigger than I remember them too," said the third senior.

After hearing enough from his senior buddies, the oldest and the wisest of the four of them at 87 years old, piped up and said, "Just be thankful we're still on the right side of the grass!"