



Name: Lorraine Carruthers (McGrath)

Tell us about yourself: Since SWTS, I have turned in my suits and high heels for dance boots and fun skirts. This sport completely changed my life for the better. I had no idea that dancing was a global sport and past time, always evolving and supporting an avid community of dance - enthusiasts. Dancing was key to my retirement transition over the past 10 years.

What year did you dance? 2011

What was your style of dance and why did you choose that one? Night Club 2 Step and West Coast Swing Combo, Tom Selzler, dance instructor/partner chose the dances because of their grace and uniqueness. Like Tom, I became totally enthralled with these dance styles because of their versatility and creativity. Unlike patterned dance styles, west coast swing is totally unique each and every time...like a game of golf (my other passion).

How did you first learn about Swinging with the Stars? Kathy Krasnov, SWTS superstar asked me to participate one sunny day on the golf course.

What was your connection to COHA at that time? A very active community volunteer and contributor and healthcare advocate for end-of-life care, this was a welcome opportunity to help.

What is your favourite memory from your performance? The evening was a blur, and the entire process was so rewarding. People so eagerly supported the fundraising campaign. My committee's dedication and the many memories of this aspect of the preparation hold, by far, my best memories.

Are you still dancing today? Pre-COVID, I dance 4-5 times weekly. It is a significant centrepiece of my life.

Has this experience inspired you to do other life changing things? Definitely! My life is very focused on musical experiences and dancing. I have travelled all over North America, because of dance and experienced the most interesting and unique cultures and met incredible people of all ages and all walks of life.

Is there anything else you'd like to share? Dance is an incredibly healthy and fun activity. Dancers live joyously and youthfully. Dance exercises your mind, body, and soul with while enjoying music! Every dancer I meet is happy, welcoming, and loving life. Anyone of any age and condition can enjoy its wonder. I would encourage anyone to explore it...its pure fun!