

Largest team in local Irish dance school's history headed to worlds

Claddagh Ball fundraiser for dancers this Saturday

A group of 14 dancers from Oakville's Goggin-Carroll School of Irish Dance is headed to the World Irish Dance Championships (WIDC) March 29.

The dancers, who live in Oakville, Burlington, Milton, Flamborough and Mississauga, qualified to compete this year at the championships, which will be held for the first time in Canada — specifically, the Palais des Congrès in Montréal.

Fundraiser to help cover costs

To help its dancers get to the championships, the local Irish dance studio is hosting its Claddagh Ball fundraiser Saturday (March 7) to help them pay for training, costumes and travel.

Each solo dancer needs to raise approximately \$2,000-\$3,000 — organizers of the ball hope to raise as much as possible to partially cover the costs.

This year's ball will be held at the Burlington Convention Centre, 1120 Burloak Dr., and includes an evening of food, dancing, performances and a silent auction. Tickets cost \$80.

Anyone interested in attending or making a donation to the silent auction can contact Barb Goggin at dance@goggin-carroll.com.

Goggin is the school's co-founder along with Ryan Carroll, who was understudy to the lead in Riverdance and competed at the worlds 11 times in his youth.

Championship hosted around the world

Prior to 2000, the WIDC was never held outside Ireland. Since then, it has been held in Belfast; Glasgow; London, England; Philadelphia; and Boston.

The 14 dancers competing this year include: Oakville's MacKenzie Goggin-Wade, 18; Kerry McCann, 16; Ciaran McCarthy, 10; Caitlyn Micuda, 14; Erica Muscat, 10; Isabella (Bella) Simms, 16; and Josh Villim, 11; Burlington's Florence Rodrigue, 11; Milton's Paige Mackintosh, 15; Flamborough's Brynna McVittie, 17; and Mississauga's Jack Kukolic, 11; Thomas MacKay, 10; Gavin McCarthy-Willoughby, 11; and Nieve Robinson, 16.

The dancers from the Oakville studio will be joining 10 soloists from the Goggin-Carroll studio in Windsor, Ont., in competing against more than 4,000 dancers from across the world, including from the U.S., Ireland, Europe, New Zealand and South Africa, among other countries.

According to the Goggin-Carroll school, this will be its biggest entry for the WIDC.



From left, (back row) Brynna McVittie, Paige Mackintosh, Caitlyn Micuda, Nieve Robinson, MacKenzie Goggin-Wade, Kerry McCann, Isabella Simms; (middle row) Ciaran McCarthy, Thomas MacKay; (front row) Josh Villim, Erica Muscat, Gavin McCarthy-Willoughby, Florence Rodrigue, and Jack Kukolic of the Goggin-Carroll School of Irish Dance are headed to the worlds March 29. | **photo by Sean McCormack – special to the Beaver**

A WALK THROUGH HISTORY



There's a new mural up at Oakville's Town Hall, 1225 Trafalgar Rd., which details the history of the town from the first settlement in 1806 to amalgamation and beyond. | **photo by Riziero Vertolli – Oakville Beaver (Follow on Twitter @halton_photog or www.facebook.com/HaltonPhotog)**



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Advertorial

Quick tips for healthy winter skin

(NC) A plan of action to combat dryness requires far more than slathering the body with lotion. Healthy skin calls for both internal and external care, especially in months of prolonged cold weather. Here are five of best ways to do it:

1. Hydrate – Drinking water is more important than ever during the winter. Staying properly hydrated internally is not only essential for good health, it also helps to keep the body energized as it fights off illness as well as dehydration, while promoting blood circulation to the skin.

2. Eat healthy – Foods rich in omega-3 fatty acids can improve skin conditions in a matter of weeks. Incorporating foods like salmon, walnuts, olive oil, kidney beans and flaxseeds in our diets not only contributes to skin appearing rejuvenated but also to a sense of overall well-being.

3. Moisturize – A heavier moisturizer can act as a barrier between skin and the cold elements when outdoors, and as a

protectant from the dry heat indoors. Moisturize skin immediately after showering to seal in dampness.

4. Break a sweat – Sweating is a natural way of eliminating toxic chemicals that can build up under the skin. Regular exercise maintains healthy circulation and blood flow throughout the body – essential for glowing skin.

5. Invest – A humidifier is a great way to reintroduce moisture back into the home where many dry skin problems occur. Leave it on at night while sleeping and reap the benefits all season long through regular use.

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