

# CFCAO CHEER NEWS

OCTOBER 2019

MEDIA DIRECTOR – SHARON CADDY

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## CANADIAN FOOTBALL CHEERLEADERS **ALUMNI ORGANIZATION**

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### IN THIS ISSUE:

Since our last newsletter we have added some new local directors, added some member benefits and more. Have a read through this issue for more great information plus a profile on some of our new members. These ladies were members of the Argoettes in the 50's & 60's and they're amazing!



*Check out the 2000 BC Felions! Send us your cheer pics so we can share them! You can always post to our Facebook page, or email them to [Sharon.cfcao@gmail.com](mailto:Sharon.cfcao@gmail.com)*

Hey everyone! It's Fall and we're marching toward the CFL playoffs. We are also celebrating the growth of the CFCAO and we thank you for your support. Every day we're adding new members, new features and new benefits!

Since our last newsletter in June we have welcomed some new area directors. It was decided that the CFCAO would benefit from having 2 directors in each location. In some cities we currently have 2, but we are still searching for some. See the note below for locations where we are still searching. For now, here are our new directors!

### **Introducing – your Directors**

**From Calgary we welcome our two co-directors, Ceilynn Howse and Julia Barrett**

**Ceilynn Howse – [ceilynn.cfcao@gmail.com](mailto:ceilynn.cfcao@gmail.com)** Ceilynn was born in Crystal City Manitoba but raised in Calgary making her a true country girl. She joined the Calgary Stampeders Outriders in 2003 and she cheered on the Red and White for 8 incredible years as a dancer, tumbler, caller and eventually the Captain. During that time, she also joined the Calgary Roughnecks Drill Crew for 8 years, the Calgary Flames Big Country Ice Girls for 3 years, the Stampede Burlesque group The Calgary Spurs and helped coach the Calgary Crush Basketball's Dance Team. Ceilynn has since retired from the world of dance and cheerleading and now spends her time as the co-owner and Director of First Friends Preschool & Educational Centre. As a mother of 3, Ceilynn works hard to foster a love for all things football and cheerleading in her home. Football games have always been a huge part of family life.

**Julia Barrett – [julia.cfcao@gmail.com](mailto:julia.cfcao@gmail.com)** Julia is a certified ballet teacher and choreographer, through The Royal Academy of dance and has been recognized on my work receiving many choreography awards at competition around Canada. Julia joined the Calgary Stampeder Outriders in 2008 through to 2012. She was named captain in 2011 as well as 2012 where she led the team to the 100th Grey Cup game in Toronto. She was also the choreographer for the Little Miss Outrider Halftime Show, where she showed her passion of cheerleading and dance to many little hopefuls to be future Outriders. Julia can currently be seen at Alberta Ballet where she is still showing her passion of dance through all the families and employees involved in the company.

**From Ottawa we welcome director Alexandria Orr -- [alexandria.cfcao@gmail.com](mailto:alexandria.cfcao@gmail.com)**

Born in Orillia, Ontario, **Alexandria Orr** is a current member of the Ottawa REDBLACKS Cheer and Dance Team and will be retiring this year after 5 seasons. Before becoming a cheerleader, Alexandria trained in other dance styles like jazz, tap, modern, ballet and musical theater! She also danced competitively in Highland dancing! She is a Professional Princess and Owner of Glass Slipper Princess Parties, and loves making children's dreams come true.

Alexandria trained to be an Aesthetician at Algonquin College and a Makeup Artist at Versailles Academy. Her favourite charities are the Children's Miracle Network and the Make a Wish Foundation!

**From Winnipeg we welcome Chrissy Kucinic and Susan Sharma [Chrissy.cfcao@gmail.com](mailto:Chrissy.cfcao@gmail.com)  
[Susan.cfcao@gmail.com](mailto:Susan.cfcao@gmail.com)**

An athlete in the truest sense, **Susan** was a dancer from the time she would walk, and a basketball star in her high school years. During high school she discovered cheerleading and never looked back! In fact, during high school she would play basketball, switch uniforms to perform with the cheerleaders at half time, then change back to play the second half! Susan continued her cheerleading through university eventually earning her coaching certificate from the National Cheerleading Association in 1995. From 1996-1998 she was a member of the Winnipeg Blue Bombers Blue Lightning Dance team. Away from cheerleading, Susan has been a WestJet airlines flight attendant for the past 13 years.

**Chrissy Kucinic** – Chrissy is a hard-working member of the Winnipeg Blue Bomber Alumni serving as the representative for the Winnipeg Alumni Cheer teams, one of 3 non player positions on the board. Chrissy loves football and the Winnipeg Blue Bombers, and along with her husband she owns a successful flooring store in Winnipeg. Among Chrissy's Cheer Highlights ... 2015 - Chrissy with Alumni Girls performed at the Grey Cup hosted in Winnipeg at various venues. 2011 – Performed in a reunion performance before the old stadium was torn down, with 129 former cheerleaders. 1999 – Helped coach the dancers for the Opening and Closing Ceremonies at the Pan Am Games in Winnipeg.

**From Montreal we welcome co-director Gladys Guillermo - [gladys.cfcao@gmail.com](mailto:gladys.cfcao@gmail.com)**

**Gladys Guillermo** was an active cheerleader with the Alouette Cheer Team for 7 years. She started her experience in cheerleading when she was younger joining a competitive cheerleading stunt and dance team. She has also coached cheerleading for 2 years. Touring 11 US states, training and working with choreographers and dancers of such artists as Michael Jackson, Paula Abdul, and Prince to name a few. Gladys danced professionally for over 17 years and has taught and mentored young hopefuls for over 20 years. With the love of performing and of football, joining the Alouettes was not a hard decision! She is presently working for a freight forwarding company putting her experience and skills of over 15 years in this field to use. She is looking forward to this new adventure and working with these amazing women

**Gladys joins co-director Annie Larouche – [annie.cfcao@gmail.com](mailto:annie.cfcao@gmail.com)**

Now in her 23rd season with the Alouettes, Larouche began her career in 1996 as coordinator of the cheerleading team. Born in Montreal, she gained her experience as a cheerleader with the WLAFF Montreal Machine, the Montreal Dragons professional basketball team and the roller hockey team, the Roadrunners.

She has also coordinated the cheerleaders with “Le Mission de St-Jean” hockey club, L'Express lacrosse team and choreographed for the Montreal Rocket, Interbox galas and the Grey Cup half-time show in 2001.

In 2008, she choreographed the pre-game and half-time show for the Grey Cup, and planned and choreographed the Alumni cheerleaders' halftime show. She also choreographed the opening show for the NHL All-Star Game in Montreal in January 2009. Annie is the Executive Director of the Alouettes Foundation, whose mission is youth perseverance. She is also Director of Community Relations and manages all aspects of the cheerleading team. Annie also sits on the Alouettes Alumni Committee where she coordinates their activities.

**From Toronto we welcome co-director Dawn Maracle – [dawn.cfcao@gmail.com](mailto:dawn.cfcao@gmail.com)**

Dawn is a Mohawk woman from Tyendinaga Mohawk Territory in Southern Ontario. She sits with the Bear Clan, which is the medicine clan of the Mohawk nation. A single mother and award-winning diversity activist & organizer; Dawn has worked with and for Indigenous communities and organizations for nearly three decades in the areas of Indigenous Education, Health and Governance, as well as Women's causes and the Arts. She is an in-demand speaker and writer and has emceed to audiences of thousands at the Parliament of World Religions and at numerous women's marches in the US & Toronto; and has sat as esteemed member of the UNESCO Arts and Education Roundtable.

Dawn joined the Toronto Argonauts Cheer Team in 2000 and was on the team for two years. During this time, she did over 500 radio and television interviews, and raised tens of thousands of dollars through their Dominican Swim Calendar, which raised money for Starlight Children's Foundation. She was named General Manager of the Team in year two, but with a dozen other women, after some months, moved to the Hamilton Tiger Cats for two years. Dawn has opened/spoken at a number of women's marches in Toronto: 2017 Women's March; 2018 & 2019 Toronto Women March on. Further, she is a member of the dynamic Women of Spirit and Faith based out of the US; and a co-founder of Women and Wisdom Canada.

**Dawn joins co-director Elizabeth Morgan – [Elizabeth.cfcao@gmail.com](mailto:Elizabeth.cfcao@gmail.com)**

Elizabeth Morgan is a graduate of Western University and has been a certified dance teacher for 25 years. She was a Captain on the NFL Buffalo Bills, CFL Toronto Argonauts and CFL Hamilton Tiger-Cats cheerleading teams. She has guest performed at Grey Cups, Juno Awards, Super Bowl weekend events, military bases, parades and charity events across the continent. Elizabeth was awarded the Top Overall Talent Scout Award from a professional cheerleading workshop attended by NFL, CFL and NBA teams in 2005. In 2006 she was a finalist for Pro Bowl Cheerleader selection by the Buffalo Bills Cheerleaders.

Miss Morgan is an active Alumni Professional Cheerleader and a sought-after competition judge. She has produced amateur stage shows and choreography for Walt Disney World, the Canada Summer Games, pro sports teams and others. She is also a London Arts Council Dance Artist-in-Residence, working to enrich the Ministry of Education arts curriculum for grades 1-12 in the Thames Valley District School Board and the London District Catholic School Board. In 2016 Elizabeth became a member of the Canadian Network for Arts & Learning, a non-profit organization that furthers arts opportunities and integration for children and youth nationwide. Most recently her work with formerly institutionalized seniors is part of the pilot project in London entitled "Healing through the Arts".

**From Saskatchewan we welcome a new Director Stacey Schewaga – [Stacey.cfcao@gmail.com](mailto:Stacey.cfcao@gmail.com)**

Stacey was a high school cheerleader and in her graduating year, tried out and made the cheer team with the Saskatchewan Roughrider Football Club. Her first season cheering was in 1993 and continued until the end of the season in 1997. After that, she went on to help coach with Hilary Ibbot-Neisner, whom she had cheered with previously on the Rider team. Stacey choose to step down as she was relocating to Prince Albert, SK. and could not commute or make the commitment to continue being part of the amazing organization any longer. A Cheerleading Association had not been established in Saskatchewan and after her time with the Riders, she was able to do various judging of high school competitions in the early 2000's. After her marriage in 2003, she had little exposure to cheerleading. However, Stacey was blessed with girls and in 2011, was back in the cheerleading world as both daughters were involved in club cheerleading, one for seven years on high level competitive teams. During this time, it was great to see how far their province had come with cheerleading as a sport. The president of the Saskatchewan Cheerleading Association was a former Saskatchewan cheerleader that she had coached, the variety of club cheerleading throughout the province was abundant, and high school cheerleading was more than just dancing. In 2011 Stacey attended a 50th reunion of all Saskatchewan Roughrider cheerleaders which was also the last year in the stadium they called home. And with 2021 around the corner, she hopes they can celebrate 60 years together in the new stadium!

**Meet our BC director, Jenny Duffy – [jenny.cfcao@gmail.com](mailto:jenny.cfcao@gmail.com)**

Jenny is an award-winning choreographer and dance educator, trained in Vancouver, New York, Los Angeles, Hong Kong and China. Her formal education includes her Bachelors of Commerce in Accounting (with honors) from the UBC/Sauder School of Business and her CA/CPA accounting designation. Currently she is a proud Faculty Member at Langara College where she instructs accounting and public speaking. Additionally she is a sessional instructor with the prestigious Diploma in Accounting Program with the UBC Sauder School of Business.

She has danced for many recording artists (Michael Buble, K-OS, The Black Eyed Peas, Brian Adams, Young MC, and Moka Only), and has worked in Vancouver's television and film industry as a choreographer and actor. Jenny is a faculty member at Harbour Dance Centre where she enjoyed 9 years as artistic director of the Endangered and Onyx dance Companies. She is also resident choreographer and board member for the Seven Tyrants Theatre Company. Additionally, she instructs the Dance Movement for Television and Film Actors curriculum, which she developed herself, at Vanarts Institute of Media and Design. In addition to dancing for 3 seasons with the BC Lions Football Club, Jenny worked 4 seasons as the Choreographer of the BC Lions Felions Dance Team.

## **Meet our Edmonton director, Shauna Nahajowich – [shauna.cfcao@gmail.com](mailto:shauna.cfcao@gmail.com)**

Shauna has been a part of the Edmonton Eskimos Cheer Program since 1992, initially performing on the Edmonton Eskimos Cheer Team for 9 years as a stunter. She became the Edmonton Eskimos Cheer Team Alumni Director/Administrator after her time performing and has fulfilled this role for 10 years, implementing many new ideas to help the non-formal Alumni Association to grow and directing a unique group of people toward common goals as a family. A die-hard Eskimo fan, she continues to cheer on her beloved Green and Gold; her passion for Cheerleading now extends to Prophetic Praise and Worship Dance. She looks forward to serving the Edmonton Eskimos Cheer Team Alumni, as Local Director, within the Canadian Football Cheerleaders Alumni Organization.

## **From Hamilton, meet our co-directors Sarah Lovegrove and Andrea Gleed – [sarah.cfcao@gmail.com](mailto:sarah.cfcao@gmail.com) and [andrea.cfcao@gmail.com](mailto:andrea.cfcao@gmail.com)**

Born and raised in Hamilton, **Sarah** was a member of the CFL Tiger Cat Cheerleaders for 3 seasons, the NFL Buffalo Jill's for 1 season, and was the co-founder of the Hamilton Bulldogs Ice Girls. Sarah is currently the Regional Development Manager for Kids Help Phone for Southwestern Ontario. Prior to moving into the non-profit sector, Sarah spent much of her career in the media industry, holding positions such as an airborne traffic and breaking news reporter, morning radio host, and news writer. Most recently Sarah taught at Fanshawe College as a part time journalism professor. Sarah studied overseas in Australia on a full academic scholarship, where she received a degree in Communications with a double major in Journalism and Public Relations from Griffith University. She also holds a college diploma in Broadcast Journalism and Communications Media from Mohawk College. Passionate about giving back to the community, Sarah has dedicated her free time to sitting on numerous boards of directors for other non-profit agencies. She was also a mentor with the Big Sisters Go Girls program.

**Andrea** was a long-standing member of the Hamilton Tiger-Cats Cheerleaders (2006 - 2014) as both a dancer and captain. After retiring her poms at the end of the 2014 season, she worked alongside the 2015-2017 teams mentoring promo teams and choreographing centre field and sideline routines. One of her proudest moments as a team captain was when her choreography was chosen to be performed centre field during the 2014 Grey Cup Game. As a team member, she has enjoyed performing alongside numerous Canadian artists during pregame and half time shows, as well as being a part of the 2015 Juno's. Andrea is currently a middle school teacher with the Halton District School Board, and believes in promoting Empathy and Mindfulness amongst her students by focusing on Acts of Kindness to strengthen their personal, school and local communities. She is a member of the Halton District School Board's Arts Committee, helping to develop curriculum supports for teachers within the arts fields. Further to this, she helps plan and execute board wide events that promote and foster a love of Drama and Dance.

## **Meet our Saskatchewan Director, Stacey Schewaga [Stacey.cfcao@gmail.com](mailto:Stacey.cfcao@gmail.com)**

Stacey was a high school cheerleader, in her graduating she tried out and made the cheer team with the Saskatchewan Roughrider Football Club. Her first season cheering was in 1993 and she continued until the end of the season in 1997. After that, she went on to help coach with Hilary Ibbot-Neisner, who she had cheered with previously on the Rider team. Stacey choose to step down as I was relocating to Prince Albert, SK. and could not commute or make the commitment to continue being part of the amazing organization any longer. A Cheerleading Association had not been established in Saskatchewan and after her time with the Riders, she was able to do various judging of high school competitions in the early 2000's. After her marriage in 2003, she had little exposure to cheerleading. However, she was blessed with girls and in 2011, she was back in the cheerleading world as both her daughters were involved in club cheerleading, one for seven years on high level competitive teams. During this time, it was great to see how far our province had come with cheerleading as a sport. The president of the Saskatchewan Cheerleading Association was a former Saskatchewan cheerleader that Stacey had coached, the variety of club cheerleading throughout the province was abundant, and high school cheerleading was more than just dancing. In 2011 she attended a 50<sup>th</sup> reunion of all Saskatchewan Roughrider cheerleaders which was also the last year in the stadium we called home. And with 2021 around the corner, I hope we can celebrate 60 years together in the new stadium.

## Executive Directors

**Tiffany Beveridge – President/Co-Founder:** Tiffany is a Dance Studio owner in Caledonia, Ontario and a former Tiger Cats Cheerleader from 2002-2007 [tiffany.cfcao@gmail.com](mailto:tiffany.cfcao@gmail.com)

**Raeanne Milovanovic – Vice-President/Co-Founder:** Raeanne is a former Hamilton Tiger Cat Cheer Coach from 1991-2000, former dance teacher, business woman and a current member of the Junior League of Hamilton/Burlington [raeanne.cfcao@gmail.com](mailto:raeanne.cfcao@gmail.com)

**Julie Henning – Treasurer:** Julie is a professional Chartered Accountant, Co-founder of the Caledonia Community Foundation and a 4<sup>th</sup> degree black belt. [julie.cfcao@gmail.com](mailto:julie.cfcao@gmail.com)

**Sharon Caddy – Media Communications:** Sharon is a real estate agent in Southern Ontario, former media personality, CTV weather anchor and former Hamilton Tiger Cat cheerleader [sharon.cfcao@gmail.com](mailto:sharon.cfcao@gmail.com)

**Lynda Fraser – Secretary:** Lynda is a graduate of the Art & Art History program at McMaster University and a cheerleader from every level, high school, to university, to the CFL! Now a Senior Director with 31 Gifts Lynda is a very successful entrepreneur [lynda.cfcao@gmail.com](mailto:lynda.cfcao@gmail.com)

**From Hamilton joining as our Assistant Media Director Trisha Scime** [trish.cfcao@gmail.com](mailto:trish.cfcao@gmail.com)

Trisha is a former Hamilton Tiger Cats Cheerleader from 1999-2001 and 2005. In 1999, she auditioned and earned a position on “The Prowl” and was fortunate enough to finish the season celebrating a Tiger Cats Grey Cup victory in Vancouver. During the 2001 season, she was one of the team’s captains as well as organizing the Hamilton Tiger Cats Junior Cheerleaders where she was able to share her passion for dance and Tiger Cats football with future generations of cheerleaders. In 2004, Trisha became the director for the Hamilton Screaming Eagles Cheerleaders, a semi professional football team of the NAFL. Trisha attended McMaster University and graduated with an honors degree in developmental psychology. She then attended teacher’s college and has been an elementary teacher for the Hamilton Wentworth District School Board for 13 years. She now coaches both the primary and middle school dance teams at her current school. As a married mother of two children we are extremely pleased to have Trisha join our Director team to work directly with our Media and Communications Executive Director Sharon Caddy

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*Do you know a former CFL cheerleader who hasn't joined yet? Share our website ... [www.cfcao.ca](http://www.cfcao.ca)*

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**Share your photos!** We can never have too many photos. It’s great when you see pics from your cheer days that you haven’t seen before. Share your pics on our Facebook page, [www.facebook.com/CanadianFootballCheerAlumni](https://www.facebook.com/CanadianFootballCheerAlumni) or email them to [Sharon.cfcao@gmail.com](mailto:Sharon.cfcao@gmail.com)



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***STILL SEEKING DIRECTORS...***

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Growing a new organization is a big endeavour. The executive of CFCAO determined that our members will be best served by having two directors in each CFL location. We currently have co-directors in place, but still need a few people who would like to step up into a director role in the CFCAO. We are looking to fill the following vacancies:

- Ottawa, Saskatchewan, Edmonton, BC, US Expansion

## Member Perks & Deals

Thank you to all of our directors for working on securing deals for our members! There are many currently in-the-works. For details and coupon codes keep an eye on our Members Only Facebook page

### From Jenny with the BC Lions

**10% Discount at Sarah & Jane Beauty Saloon** – best in the business for brows, Brazilians and more. Just bring your card to your appointment to redeem this benefit.

[www.sarahandjaneoffmain.com](http://www.sarahandjaneoffmain.com) 164 East 11<sup>th</sup> Ave., Vancouver



### From Ceilynn & Julia in Calgary

Your CFCAO Membership gets you **25% off at the Stamps Store** and **15% off game tickets**



### From Lynda, CFCAO Executive

**20% off all regular priced Thirty-One** Gift items. Visit [www.LyndasBagsAFun.com](http://www.LyndasBagsAFun.com), Then, when ordering, in order to get your discount, email your order directly to [lyndasbagsafun@live.com](mailto:lyndasbagsafun@live.com). All orders will be directly shipped to you! Also, Lynda donates 10% of sales to CFCAO toward programming and charitable work.



### From Sharon, CFCAO Executive

Just signed!!! Discounts for CFCAO members from **Mabel's Labels**. CFCAO Members get **15% off site-wide** excluding sale items and stamp products. Just use promo code **CFCAA15**. To shop their great products, go to

[www.mabelslabels.ca](http://www.mabelslabels.ca)

*mabel's labels*

If you or someone you know would like to fill one of the vacancies, please send your cover letter, resume, photo and short bio to [raeanne.cfcao@gmail.com](mailto:raeanne.cfcao@gmail.com)

### Photo Ops!

Thanks to Tammy Totten Castensen for posting this picture of the 80's Rider Cheerleaders! They performed at the Halftime show on September 14<sup>th</sup> to celebrate the 30<sup>th</sup> anniversary of the Riders Grey Cup win in 1989



Thanks to Tiffany & Jenny for representing the CFCAO at the BC Lions Alumni Golf Tournament in August. They had a great time meeting people and sharing the news that the CFCAO has arrived!



Watch for opportunities to volunteer and be part of community and charitable events in your area!



## COME TO THE ARGO GAME OCTOBER 26TH

Hey ladies, it has been awhile since we've seen you. Let's get everyone back together!

We are being offered a special discount on ARGOS tickets for the October 26th home game at 4pm at BMO field.

This event is open to any ARGOS Cheer Alumni, from all eras, and their families/friends/significant others. Please wear ARGO pink game gear/apparel and come photo ready as we plan on taking a group photo!

Join us at the game for fun, and consider heading to a restaurant afterwards for networking and opportunities. If you would like to join us for the after party around 730 pm in Liberty Village, please rsvp free of charge, to this Eventbrite link:

[https://www.eventbrite.com/e/argos-alumni-cheer-after-party-tickets-](https://www.eventbrite.com/e/argos-alumni-cheer-after-party-tickets-71839438695)

[71839438695](https://www.eventbrite.com/e/argos-alumni-cheer-after-party-tickets-71839438695)

The official Argos flyer is attached to this post. Tickets may be purchased in any tier using our special promo code. The Argos will be officially recognizing us as present at the game on October 26.

## ARGOETTES! Friends and teammates for over 50 years!

On Saturday September 28<sup>th</sup>, the CFCAO's Sharon Caddy ventured out to the Kawarthas to visit the Argoettes. These amazing ladies have been holding an annual reunion for 11 years, but have stayed close ever since their days of performing together at Argo games from 1959-1964. CTV even came out to capture the event!

Below are a few photos, then keep reading and check out the article about the group written by Catherine Whitnall of Kawartha Lakes This Week.



## **FORMER ARGOETTES PROVE FRIENDSHIPS CAN LAST FOREVER**

News Jun 27, 2014 by [Catherine Whitnall](#) Kawartha Lakes This Week

They haven't been in a kick-line for close to 50 years, but the close to two dozen former members of the Argoettes precision dance and marching team have been getting together each year at Sandy Bodfish's Kirkfield-area cottage to share stories and memories.



KIRKFIELD - They dodged dung, fought frost-bitten fingers and avoided potential injury in the Fog of 1962 but the surviving members of the Toronto Argoettes wouldn't have traded any of it for anything. They're only a few of the endearing memories shared by the 25 or so women who have gathered the third Saturday in June for the past six years at Sandy Bodfish's cottage near Kirkfield.

Originally the Shellettes - named for their sponsor, Shell Oil - the group was formed in the mid-50s by Doug and Audrey Wells as pre-game and half-time entertainment for the Toronto Argonauts football team during their home games at Varsity Stadium and the CNE Stadium (1959-1964). The precision dance and acrobatic team - comprised of young women aged 14 to 26 - was renamed The Argoettes in 1959. Another name change came in 1962; the Canada's Dancing Majorettes.

The team also performed at special events including the 1965 Timmy's Easter Parade of Stars for Easter Seals at Toronto's O'Keefe Centre - where they met Bob Hope and Rich Little - the Quebec winter carnival and the Governor-General's Ball at the Hotel Frontenac.

When the squad was disbanded in 1965 some started dance studios. A couple went into acting. Most went on to marriage or careers; or both. A core group from the late 50s to early 60s remained close friends, meeting occasionally for lunch or dinner. Then one day, Ms. Bodfish suggested the annual reunion.

Five minutes with these women - "gently into our 70's" according to Joan Watson who joined the team as a Shellette - is all it takes to see the bonds forged. "They are moments you never forget," said Cheryl Cohoon whose mother Anne, was the troupe's seamstress. "There's a lot of love in this room."

While everyone isn't able to get together each year - many of the Argoettes still live in Toronto or the GTA, but there are members from British Columbia to Nova Scotia as well as into the United States and some have passed away - there's never a shortage of memories.

As an acrobatic member of the marching team, Beryl Thompson always wanted to attend a Grey Cup game. "But they never won," said Ms. Thompson, quipping it was sometimes difficult, especially one year when the team was down 52-0, to sing their team's praises. Yet it didn't stop the young women from always giving it their all.

“If you think it’s hard doing cartwheels after a horse, try an elephant,” she said, explaining the experience came one year during a circus themed half-time show.

At first, the women thought the crowd was cheering their high-kicking. Then they realized they were warning the team that the pachyderm had let loose on the field. “It didn’t stop us. We smiled and kicked our way through the number,” added Pat Lindsay.

In some cases, the troupe had less than four minutes to change costumes for their next routine; and there were many. Some of their favourites included the Mountie routine, Can Can, Rhapsody in Blue, Oklahoma, West Side Story and even one requiring Indian head dresses as tall as they were.

On and off the “field”, the Argoettes had to follow the strict rules set out by the Wells. There was a dress code - no pants - and they were to behave like proper young ladies. They couldn’t even talk to the players; never mind date them.

“Audrey ran a tight ship. . . But the rules were important. It was necessary to keep order. And it helped make us who we are today,” said Janise McGregor.

They rehearsed three to four times a week. They hit the field, rain or shine; even the freezing cold. The women laughingly recall the days when, because pantyhose wasn’t invented yet, they had to paint their legs with body makeup. Unfortunately, because they had no dressing room or showers - the troupe used men’s change room - they had to stick their legs in the toilets and urinals to remove the makeup.

Incredibly, they did it all voluntarily.

Their “pay” came in the form of a box lunch, a couple tickets to the game for family or friends and, occasionally, bus fare.

“We had a ball together, but we had to work at it. We had to pull together. That’s why we’re still together,” said Ms. Lindsay “And we’ve continued to support each other over the years.”

Some of the women have even been in each other’s wedding added Ms. Watson.

“We always have a good time together. . . . We loved every minute of what we did back then and these reunions help keep those memories, and our friendship, alive,” continued Ms. Watson.

Thank you to [Catherine Whitnall](#), a reporter with MyKawartha.