

Weekly Update from O'Shea Irish Dance Administrator

Friday, October 18, 2019

Important Dates - Mark Your Calendars

- **Oct 21 Classes Resume**
- **Oct 28 - Oct 30 - Halloween Costume Week**
Wear Halloween Costumes (danceable, please) to Class
- **Oct 31 - OID Closed for Halloween**
Have fun trick or treating!
- **Nov 16 - Class Costume Day**
9 am to 2 pm

So Many Pumpkins for Sale!

And apples and squash! The Celtic Junction Harvest Produce Sale is still happening. All pumpkins and squash are grown locally by Pumpkin Jack. The apples are from Fireside Orchards. Money raised from our Harvest Produce Sale goes to support the Celtic Junction Arts Center.

- Jack Be Little Pumpkins \$1.00
- Pumpkins \$3.00
- Acorn Squash \$2.00
- Buttercup Squash \$5.00
- Patty Pan Squash \$2.00
- Cucuzzi Squash \$2.00
- Bag of Apples \$15.00

Cash & credit/debit cards accepted.

Costume return happening now through 11/7

All-school Costume Day is November 16. please return your class costumes to the Costume Return rack in the hallway between the upper and lower levels. We ask that you fill out [this simple form](#), print and attach to the costume so we can better track our costume inventory. **We require that ALL COSTUMES be returned by November 7** so we have time to evaluate and repair prior to mandatory costume day on November 16.

Myofascial Release Therapist at CJAC on Wednesdays

Bodywork therapist, Derrick Lundberg, LMT is at CJAC on Wednesdays from 5 pm to 8 pm. Derrick's unique skill is in getting right to the heart of the problem with his training in osteopathic manual therapies such as cranio-sacral visceral manipulation, neural manipulation, and myofascial release, as well as traditional massage, and acupuncture.

Mr. Lundberg is offering initial 20-minute appointments for OID dancers for \$15, which includes a five-minute assessment and a fifteen-minute treatment. Following your initial assessment, he is available to you for additional appointments for \$1 a minute. His services are open to all dancers, parents, and family members.

We have a private page link for CJAC appointments only, although he does treatments all around the cities, which you can see on his homepage. You can book a CJ based appointment at derricklundberg.com/cjac.

Decade of Dance Awards

Have you been dancing for 10 years or more? The Irish Music and Dance Association will again present their Decade of Dance Awards to eligible dancers at IMDA's Day of Irish Dance at Landmark Center, St. Paul on Sunday, March 15, 2020. The award is presented to dancers who have studied Irish dance for at least ten years. For the 2019 presentations, the dancer would have begun their study by the Fall of 2009 or before and studied continuously. **Eligible dancers must complete an application for the award documenting their 10 year study of Irish dance.** The deadline for applications is Dec 2, 2019. Dancers will receive confirmation by Feb 1, 2020. The application is available on the [IMDA website](#).

**I HOPE EVERYONE IS HAVING A GOOD LONG WEEKEND!
LOOK FOR YOUR NEXT WEEKLY UPDATE FRIDAY, OCTOBER 25, 2019**