

# Weekly Update from O'Shea Irish Dance

May 23, 2022

## Important Dates - Mark Your Calendars

- Performance Opportunity: State Fairgrounds - May 30
- Northern Mid-America Champ Feis - June 11
- 10,000 Lakes Feis - June 12
- Summer Break & Nationals - June 29 - July 17
- Celtic Junction Summer Feis - July 30
- Performance Opportunity: Wash. Co. Fair - Aug 6
- IRISH FAIR! - Aug 12 - 14

## State Fairgrounds Memorial Day Performance Opportunity

We have been invited to perform at the Minnesota State Fair's Kick-Off to Summer event on Memorial Day, May 30, 2022. Links to the form and rubric can be found on our [Upcoming Performances](#) page.

## OID Logowear Store - Ready for Summer

The [OID Logowear Store](#) is open and ready for Summer! It will only be open for the next 2 to 3 weeks, so don't delay in getting your orders in. **All orders will be shipped directly to your house** so remember to put your address in when checking out.



**APPAREL  
WEBSITE**

For garment-specific questions contact the shop at: [sales@fproseville.com](mailto:sales@fproseville.com). All other questions should be directed to Galena at: [galena.stcroix@gmail.com](mailto:galena.stcroix@gmail.com).

## Pampered Chef IDPA Fundraiser!

Support our OID dancers by purchasing things you really want - and NEED (like this Brownie Set, am I right?!)

It's a Pampered Chef - Irish Dance Parent Association Fundraiser! Get your kitchen tools, gadgets and goodies so you're ready for the summer. Up to 30% of the total sales will come back to support OID dancers and the events we host. Shop here: [www.pamperedchef.com/party/idpa2022](http://www.pamperedchef.com/party/idpa2022)

During the month of May, Pampered Chef is doubling the amount of money it will donate to an organization that hosts an online event, that means we can get up to 30% of the total sales instead of just 15%. This opportunity was brought to our attention by a relative of one of our dancers and we decided to jump on it!

If you are not familiar with Pampered Chef, they sell high quality kitchen items for your home, cabin, or for gifting (Dads and Grads!!!). Feel free to contact our event "host" and IDPA board member Kathleen Lopac at [Kathleen.Lopac@gmail.com](mailto:Kathleen.Lopac@gmail.com) with any questions. Catalogs will be available at the Celtic Junction to peruse, or you can see everything online.



## Summer Schedule at OID

Summer is right around the corner. Here's how it rolls out at OID. Summer is not only feis season (more details below), it is also a time for amazing growth and strength in your dancers. Since we know busy summer schedules can make it hard to keep a regular dance class schedule at OID, we offer several ways to help summer become a great time for strength and skill development:

- We open classes up as a "Flexi-schedule" so you can come when you want and travel when you wish.
- If you can't make it to classes in your own level, you can audit the one above you as a makeup too (like an upgrade)!
- Remaining enrolled over the summer allows your dancer to perform at the Irish Fair!

There is a lot to train for over the summer including three feiseanna that don't require travel! The next local feiseanna are June 11 & 12 (register by 5/30 on [QuickFeis](#)) and our own Celtic Junction Summer Feis on July 30 (registration is not open yet, but will be on [Feisworx](#)).

OID will close for Summer Break and Nationals from 6/29 through 7/17 with classes resuming 7/18 to train and rehearse for our Irish Fair performances the weekend of August 12 through 14. So much coming up!



## Myofascial Release Therapist at CJAC on Tuesdays

Derrick Lundberg, Natalie's massage therapist and friend, is a licensed massage therapist trained in Myofascial Release, Osteopathic Manual Therapies and Oriental Medicine.

A performer's most important tool is their body. Injuries, limitations, and performance can all be improved with manual therapy. He will be offering weekly, 30-minute massage appointments to OID Families on Tuesdays from 6 pm - 9 pm in the Green Room. The cost is \$30 for a 30 min session.

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](http://derricklundberg.com/cjac).

## COVID-19 Masking and Testing at CJAC

Masks are optional indoors at CJAC. Thanks for respecting individual choices on mask usage.

**Testing is available to all CJAC** (you will need to register on the MCC system) in the lobby on Tuesdays and Wednesdays only from 4:30pm to 7:30pm.

If you are feeling sick or have tested positive for COVID, please stay home and wait 5 days before returning to the facility. We continue to monitor local, state, and federal guidance and will provide updates as needed. State info can be found [here](#) and the City of Saint Paul's info is [here](#). This is all subject to change as conditions change.

**LOOK FOR YOUR NEXT WEEKLY UPDATE ON FRIDAY, MAY 27, 2022**