

Whatcha Doin' ? - The "Best Kept Secret" is Out!



**Bill Marsh,
Retiree**

Retired mechanic, **Bill Marsh** was so excited about what he thinks is one of the **best kept secrets** around, he contacted me to make sure HSR employees would be the first to hear about what he has discovered. In fact Bill predicts once this secret is out, the popularity of this activity will skyrocket.

The best-kept secret? **Square dancing.** (Yes, really!)

Accept **Bill's** invitation to try square dancing and he personally guarantees:

1. You **WILL** laugh... *a lot*
2. You **WILL** meet some very nice people
3. You **WILL** get physical and mental exercise (but, you'll have so much fun you'll hardly notice)

Bill only started square dancing in 2009 and he's already hooked. I asked him what turned him on to this somewhat unusual activity. "My wife, **Carol**, and I were looking for an activity to replace ballroom dance lessons that we had been taking on and off for a few years. Why look for a new activity? Quite frankly, we sucked at ballroom dancing" **Bill** laughs.

"**Carol's** brother suggested square dancing. He thought the four of us might like it. Well, he was wrong.....we absolutely loved it!"

"The best part about square dancing (for me, especially) is you don't have to be a good dancer to do it," **Bill** admits. Anybody who has seen me dance will agree, "if **Bill** can square dance, anyone can."

"While watching some of the experienced dancers on our first few nights, we said, 'there is no way we will ever be able to dance like that'. Well, less than one year later, we are able to dance like that," **Bill** smiles.

"What really makes square dancing so enjoyable is that the experienced dancers join in with the 'rookies' and act as mentors, much like the HSR Mentorship Program advocates. And our club, The **Waterdown Village Squares**, has two of the best callers in Ontario. They bring beginners along slowly, while maintaining a fun and challenging atmosphere for all levels of dancers."

Did you know that no matter which country in the world you are in, square dance calls are always in English? So no matter where you travel, you will always be able to square dance.

Bill's wife, **Carol**, says, "**Bill** and I have never laughed so hard or had so much fun. We really look forward to dance nights, and the health benefit for our cardiovascular system is a bonus."

Carol continues, "I'll admit I was worried at first about what to wear. But I quickly found out that anything goes. I most often wear a pair of everyday casual slacks and a regular shirt or blouse, and **Bill** simply wears khakis and a sports shirt. If I want to dress up for a special event dance, I will wear a colourful dress, complete with crinoline and pettipants, while **Bill** sports a western shirt and string tie.

In the fall, **Waterdown Village Squares** has a sale of gently-used square dance clothing at just \$2 a piece. I can dress us both head-to-toe for just \$10!"

You can join **Waterdown Village Squares** with or without a partner. Some dancers are single or have partners that do not care to dance. Singles pair up with someone else who is on their own that night or simply join a square that has an opening.



AS WELL AS REGULAR WEEKLY DANCING, THERE ARE NUMEROUS THEMED DANCES THROUGHOUT THE YEAR, WHERE WE ARE USUALLY JOINED BY SOME MEMBERS OF OTHER AREA CLUBS.

first night is absolutely FREE, while subsequent nights are only \$7 a person. This season starts Thursday, September 9th and runs until mid-April." Beginners are encouraged to start September 9th.

The **Village Squares** rent a large dance floor in **St. James United Church** located at 306 Parkside Drive in **Waterdown**. "It's especially fun to go with friends so you can all dance and learn together," **Bill** smiles. "And did I mention I guarantee you WILL laugh a lot!?"

Top five reasons to give square dancing a whirl

1. **It's FUN!** No matter what your age you'll have a blast.
2. **It's easy exercise.** The dance movements are quite easy, but it's still a great workout for your heart, lungs and muscles.
3. **It's simple.** You don't need any dance experience - the caller keeps you on track - simply learn while you dance.
4. **It's mental exercise, too.** Square dancing uses both sides of your brain to keep your mind healthy.
5. **It's gets you out.** Turn off the TV and computer and see how much fun you'll have!

Try it FREE

Starting Thurs. Sept. 9th @ 7:30 p.m.
306 Parkside Drive, Waterdown ON
www.waterdownvillagesquares.ca



"The friendliness of square dancers is unbelievable", **Bill** says. "**Carol** and I can be a little shy, but we made friends with everyone very quickly. In fact, recently, the four of us had an enjoyable home cooked dinner with a couple from Cayuga we met at our club. People come from miles around and many have made lifetime friendships."

Many of the people **Bill** and **Carol** have met have been square dancing for 20, 30 and 40 years. **Shirley Hannigan** is one of them. She has been dancing for 40 years - and she still loves it. I am sure many of you will recall that Shirley was the switchboard operator at the HSR for many years. **Bill** and **Carol** met her recently at one of the club dances and had the pleasure of **Shirley** joining them in one of their squares.

After an evening of dancing, we all relax with a light snack and refreshment. I sometimes wonder if the food is really what some people come for.

"I'd love to see some current and retired HSR employees come out and give square dancing a whirl. The best part is it won't cost a thing to find out if it's for you. Your

The Waterdown Village Squares

DATE: Thursday, September 9

TIME: 7:30 p.m. to 10 p.m..

PLACE: 306 Parkside Drive, Waterdown, ON

INFO: www.waterdownvillagesquares.ca

PHONE: Rose Marie or Ken @ 905-549-0489

QUESTIONS?:

president@waterdownvillagesquares.ca