



TOPICS NEWS

Official Publication of the
Toronto and District Square and Round Dance Association Inc.
February - March 2013

PRESIDENT'S MESSAGE

By Ken & Rose Marie Robinson



Dreary winter afternoons offer those of us who do not choose to chill our bones snow-shoeing and skiing an opportunity that we don't often find during our hectic schedules - a chance to plan for up-coming events and reflect on past glories.

We were sitting at lunch today, discussing plans for the party that will mark our T&D Convention "Grand Finale", when Ken pointed out the number of "Thank You's" to be made. Consider if you will the number of hours invested by those who are currently serving on the T&D Executive and the Convention Committee - and multiply that by fifty-two years! Things get a little tense for our square and round dance programmers, the treasurer and the registrar as we approach the start of each convention; and our "sound guys" are on site earlier than anyone, setting up equipment so that the dance leaders can start up the music on time and none of us miss a beat! Many of the current committee members have served for multiple terms.

Then we add the volunteer callers and cuers, without whom our convention would not be possible - those who pay their way, just as the dancers do, and then give many hours of their time to lead and to

entertain. Many of these men and women have contributed year after year!

It doesn't stop there, of course. Our Topics editor and T&D web master serve loyally all year long - not limiting their mandate to advertising the next convention, but also recording the work of the association and its member clubs and supplying information about upcoming events. The Chatter editors strive to keep us informed of all the pertinent details - "who, what, where, and when".

In the end, we have all of our dancers to thank! Compared to others on the Committee, we are relative new-comers on the square and round-dancing scene; but we know beyond a shadow of doubt that our dancers have loyally attended through the years - at times at considerable personal inconvenience and even financial hardship - and have been the glue that held together a convention which has now achieved an enviable reputation and history.

We hope that you plan to attend the T&D Convention on May 3rd, 4th & 5th; and when you do, we hope that you will watch for the ribbons - the ones that say "Leader", "Committee", or "Executive" - and take a moment to thank the wearer for their efforts. On behalf of the T&D Executive, we want to take this opportunity to thank you - the callers, cuers, past and current committee members, programmers, and the dancers, for your support of convention today and during the past fifty-two years and for the inspiration that keeps us working and planning for the future of square and round dancing in south-central Ontario.

CONVENTION CHAIRMAN'S MESSAGE

By Dave Williamson

Everyone knows by now that our May convention is our 'last hurrah'. Many dancers sent their regrets in response to the e-mail sent out conveying this news. Many more dancers have since expressed their disappointment in person.

However, a couple of dancers were moved to send a glimpse of what the Convention meant for them. Their memories only heightened my nostalgia for the 'good old days' and reminded me what a great experience the Convention has offered for over fifty years! I will relate these stories briefly in hopes that they will kindle your own memories and perhaps you would like to share similar stories via e-mail.

One couple recalled dancing at the Royal York Hotel (the site of the first few Conventions in the early sixties) and how the rooms were jammed with dancers. They followed Les Gotcher (a renowned U.S. caller at the time) to the thirteenth floor dance hall but, in their words, did not dare dance to him but just listened since they considered him light years ahead of his time. (Les had no singing voice

but used very innovative choreography when there were a very limited number of calls to work with.)

Another dancer recalled that he and his (late) wife's interest in square dancing began at the 1983 Hamilton Convention (the Convention's second home). At the time they were Mainstream dancers and after their dance hall closed down at 10 p.m. they drifted over to watch Ron Libby (another U.S. caller with remarkable choreography) call to the Plus crowd at a 'Die Hard' dance. The couple was sitting watching when six "green gingham dressed dancers from Milwaukee formed a square, dragging us, protesting, to make the fourth couple". In his words, "they wheeled and churned and clapped and bumped with great vigour and managed to bring us along". The couple danced until one in the morning (yes, we were all younger then!) and experienced one of the "most incredible nights" of their lives. This encounter set them up to learn the Plus level and travel all over Eastern Canada and the North Eastern U.S. during their dancing career.

Make your own memories. Join us at the University of Guelph, May 3rd, 4th and 5th, 2013.

FROM THE REGISTRARS

By Ken & Rose Marie Robinson

I stopped making New Years resolutions because they are so hard to keep. Not too long ago I read a news report that suggested that people who were a bit over weight had a better chance of living longer. That got my attention. The study used Body Mass Index as an indicator. You can check yours at <http://nhlbisupport.com/bmi/> This started me being more aware of my weight and what I eat since I can't change my height. The bad news is that Rose Marie is a fabulous cook and often the smells of great meals or baked goods fill our home. Well, if you find it hard to reduce intake you must increase your output! The good news is that the average 155 pound person burns 368 calories per hour square or round dancing. Heavier persons burn more. You

can check yours at [http://www.fatsecret.ca/fitness/dance-\(square-dancing\)](http://www.fatsecret.ca/fitness/dance-(square-dancing)). Other studies have shown that dancing is also good for retaining our cognitive function

This is great! I can eat and dance, both of which I enjoy, my way to good health. Now I'm no doctor but it seems reasonable to me that dancing at our **52nd Convention** is good for your health. Join me and many others in **Guelph May 3,4 and 5** where we will eat well and enjoy the talents many callers and cuers. I guarantee you'll enjoy it and it's good for you too.

CONVENTION ROUND DANCE PROGRAMMERS

By Jerry & Bonnie Callen

We are pleased to welcome two wonderful Round Dance leaders this year – George and Pam Hurd and Mark and Pam Prow, both from Texas. This is the second time the Hurds have been to our T&D Convention and the first time for the Prows. George and Pam have several clubs and regular dances in Mesa, AZ, and Mark and Pam have clubs from beginners to advance in Houston, TX. Both couples have been invited to be on staff at previous ICBDA conventions.

From their colourful website, here is Pam’s version of how they became involved with dancing:

“George & I started Square Dancing in 1988 and immediately became obsessed with dancing. Our first year of dancing, we graduated from two square dance classes, never missing a lesson from either one. During the year, another student taught us Texas Two Step (just the pure vanilla basics) and we figured out how to waltz and polka from watching. Wow, did this open up a new world. The next year, we signed up for Round Dancing and Advanced Square Dancing (we cheated on learning Plus and learned it outside of a class with a lot of workshops and studying the books). From that point on, we just added more and more dancing to our lives, see I mentioned we were obsessed. We started taking Ballroom lessons in 1992 and then we moved on to cueing and teaching in 1995. It’s been very, very exciting and must have been healthy too, because we’re both in better shape physically than we have ever been. Oh yes, we also enjoy travelling, riding our mountain bikes, kayaking, and hiking.”

The Prow’s website tells us, in Pam’s words –

“We met in 1982 when Mark invited Pam to his company Christmas Dance. The only problem was that Mark did not know how to dance. In fact, he was barred from participating in his High School’s marching band contest because he could not do the dance steps. Pam agreed to go to Mark’s house to teach him some basic waltz and Texas Two-Step figures. Little did she know that she had found one of Mark’s hidden talents. We were married in 1984 and began our first round dance classes in Houston, Texas. We also have taught at numerous festivals, weekends, and dance resorts throughout the country. Our choreography is listed on the cuesheet page. We attend clinics, dance improvement weeks, and private ballroom lessons on a regular basis. We are members of Roundalab, ICBDA, DRDC, and the Texas Round Dance Teachers Association. We have served as editors of the Dixie Round Dance newsletter. We also teach privately to couples wanting to learn or improve their ballroom, social, or round dance skills. We believe that dancing is one of the greatest avenues for making friends and having fun.”

This year’s Convention is guaranteed to be a fabulous weekend of Round Dancing. There will be two Round Dance parties in a Square Dance room both Friday and Saturday evenings, and teaching in the Round Dance room Phase III-V with dancing Phase III-VI. Be sure to join us for the Trail-in Dance Friday afternoon beginning at 2:00 PM with both George and Mark cueing. See you on the dance floor

•H•A•P•P•Y•

*Valentine's
Day*



Happy Valentine’s Day
Thursday, February 14, 2013

CONVENTION PROGRAMMERS

Jeff & Andrea Priest , Brantford, Ontario

Well...Convention plans are well underway.
We have a great staff & great dance facility!

We have had a number of volunteers sign up this year to help us out on our "Final Grand Finale" we are really looking forward to a great festival this year. If you are a caller or cuer reading this now and you haven't registered yet, if you get your registration in TODAY, there is a good chance you can still get on the program. We want to highlight as many performers as possible! Your dancers would love to dance to you at Convention. The more volunteers we have, the more variety the dancers get. Be a part of history and participate on this, our very last Convention!

We will have improved signage this year to bring dancers in from the road as well as make it easier to navigate around the building to the various dance halls.

It is nice to see the A-2 dancers are starting to pre-register to support the larger room they wanted to dance in. We still need to know if "YOU" are coming to convention as well.

If you are planning on attending, PLEASE, PLEASE, PLEASE, pre-register now, so we can program the spaces accordingly.

If you have been to Convention, you know how wonderful it is. If you haven't, this is your last chance to attend the T&D Annual International Convention. Plan on joining us for the "**Final Grand Finale**"

REGISTER EARLY – DO IT NOW!!

See you in Guelph on May 3, 4 & 5, 2013!

SQUARE DANCE HANDBOOKS

Basic/Mainstream – \$2.60

Plus – \$2.00

Mailing costs are extra. Please contact Bob Beck if you wish to order books.

Bob Beck
905-227-7264
or e-mail: rbeck9@cogeco.ca

CLUB REPORTS

WINTERTIME FUN WITH OTONABEE SQUARES 2013

Many of our members attended Christmas party dances at other clubs via car-pooling to be environmentally friendly. We greatly enjoyed the hospitality offered and feasting our eyes as well as our tummies on elaborate decorations and festive party foods.

New Years Eve Dinner and Dance Dec 31st from 6:30PM to 12Midnight... 10 squares plus a few on stand-by. In attendance were several of our Otonabee Squares members as well as several dancers from Lift Lock of Peterborough, Lakeshore Waves of Baltimore, Cloverleafs of Lindsay, Oshawa Squares, and Quinte Twirlers of Belleville. The roast beef dinner with all the trimmings was perfect from start to finish. Tables were put away and dance floor was made ready to begin the dancing segment of our evening by 8:30PM. Wayne Whatman performed excellently with a great mixed selection of old time and modern dancing calls, polkas, gay gordons, and mixers. There were several spot dances and elimination dances, as well as several door prizes. At midnight, all of our dancers, many wearing funny hats and brandishing noisemakers, rang in the New Year, toasting each other in celebration and hugs galore. What a lovely party!

Open House, Monday, Jan 7th...We welcomed many newcomers to the square dance movement, as well as many returning dancers and enjoyed a fun-filled evening with Wayne Whatman calling introductory moves. Many of these new dancers were signed up for lessons which began on Tues, Jan 8th.

New Dancer lessons began on Tuesday, Jan 8th with a total of 21 new people signing in for the first night. We dance 7PM – 9:30PM at Keith Whightman Public School, 860 St. Mary's St. in Peterborough. Joe Uebelacker is teaching this 6-week session of lessons in his own unique style. There were 7 squares in all, many of them angels who came out to assist, as well as some September

new dancers wanting a refresher or wanting to learn "the other side." After lessons, the newcomers will join us at Otonabee Squares at George St. United Church in Peterborough.

Mainstream Dances: Sunday, Jan 13th, Sunday, Feb 17th, and Sunday, March 17th from 2PM to 4:30PM...Grant Logan will be calling the January dance, and is the caller for the Willow Weavers Club in Thornhill; Barry Clasper will be calling the February dance, and is the caller for Oshawa Squares, and Joe Uebelacker will be calling the March dance, and is the caller for the Lift Lock Squares in Peterborough. We are looking forward to seeing you out for these dances, held at George St. United Church in Peterborough.

Please plan to attend our **FROSTY FLING**, our annual invitational dance, which will be held on Sunday, Jan 27th 2PM to 5PM at Westdale United Church, 1509 Sherbrooke St. W., Peterborough. Wayne Whatman will share the stage with our guest caller Aaron Goodman in calling Basic and Mainstream moves. Share the Wealth, door prizes, plus other pleasant surprises in store! This dance will be followed by a fantastic lunch. Please come and join in the fun!

Valentine's Party Monday, Feb 11th 7PM to 9:30PM ... Basic/Mainstream dance with build-your-own icecream sundae at Half Time...Wayne Whatman calling and held at George St. United Church of Peterborough.

Be sure and check out our website at www.otonabeesquares.org or e-mail us at otonabeesquares@gmail.com

Looking forward to more wintertime fun and seeing you out and about!
Happy Dancing!

Sandy Martin, Co-President
Otonabee Squares of Peterborough

CHRISTMAS DANCE AT HALIBURTON HIGHLAND TWIRLERS.



WE HAD 3 & 3/4 SQUARES FOR A SIT DOWN POT LUCK TURKEY DINNER AND THEN A 2 HOUR DANCE, WHAT A WONDERFUL WAY TO CELEBRATE CHRISTMAS. AL & RENIA

GUELPH'S ROYAL CITY SQUARES

By Ruth Slavin & Yvonne Patterson

Royal City Squares is HOPPING!

Of special interest: Royal City Squares continues to have Basic and Mainstream Teach on Tuesday nights at Paisley Rd School. And we have half an hour of Plus teach at the start of our Wednesday dances, with the next tip incorporating the calls we just learned. It's a great way to brush up on your moves, so come join us! N.B. On singing call nights, we have rounds instead of the Plus Teach.

Get ready to boogie! Wednesday February 27 is our monthly singing call night with the theme 'Night at the Hop'. Dig out those bobby socks, haul on those crinolines and come dance with us. Andrea Priest will be cuing rounds from 7:30 to 8:00, with a few more throughout the evening, and our always-enthusiastic caller, Jeff, will be calling Plus square dances.

We have two special dances in March, which should go on your calendar now because the next Topic doesn't come out until after they've come and gone. We have an Irish theme for our Wednesday, March 27 singing call night, again, starting with Andrea cuing rounds, and on Saturday, March 30, 2013 is our Freshman Frolic for new dancers –Basic and Mainstream, called by Dave Williamson. This dance is always well attended and is not only a lot of fun, but a chance to support new dancers. It will be from 7:30 pm to 10:00 at Trinity United Church, 400 Stevenson Street, Guelph. Of great interest to new and long-time dancers alike is our annual sale of dance clothes –great value for bargain prices.

For more information about all these dances see: <http://www3.sympatico.ca/jerry.callen/td/events.htm>

Contact: Yvonne Paterson, 519-936-7289 or yvonnepaterson88@yahoo.com

GREETINGS FROM LIFT LOCK SQUARES.

By Cathy & Wayne VanVolkenburg

We held a very successful Christmas dance at George Street United Church on Dec 15. Festive red and white colours were very much in evidence with lots of happy faces under Santa hats. Plus and mainstream tips were called along with some rounds. Eight squares enjoyed Joe Uebelacker's calling very much. He had us dancing to lovely Christmas tunes and even forming snowmen and Christmas trees.

Winners of the share the wealth were Ken Chase and Jackie Pomeroy. Pat Gerris, Julia Parker, Colum Diamond and Ruth Sandford were winners of Christmas flowers.

The dance profit of nearly \$275 was donated to the Peterborough Salvation Army Christmas Hamper fund. After enjoying punch throughout the evening we finished off with a delicious finger food buffet.

Lift Lock has continued their very successful plus teach sessions each Wednesday at St Anne's Parish Hall in Peterborough from 7:00 to 9:00 under Joe Uebelacker's great calling. They are well attended with six or seven squares. This is followed by an

hour of advance dancing from 9:00 till 10:00. Liftlock also held advance dances Friday mornings on Nov 2 and Dec 7 at St Anne's so we could get in additional advance dancing. We hope to continue these once a month advance dances in the new year. Please contact Valerie and Barry Reid 705 357 2087 if you are interested in attending.

The executive is trying a new time format starting Wed Jan 2 when we return to dancing in the new year. We will start at 6:30 pm at St Anne's with an hour of advance dancing and then have two hours of plus teach from 7:30 till 9:30 pm. We will try this format for two months and reassess. It is hoped that the earlier time will be better for most people.

It is important to remember that we are fortunate to be able to square dance. We are grateful there are callers to call and teach us, executives to organize, angels to help us learn and friends to dance with. We want to try to better appreciate the fact that our health allows us to continue this wonderful activity, and to have an enjoyable time with our square dancing friends.

GREETINGS FROM JUBILEE ROUNDS IN ST. JACOBS

We continue to grow....

Jubilee Rounds started a new rhythm for our class dancers in January and have had some new members join our class for this season. Welcome!

Our class starts at 6:30 and our club members join in at 7:30. Andrea teaches two Phase II and one Phase III dance or phase III figure workshop each month. There is always one night a month of "Just Dancing".

Be sure to read ShadowLight write-up for information on a Mambo Clinic in February and a special dance day in March – both in St. Jacobs. Hope to see you there!

Very soon we will be posting our dances taught on our website. We hope to have this completed by the first week of February. We will also include recent dances taught in this report starting next month.

The new monthly SWOSDA dance program that started this month had a great response. There were 18 couples who came at 2:00 for the R/D teach that Andrea conducted. Remember, the teach is now at the beginning of the dance - there will be no additional R/D teach in the middle of the afternoon as in previous years! Next month SWOSDA is in Mount Brydges. We hope that all of you fellow round dancers will come out at 2:00 and support this new format. Andrea will be doing the teach again.

We are still at St. James Lutheran Church in beautiful St. Jacobs on Thursday nights. Our regular

phase II & III dancing is 7:30 – 9:30pm. Feel free to come at 7:00 and join in with our new dancers.

For info: Andrea or Jeff at 1-519-752-2172 or jeff@jeffreypriest.com

Printable flyers are on our websites:

www.jeffreypriest.com or
www.shadowlightdance.com

Happy dancing!

Jeff Priest ☺

SHADOWLIGHT DANCE CLUB

Greetings from ShadowLight...

Just a reminder that ShadowLight presents two daytime clubs / weekly dances for your enjoyment: We offer an A-1 teach on Monday afternoons in Cambridge ([Flyer](#)). It is a progressive teach but if you are knowledgeable on the A-1 calls, you are more than welcome to come out for some additional floor time. See our website for the list of calls taught so far this year. ([List](#))

We also offer A-2 on Wednesday afternoons in Brampton ([Flyer](#)). Again, if you are knowledgeable on the A-2 program, please feel free to join us when you can. This season we are “playing” with some positional dancing and fun concepts at the A-2 program.

We had a great session in London on January 13th where Jeff presented a workshop on “Sight Calling” in conjunction with Canadian Callers College and SWOSDA at the Caller Clinic. There were about 12 callers in attendance who really got put through their paces during the afternoon session. There were some great positive comments. They are still talking about it two weeks later. There will be another session in March called “Timing is Everything”. ALL callers are welcome! ([Info](#))

ShadowLight Dance hosted a Jive Dance Clinic on Saturday January 19, 2013. We had a great turnout and the day was just wonderful. On February 16, 2013 we will be hosting a Mambo Clinic in St. Jacobs ([Flyer](#)) .

Our next FunTime Event will be February 16, 2013 ([Flyer](#)). This is a PLUS dance open to all Plus dancers. Many dancers who have attended before will be eligible for their half-price admission. Why not join us and work towards yours!

Andrea will be running a very special program on March 16, 2013 in St. Jacobs. The day will start at 9:00 am and go until 5:00 pm and the attendees will have the opportunity to learn up to 6 Phase III dances ([Registration](#)) and then attend an evening Ph: III Round Dance Party ([Flyer](#)) to enjoy these and many other dances.

We will be hosting a very special “Thank You” dance. We invite ALL dancers to attend. This will be a Mainstream dance with Plus and Advanced Tips and Rounds. We will start at 2:00 and go until 9:30 – with a supper break of course. ([Flyer](#)) **Please come and Be Our Guest!**

Jeff sends out an email with our schedule on a weekly basis. Many dancers find it invaluable when planning their weekly dance outings. If you would like to receive this, please drop us a quick email at jeff@jeffreypriest.com and he will add you to our list of recipients.

Happy Dancing and More – Much More!

Andrea & Jeff Priest
ShadowLight Dance Club
www.shadowlightdance.com
519-752-2172

WATERDOWN VILLAGE SQUARES

Taken from February Newsletter with permission, Editors Bill & Carol Marsh

FROM THE PRESIDENT'S DESK:

Cooperate: "1. work together towards the same end."

Cooperative: "1. involving cooperation. 2 willing to be of assistance. 3 (of a farm, business, etc.) owned and run jointly by its members, with profits or benefits shared among them."

Do you ever marvel at how fast we can clear the hall of tables and chairs and clean up the kitchen after a dance? January 14th, after pie night, we watched as people pitched in like a well trained drill team. Even with the extra treat of pie (some people even went back for seconds), we had things cleaned up with lights out by 10:30. That got us thinking about the wonderful people we dance with!

Our New Year's Eve party was amazing! In the afternoon, Myrna and Barb got the kitchen organized, with help from Thelma and Rose Marie. While they were busy in the kitchen, Norm, Vern, Ted and Ken were moving tables into position and setting places. Many helpers got the food to tables in short order. Dennis and Evelyn made sure the punch bowls were never empty. Pat & Ralph took charge of the coffee & tea. And our guest caller/cuer duo, Jeff & Andrea Priest, kept us hopping for the dance portion of the evening – everyone had a wonderful time! Sadly, the famous New Year's baby did not make an appearance this year.

Of course, the work doesn't stop with our special dances! Our convenors arrive early every dance night to make sure the hall is ready when we get there; and when the convenors go on holiday, others step right up to get the job done. Many thanks to Norm & Thelma and Myrna & Verne for filling in on Tuesdays during the regular convenor's absence.

Of course it's dangerous to start naming names because so many help out that it is impossible to name all who contribute. We would, however, be remiss if we did not mention what a great job your executive do behind the scenes to make sure the club runs smoothly and to keep you informed. And we all appreciate those members who bring treats to share after dances. Square dancing is a *cooperative* activity. Our club is very effectively *run by its members* – and *we all share the benefits!*

Thank you all!

*Ken & Rose Marie Robinson
Presidents*

Editor's note: Let's not forget to give a BIG thank you to Rose Marie and Ken Robinson. They are the heart & soul and driving force behind the Waterdown Village Squares.

Bill Everett kept 'em "hopping" at the Snow Bunny Dance

Thanks to Hazel Collins, Mark & Laura Proctor, Ken & Rose Marie Robinson and numerous other volunteers, this year's Snow Bunny Dance was an enormous success. The 69 dancers enjoyed a delicious hot meal and kept the dance floor filled all night. It was nice to see (13) dancers from the Guelph Royal City Squares and (6) dancers from the Etobicoke Arrowhead Squares join us for the dance. Also, it was great to see the more experienced dancers from WVS join in the fun in support of the new members.

Bill Everett's superb calling gave the two other callers that were in attendance, **Aaron Goodman** and **Dave Williamson** a chance to get on the floor and actually do some square dancing. **Elvis** made an appearance and must have brought his fan club with him, because, after his performance a throng of women ran up to the stage and flung their petty pants at him. The surprising part was that two *men* also hurled petty pants at him. We won't mention any names.

DANCE FOR THE HEALTH OF IT

The Following Was Reprinted From January 1994 Mayo Clinic Health Letter

SOCIAL & SQUARE DANCING Jazz up your fitness routine with the regular note of dancing!

Evelyn resolved that in 1994 she'd exercise regularly. But it's only the beginning of the new year and she's already bored with her new stationary bike. The rowing machine and treadmill, at the YMCA hold little appeal. When a friend coaxed her to go along for an evening of free dance lessons, she realized exercise doesn't have to be at your.

It's true. Whether you're swirling across the dance floor to a Strauss Waltz or doing di-si-do's to the commands of the square dance caller you're getting exercise – and probably having fun too.

Dancing pairs you up with more than a partner, from burning calories to socializing with friends dancing offers these health benefits;

CALORIES Dancing can burn as many calories as walking, swimming, or riding a bicycle. During a half-hour of dancing you can burn between 200 and 400 calories. One factor that determines how many calories you'll expend is the distance you travel. In one study researchers attached pedometers to scores of dancers and found that each person covered 5 miles in a single evening.

CARDIOVASCULAR CONDITIONING – Regular exercise can lead to a slower heart rate, lower blood pressure and improve cholesterol profile. Experts typically recommend 30 to 40 minutes of continuous activity three or four times a week. Dancing may not provide all the conditioning you need but it can help. The degree of cardiovascular conditioning depends on how vigorously you dance, how long you dance continuously and how regularly you do it.

STRONG BONES The side to side movements of many dances strengthens your weight-bearing bones... Tibia, fibula and femur... And can help prevent or slow loss of bone mass... (Osteoporosis).

REHABILITATION If you're recovering from

heart or knee surgery, movement may be part of your rehabilitation. Dancing is a positive alternative to aerobic dancing or jogging.

SOCIABILITY – dancing contains a social component that solitary fitness endeavours don't. It gives you an opportunity to develop strong social ties which contribute to self-esteem and a positive outlook.

Tomorrow night when you consider settling down for a little television, turn on the music instead. After a few spins around the living room, you'll have so much fun that you may forget your exercising.

DANCING WILL ADD 10 YEARS TO YOUR LIFE

Square Dancing will add 10 years to your life, a surprising new study shows. Dr. Arron Blackburn states 'it's clear that square dancing is the perfect exercise. It combines all positive aspects of intense physical exercise with none of the negative elements.'

Dr. Blackburn said **SQUARE DANCING** is a low impact activity requiring constant movement and quick directional changes that help keep the body in shape. The study was based on their physical examination which indicated both female and male square dancers could expect to live well into their 80s.

Square dance movements raise heart rates like many good aerobic exercise should. All the quick changes of direction loosen and tone up the muscles – but not so severely as to cause injury. In square dancing, when you're not moving, you're clapping hands and tapping your feet, which all contribute to long-term fitness. "You don't see a lot of 55-year-old basketball players, but that's just the age when square dancers are hitting their peak" he said

ROUND DANCES TAUGHT

Bob & Betty Beck - Thorold, ON

First Flower - Phase III - Waltz (Nelson)
Just as Much as Heaven - Phase III + 1 - Foxtrot (Nolen)
Lullaby of Broadway - Phase III +2 - Foxtrot (Paull)
C'est si Bon - Phase III + 1 - Foxtrot (Seurer)
Go Away Little Girl - Phase III - Foxtrot (Kinkaid)
Slow Boat to China - Phase III + 1 - Foxtrot (Seurer)
I Can't Believe You're in Love with Me - Phase III - Foxtrot (Beck)

Mary Hinkle - Grand Island, N.Y.

It's My Party Cha Cha Cha - Phase IV Cha (Seurer)
Christmas Without You - Phase III+2 Ft (Crapo)
We Wish You a Merry Christmas - Phase III RB (Gabler)
Zat You Santa Claus - Phase III+1 (Scherrer) FT

Jerry & Bonnie Callen - Guelph, ON

Talk to the Trees – Phase III Rumba (Gloodt)
You Are Always in My Heart – Phase III Rumba (Slater)
May Each Day – Phase VI Waltz (Shibata)
I'm a Man in Love – Phase IV West Coast Swing (Cunningham)
I Am Just a Girl – Phase V Foxtrot (Worlock)
Precious Dreams – Phase V Waltz (Molitoris/Firstenberg)
Beauty and the Beast – Phase IV Bolero (Kincaid)
I Don't Know – Phase III Rumba (Shibata)
Makin' Whoopee – Phase III Cha Cha (Taylor)
You've Got a Friend in Me – Phase Vi Foxtrot (Preskitt) Review
Carnival – Phase IV Rumba (Rumble)
Tango for Strings – Phase III Tango (Croft/de Zordo)
Haunted Guitar – Phase V Waltz (Sheridan)
Paper Kisses Quickstep – Phase IV Quickstep (Nelson)
Mozo Guapo – Phase III Tango (Ross)
Remember When – Phase V Slow Two Step (Worlock)

Deadline for next TOPICSNEWS Newsletter

Saturday, March 9, 2013

The next issue will cover April and May. . Please be sure to get your events into the newsletter. Thank you to all Clubs and Dancers who have contributed to the newsletter. Remember, I will be looking for your flyers, club reports, and any items of interest. Also, watch for your events on the website: www.td-dance.ca Please let me know if I have missed anything. Looking forward to hearing from you soon.

Betty

COMING EVENTS

Fridays, Starting January 18, 2013 - Learn to Square Dance – Every Friday at Christ The King Church Hall, 475 Rathburn Road, Etobicoke from 7:00 to 9:00 p.m. Good exercise for Mind and Body, Fun and Invigorating. **If you can walk forward, you can square dance.** Singles and Couples welcome. \$5.00 per person. For information, call Aaron at 905-896-4217 or Adele at 416-622-7361.

Saturday, February 2, 2013: A Joint Special Dance is presented by **Toronto and District Square and Round Dance Association** and **Arrowhead Squares** at The Church of Christ the King, 465 Rathburn Road, Etobicoke, Ontario. Dance **Mainstream & Plus** with **Aaron Goodman** (host) and **Barry Clasper** 2:00 - 4:30 p.m. Cost is \$7.00 per person. For information call Aaron Goodman at 905-896-4217 or e-mail agvmg@roigers.com or Tom & Marion Petersen at 905-824-4647 or e-mail tom@tomar.ca or marion.petersen@gmail.com

Saturday, February 9, 2013: New Dancers' Valentine's Dance sponsored by the **Willow Weavers Square Dance Club** and called by **Grant Logan** and attending callers. Dance is geared to new dancers who started in Sept 2012 but all dancers welcome. Dance from 7:00 - 9:45 p.m. at Thornhill Presbyterian Church, 271 Centre Street, Thornhill, Ontario. For information call Ann and Grant Logan at 905-709-9241 or e-mail grant.logan@3web.com

Sunday, February 10, 2013: All Level Valentines Dance from 2:30 - 5:00 p.m. with caller Barry Clasper. Hosted by Triangle Squares. Church and Wellesley, downtown Toronto. \$5.00 per person. See T. and D. Website for flyer. www.td-dance.ca or www.trianglesquares.com

Monday, February 11, 2013: Otonabee Squares are hosting a **Valentine Ice Cream Sundae Party.** Dance **Basic** and **Mainstream** Level at George Street United Hall. For information call Sandy at 705-741-2582.

Sunday, February 17, 2013: Mainstream Dance from 2:00 - 4:30 p.m. Caller **Barry Clasper.** Hosted by **Otonabee Squares** at George Street United Church, corner of George and McDonnell Sts, Peterborough, Ontario. See www.otonabeesquares.org. Or call 705-743-2072 for information.

Saturday, February 23, 2013: Waterdown Village Squares invite you to their Annual **Beef a La King Dance** at St. James United Church, 306 Parkside Drive, Waterdown. Dinner at 7:00 p.m. followed by Plus & A-1 Squares and Rounds with **Jim Lee calling.** **Advance tickets only.** Cost members - \$15.00 and non-members - \$17.50 per person. Contact Bill Turnbull for tickets at 905-878-9573 or tickets@waterdownvilagesquares.ca or contact Jamie Whitewood at 905-878-4005 or Sue Gaetan at 905-878-3052. Visit our website at www.waterdownvillagesquares.ca

Wednesday, February 27, 2013: Guelph's Royal City Squares invite you to join them for “**A Night at the Hop!**” at Paisley Road School, 406 Paisley ‘Road, Guelph, ON. Dance Rounds with **Andrea Priest** from 7:30 - 8:00 p.m. and Plus Workshop level Squares with **Jeff Priest** from 8:00 p.m. For information call Yvonne Paterson at 519-836-7289 or e-mail yvonnepaterson88@yahoo.com

Saturday, March 2, 2013: A Joint Special Dance is presented by **Toronto and District Square and Round Dance Association** and **Royal City Squares** at Trinity United Church, 400 Stevenson Street North, Guelph, Ontario. Dance **Mainstream & Plus** with **Jeff Priest & Dave Williamson** (co-hosts) and **Rounds** with **Andrea Priest** from 2:00 to 5:00 p.m. & 7:30 to 9:30 p.m. (Round dance party from 7:00 to 7:30 p.m.) Cost is \$9.00 per person. For information call Jim Neville at 519-824-7615 or e-mail jneville@sympatico.ca or Tom & Marion Petersen at 905-824-4647 or e-mail tom@tomar.ca or marion.petersen@gmail.com Further information is on the T. and D. Website www.td-dance.ca

Sunday, March 10, 2013: New Dancers Spring Uprising sponsored by **Happy Hoppers of Newmarket**, at Lion's Hall - Mount Albert, ON (just west of Hwy. #48 on Mount Albert Road). Dance full Basic program from 2:00 - 4:00 p.m. with attending callers. Cost is \$8.00 per person or \$15.00 per couple. Pre-registration is not required, but a call or e-mail would be appreciated. Contact Doug & Heather Holmes at 905-478-2200 or e-mail drholmes@xplornet.com or check out their web page at <http://users.xplornet.com/~hobby>

Sunday, March 17, 2013: Otonabee Squares invite you to their **Mainstream Dance** at George Street United Church, corner of George and McDonnell Streets, Peterborough, ON.. Caller **Joe Uebelacker**. Dance from 2:00 - 4:00 p.m. For information call 705-741-2582. Following this dance Joe will give a presentation on the upcoming Caller School, 4 - 5:00 p.m. See website www.otonabeesquares.org

Saturday, March 23, 2013: Royal City Squares, invite all New Dancers and Mainstream level dancers to their **Freshman Frolic** at Trinity United Church, 400 Stevenson Street, Guelph, ON. Dance Basic and Mainstream with **Dave Williamson**. Cost is \$7.00 per person. Soft soled shoes please. For information, contact Yvonne Paterson at 519-836-7289 or e-mail yvonnepaterson88@yahoo.com

Wednesday, March 27, 2013: Guelph Royal City Squares invite you to dance with the Leprechauns at Paisley Road School, 406 Paisley Road, Guelph, ON from 7:30 (Rounds with **Andrea Priest**) and 8:00 p.m. (Plus Workshop & Squares with **Jeff Priest**) For information, contact Yvonne Paterson at 519-836-7289 or e-mail yvonnepaterson88@yahoo.com

Saturday, April 6, 2013: A Joint Special Dance is presented by **Toronto and District Square and Round Dance Association** and **Waterdown Village Squares** at St. James United Church, 306 Parkside Drive, Waterdown with Callers **Jim Lee** (host) and **Wayne Hall** doing **Plus & A-1 Squares** and cuer, **Jerry & Bonnie Callen** doing **Rounds** from 2:00 to 5:00 p.m. and 7:30 to 9:30 p.m. with a Round Dance Party from 7:00 to 7:30 p.m. Cost is \$9.00 per person. For information call Ken & Rose Marie Robinson at 519-448-3842 or e-mail k.j.robinson@sympatico.ca or rwoodley000@sympatico.ca or Tom & Marion Petersen at 905-824-4647 or e-mail tom@tomar.ca or marion.petersen@gmail.com or check out our T. and D. Website at www.td-dance.ca

Sunday, April 7, 2013: Otonabee Squares of Peterborough invite you to their Mainstream Dance with caller, **Barry Chumbley**, from 2:00 - 4:00 p.m. at George Street United Church, cnr of George and McDonnell Streets. For Information Call 705-741-2582 or see website www.otonabeesquares.org

Saturday April 13, 2012: New Dancers Hoedown hosted by the **Willowdale Willow Weavers** at Thornhill Presbyterian Church, 271 Centre St. Thornhill. 7-9:45 followed by refreshments. Called by Grant Logan & attending callers. \$7.00 person. More info, call Ann Logan 905-709-9241 or email grant.logan@3web.com.

Saturday, April 20, 2013: Lift Lock Squares invite you to their **51st Annual Spring Spree** at Crestwood Secondary School, 1885 Sherbrooke Street West, Peterborough, Ontario. Featured Callers this year are **Don Moger, Dave Hutchinson, Jim Lee & Joe Uebelacker** with Round Dance Leaders, **Jerry & Bonnie Callen**, cueing rounds in the Plus and A-1 rooms, with a Round Dance party at 7:00 - 7:45 p.m. There are several rooms of dancing featuring **Basic, Mainstream, Plus & A-1** dancing. Dance from 2:00 - 5:00 p.m. and 7:00 - 10:30 p.m. For information call Anne & Wayne Hare at 705-743-3077 or e-mail wayne.hare@sympatico.ca Register early.

Wednesday, April 24, 2013: Guelph Royal City Squares invite you to join them at “**Singin’ in the Rain**” fun singing call night at Paisley Road School, 406 Paisley Road, Guelph, ON. Join **Andrea Priest** doing rounds at 7:30 p.m. and **Jeff Priest** at 8:00 p.m. doing Square Dance singing calls at the Plus workshop level with full Plus tips & Rounds. For information, contact Yvonne Paterson at 519-836-7289 or e-mail yvonnepaterson88@yahoo.com

Friday, May 3 to Sunday, May 5, 2013: Toronto and District Square and Round Dance Association is very pleased to present our **52nd International Square and Round Dance Convention** at University of Guelph, 50 Stone Road East, Guelph, Ontario, N1G 2W1. Dance Squares (Mainstream to A-2) with our wonderfully talented staff: **Steve Edlund**, Surrey, BC, **Jerry Jestin**, Pflugerville, TX, our own **Jeff Priest**, Brantford, ON, and **Ken Ritucci**, Springfield, MA. Dance Rounds (Phase II to VI) with **George & Pam Hurd**, Gilmer TX, and **Mark & Pam Prow**, Seabrook, TX. Dance rooms are all hardwood floors and all under one roof! For information and flyers contact Tom & Marion Petersen at 905-824-4647 or e-mail tom@tomar.ca or marion.petersen@gmail.com Register early, the host hotel, The Best Western, is filling up fast. See our website www.td-dance.ca for all the details on hotels, dance programs, etc. Hope to see you there.

REGISTER EARLY – DO IT NOW!!

Thursday, May 23 to Sunday, May 26, 2013: Weave the Ring in 2013. Triangle Squares presents their annual Fly-In dance weekend. We are the only square dancing club in downtown Toronto. Everyone is welcome to attend for the whole weekend of great dancing, tempting food, and endless fun, or one or two sessions. Callers **Dayle Hodge** (Columbia, MD) and **Tim Crawford** (Burlington, ON) will be calling Mainstream through C2 at The 519 Church Community Centre and Jesse Ketchum Public School. For information e-mail Terri Rothman satb@trianglesquares.com or check our website: <http://trianglesquaresflyin.wordpress.com/> . Cost: Before March 1st, \$85 per person; after March 1st, \$100 per person. Mainstream dancers pay only \$75.00.

Saturday May 25, 2013: New Dancers WINDUP. A party for new graduates & friends. Sponsored by the **Willow Weavers** and called by **Grant Logan** and attending callers. Dance the full **BASIC** program from 7:00 - 9:45 p.m. at Thornhill Presbyterian Church, 271 Centre Street, Thornhill., Ontario. For information contact Ann & Grant Logan at 905-709-9241 or e-mail grant.logan@3web.com Cost: \$14.00 per couple/\$7.00 solo. **Bring along friends from MS, Plus, etc.**

Friday, May 31 to Sunday June 2, 2013 and Friday June 7 to 10, 2013: Lift Lock Squares and Otonabee Squares are sponsoring the **Peterborough Caller School**. **Joe Uebelacker** will run this training over two weekends. The cost is \$200.00. See www.otonabesquares.org for flyer. Phone Joe at 705-657-9084 or e-mail cchsoap@yahoo.ca for information on the training. Phone Jean at 905-342-5450 or e-mail hjlander@gmail.com for information on registration and billeting, if required.

Friday, June 7 to Sunday, June 9, 2013: Western Ontario Weekend Committe is very pleased to present **Susi & Gert-Jan Rotscheid**, from Zeist, The Netherlands, at our **18th Western Ontario Round Dance Weekend** at John Paul Secondary School, Oxford & Highbury Avenue, London, Ontario. Susi & Gert-Jan will be Teaching Phase III, IV & V and cueing Phase III to VI dances from Friday at 8:00 p.m. to Sunday at 12:00 noon. Cost is \$165.00 per couple which includes Saturday Lunch and Dinner with coffee breaks. The Host Hotel is the Airport Inn & Suites, 2230 Dundas St. E, London, ON. Ask for the “dancer weekend rates”. For information call Bob & Betty Beck at 905-227-7264 or e-mail rbeck9@cogeco.ca. The flyers are available on the T. and D. Website www.td-dance.ca

Thursday, June 20, 2013: Maple Hill Squares invite you to their **32nd Anniversary Strawberry Social and Square Dance** at Seniors Meeting Place, 474 Davis Drive, Newmarket, ON. Dance from 7:30 p.m. with **Jerry Callen** (Rounds) and **Doug Holmes** (Mainstream & Plus Squares) followed by Strawberries and cake with ice cream. For information call 905-478-2200 or e-mail drholmes@xplornet.com Cost \$20.00 per couple (advanced registration) or \$22.00 at the door. Advance registration before June 10th.

Wednesday, June 26 to Saturday, June 29, 2013: 62nd National Square Dance Convention, Oklahoma City, OK, U.S.A. **”The Sooner the Better”**For Info Call Registration office at 405-381-3164 or e-mail: vcregistration@62nsdc.com or visit their web site at www.62ndnsdc.com

Friday, August 16 to Saturday, August 17, 2013: The 51st Michigan Square and Round Dance Convention will be held at the Radisson Plaza Hotel in Kalamazoo, Michigan. For more information or to download a registration form visit www.squaredancemichigan.com



**Happy St. Patrick's Day
Sunday, March 17, 2013**

ANNOUNCEMENT

To: **All Ontario Federation Associations,
Clubs, and Dancers**

Re: **2013 Ontario Federation
Membership/Insurance**

Effective January 1, 2013 Membership in the Ontario Federation will include Third Party Liability Insurance provided by the Intact Insurance Company. This new policy will provide the same coverage as previously provided by the Canadian Society.

Third Party Liability Insurance coverage, until this year, was provided through membership in the Canadian Square & Round Dance Society.

Because of administrative concerns and the Federation commitment to its members to provide Insurance it was necessary that The Ontario Square and Round Dance Federation arrange for a new policy to ensure those that require insurance will have it.

Membership in the Ontario Federation will not include membership in the Canadian Society at this time. In the meantime all other benefits obtained through Federation membership will remain the same.

Questions on this subject can be answered by your Association representative or you can contact me directly.

Peter Piazza
Treasurer/Membership Director
OSRDF
peterpiazza@sympatico.ca

Wayne & Sharron Hall - 905-641-1872 or
e-mail: whall3@cogeco.ca or
Ken & Rose Marie Robinson- 519-448-3842
e-mail k.j.robinson@sympatico.ca or
rwoodley000@sympatico.ca



**Toronto & District
Square & Round Dance Association Inc.
The 52nd International
Square & Round Dance Convention
May 3, 4 & 5, 2013
At University of Guelph,
50 Stone Road East, Guelph, ON**

**HAVE YOU REGISTERED YET?
Why not DO IT TODAY?**

**If you need flyers, or information, please contact
Tom & Marion Petersen 905-824-4647 or e-mail: tom@tomar.ca
Or Ken & Rose Marie Robinson
519-448-3842 or k.j.robinson@sympatico.ca**

DON'T LET HEARING DIFFICULTIES SPOIL YOUR DANCING ENJOYMENT!

Deluxe FM Personal Listening Systems and the compatible Digital Tuning FM radio receivers are now available through Toronto & District Square and Round Dance Association Inc.

T&D is dealing directly with the supplier from whom the EOSARDA clubs have ordered the same hearing assist equipment. They have reported huge success, and our intent is to encourage the use of the systems province-wide. The benefits are obvious - dancers who invest in the personal receivers will be able to "tune in" to any caller or cuer who is using the Listening System, thus enhancing their dancing pleasure!

Some dancers have chosen to purchase the

entire FM Personal Listening System for their personal use, as they can be used with your television, stereo or computer system.

The systems will be operating at each of the T & D Joint Dances (see "Upcoming Events in this publication), where you will have an opportunity to "test drive" a receiver. T&D member clubs are encouraged to borrow the system for evaluation by your caller/cuer and dancers - arrangements may be made with Dave Williamson @ (905) 451-5059. The Listening Systems will also be in use at our annual Convention. You may order the equipment by mailing in the order form below, or by contacting Ken & Rose Marie Robinson at (519) 448-3842 or k.j.robinson@sympatic.ca.

To: Ken & Rose Marie Robinson P.O.Box 53 St. George, ON N0E 1N0	
Deluxe FM Personal Listening System (Transmitter and receiver)	No. _____ x \$ 180.00 = _____
Digital Tuning FM radio/ALD 72-72 MHz FM Receiver <small>(Prices include taxes & duty.)</small>	No. _____ x \$ 70.00 = _____
	TOTAL: _____
<i>Please enclose cheque payable to T & D Association.</i>	
NAME: _____	
ADDRESS: _____	
Postal Code: _____	

2012 - 2013 EXECUTIVE

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