

Weekly Update from O'Shea Irish Dance

October 12, 2022

Important Dates - Mark Your Calendars

- **CJAC Week - Oct 10 - 13**
- **CJAC Annual Fundraiser - Oct 15**
- **Solo Costume Exchange - Oct 16**
- **Local Feiseanna - Nov 5 & 6**

Solo Costume Exchange This Sunday!

Have a used solo costume to sell? Looking for a used solo costume to buy? Come to the Solo Costume Exchange this Sunday, October 16 from 11 am to 1 pm. Bring used solo dresses and/or vests clearly marked with price and contact information. Costumes to sell must be dropped off at 10:30 am and all unsold costumes must be picked up at 1 pm. We cannot store any costumes after the exchange.

CJAC Week - October 10 through 13

The week before CJAC's annual fundraiser visit volunteer Christine Anderson and/or CJAC board member Donna Dingle at the CJAC table in the lobby to learn more about the fundraiser, CJAC's programs, volunteer opportunities and more.

Fall Costume Days Continue This Week

We will be holding annual Fall Class Performance Costume fitting days on Monday through Thursday the first two weeks of October. Sessions will be held by appointment through [this Sign-Up Genius](#). These sessions are for dancers in all class levels who need a different sized costume or for dancers who have moved up a level from Beginner to Primary or from Primary to Intermediate.

If your costume fits well, there's no need to schedule a time. If you know your costume doesn't fit (or even if you're not sure) or if you don't yet have a class costume, you'll need to sign up.

IMPORTANT: If your costume doesn't fit, you need to bring it with you and return it before you can be issued a new costume. Also, a reminder that our annual costume fees are added to Studio Director accounts in November.

Check your closets for any extra class costumes or costume accessories (gold skirts, capes) and return any extra items this week so we are organized and ready for costume days starting on Monday, October 3.

Registration Local Fall Feiseanna - Late Fees Start Saturday

Our double-feis weekend is fast approaching. The Minnesota State Championships Feis (11/5) and Saint Paul Autumn Feis (11/6) are open for registration at www.feisworx.com. Late registration fees kick in this Saturday so it's time to register ASAP. There's a Future Champs special on Saturday and a teams competition on Sunday (registration for teams will be handled by Cormac and Natalie). This year both events will take place at the Minneapolis Convention Center.

Black Jacket Sleeve Updates

Please see below this important message from Galena about sleeve updates for team jackets:

Bins will be in the lobby starting next week to collect jackets for Oireachtas 2022.

The cost is \$5 per sleeve, cash or check (IDPA) and you can pay Galena or Katy. If neither of us are there you can pay in the kiosk.

If you're just doing Oireachtas 2022 there's no need to attach a note. If you want something else added then you MUST attach a note indicating what you'd like and pay accordingly.

Jackets will be collected until Wednesday October 19th at 9:00pm. If you have any questions please let me know. Galena.stcroix@gmail.com or text: 612-616-8399. Thank you!

Shoes For Sale? Solo Costume for Sale?

Have you got used Irish dance shoes in good condition at home? Bring them in and share them in the Parent to Parent shoe cupboard. It's the start of a new term and we have a lot of new students and students moving up. There's also a [used solo costume group](#) on Facebook. It's a great spot to sell or buy used solo costumes.

Orientation Videos and Forms Deadline

Thanks everyone for attending our orientation sessions last week. If you missed the sessions or want a refresher, [please watch this video](#). (We created it during the pandemic—disregard the COVID talk.)

All dancers/families need to fill out the annual forms each year. If you haven't already done so, please [follow this link for all the forms](#). REMINDER: we need everyone to fill them out by October 15. The annual forms include:

- Acknowledgement of Policies and Procedures
- Release Agreement
- Medical Form

Thanks all! Looking forward to a great Fall Season!

CJAC's Annual Fundraiser and Volunteer Opportunity



CJAC's annual fundraiser is coming up on October 15. Join us in-person for a delicious dinner – or join us virtually for chat and good craic!

All will enjoy an entertaining program that shows off the best of what Celtic Junction Arts Center offers. This year our featured guest is musician, archivist, and former Riverdance performer, Niamh Ní Charra!

Have you ever wondered how all this started with O'Shea Irish Dance and the Celtic Junction Arts Center? Cormac will share stories about his Riverdance days and the steps that led all of this to begin right here in Minnesota.

Most of you know that the Celtic Junction Arts Center is home not only to O'Shea Irish Dance and Center for Irish Music but is also home to the Eoin McKiernan

Library, the Irish College of Minnesota and the offices of the Irish Fair of Minnesota. Visit the CJAC website for all kinds of info about its resident partners, courses, concerts and events.

CJAC is an award winning cultural center (Best in North America in 2018!) and a great addition to the upper midwest for people of Irish descent or anyone interested in Irish culture, history, literature, music, dance and so much more.

The event is looking for volunteers. If you'd like to lend a hand, email volunteer@celticjunction.org.

Myofascial Release Therapist at CJAC on Wednesdays

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 O'Shea Families on Wednesdays from 6 pm - 9 pm in the Green Room. The cost is \$30 per half hour 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.

Stay Connected with REMIND and All the Social Media

If you haven't done so already, please make sure you join the All Dancers And Families All Levels class on the Remind app. Click here to join: <https://www.remind.com/join/osheair>. THIS IS IMPORTANT TO MAKE SURE YOU ARE AWARE OF CLOSINGS IN WEATHER EVENTS OR EMERGENCIES. You may also receive invitations to join smaller sub-groups based on performances and other events and should join those as well. In addition to the weekly newsletter and other emails, we use the Remind app extensively to get information and reminders out to dancers and families.

Make sure you're connected to OID on our Facebook groups. We cross-post important communications there as well as other news and info. It's also a fun place to connect with other OID families.

www.osheairishdance.com OID public webpage.

<http://damhsa.osheairishdance.com/> This is the private OID school page for school members only.

<https://www.facebook.com/OIDance/> OID public Facebook page.

[O'Shea Irish Dance \(OID\) Dancers and Families Announcements and Activities](#) For All OID families
[O'Shea Irish Dance Used Solo Dress/Vest, Shoes and Accessory](#) For used solo costume needs

And if you're not connected on other social media, please follow OID on Instagram: [osheairishdance](#). Follow OID on TikTok: **OSheairishdance** and Add **osheairishdance** to your Snapchat contacts. Visit www.idpamn.org for the Irish Dance Parent Association (IDPA) website and [Facebook page](#).

LOOK FOR YOUR NEXT WEEKLY UPDATE ON FRIDAY, OCTOBER 21, 2022