

THE REEL NEWS

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ROYAL SCOTTISH COUNTRY DANCE SOCIETY
LONDON, CANADA BRANCH
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Submissions for the next newsletter can be sent to
kmacrone@rogers.com by October 26, 2016

Chairperson's Message

Maureen Graham

As I write this letter, summer is showing signs of winding down. However, we still have many long hot days to enjoy before fall sets in. We have been fortunate to be able to enjoy long stretches of lovely weather, perfect for those long anticipated holidays dreamt about in the depths of last winter. "Mother Nature" indulged us with just enough rain to ensure bountiful crops and relief from parched lawns and flower gardens.



Once again we have been able to participate in three sessions of summer dancing at Carling Heights and a couple of opportunities at Ailsa Craig. I would like to sincerely thank our teachers, Marie McLennan and Helen Bell, for their time and energy. Our Summer Picnic at Linda and Bob Watson's lovely home is an event which is looked forward to every August. I would like to thank them for their always generous hospitality and warm welcome.

We are implementing a number of changes to our usual schedule of events this dancing season. Beginning in September, instead of the usual free classes, there will now be a 4-week introductory session of dancing for \$20. This will be taught by Catherine Shaw following the usual warm up. Participants can apply this charge to their yearly registration fee if they choose to join the Branch. The first Wednesday of the month starting in October and every month thereafter will be a whole group class in the Aerobics room. The other Wednesday's will be as usual. We also can look forward to the new Tartan and Taffeta Gala in November in place of the previous Christmas Dance. Helen Bell's Social classes will continue to be held every Friday night at Elmwood Presbyterian Church.

I'm sure that you are all aware and appreciate that these changes were made after much thoughtful planning and consideration with the future of our Branch in mind. May we continue to enjoy this wonderful opportunity for a long time to come. Scottish dancing is a social occasion and we like to welcome new members to this fine group. After all, where else can one experience the three F's of FUN, FITNESS AND FRIENDSHIP as well as serious mental stimulation in one fell swoop? Welcome back to the dance.

"Life is short and there will always be dirty dishes, so let's dance." - James Howe

Branch News

Member Updates



Anne Campbell is now recovering at home from knee replacement surgery that she had on the 10th of August.

Hope you are up and about in no time!

Congratulations



On Saturday, June 18th, 2016, Joe and Lesley Craigan and Dennis and Nancy (riding in the golf cart) Duncan went golfing at the Dorchester Golf and Country Club. On the 6th hole, after teeing off, everyone went looking for their ball. Dennis and Lesley found theirs, but no one could find Joe's. It wasn't until someone looked in the hole that they found Joe's ball. Congratulations Joe on your first ever hole in one!



Lori and John Ferguson's new granddaughter, Juliet Evangeline Bond, was born Saturday, June 25th, 2016 in Calgary, Alberta and weighed in at 7 pounds. This is the third child for their daughter Margaret and her husband Andrew and a little sister for Eleanor and Phoebe.

Condolences



Former member, Marc Van Leeuwen, unexpectedly passed away on Saturday, April 16th, 2016 at the age of 44.

Our thoughts go out to Karen Bowman and their family during this difficult time.



Former member, Molly Farmer, passed away peacefully at University Hospital in London on Saturday August 6th, 2016 at the age of 84.

Our heartfelt sympathies go out to her family during this difficult time.

Membership Renewal

Sheilagh Manning



It's time to renew your membership again for the 2016-17 dance season. As laid out in a letter sent to the membership in July, the new fees are as follows:

Active member \$145
Joint member \$280
Young adult \$110
Youth \$85
Associate \$60
Friend of the Branch \$15

This year, a 4 class introductory session is available for \$20 (new members only). The \$20 will be applied to the regular membership fee if the participant joins our Branch.

Don't forget to bring your completed registration form and money to the September classes. The registration form can be found on the [RSCDS London Branch website](#). Remember that any registration received after September 30th will have a \$10 late fee applied.

Basic Class Dance

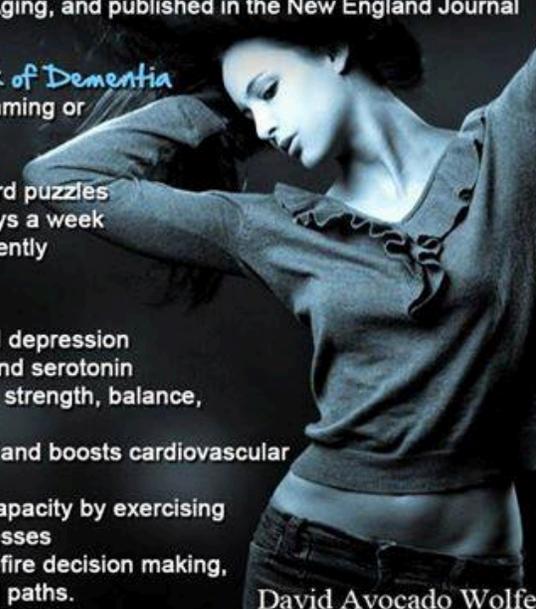
John Biro

On April 1st the Basic class played host at the Elmwood Avenue Presbyterian Church hall. In all, 41 came to enjoy dances chosen by the Basic Class. Live music was provided by the ever amazing Fred Moyes, whose steady tempo and lively playing made dancing a joy. The small but mighty Basic Class also provided a light meal, with much appreciated help from other members of RSCDS London.

Part of the Basic Class Dance tradition is that the class members take turns briefing the dances. This can be an anxious time for new dancers, but the quiet attention and kind applause of the more experienced members made it all okay.

Along with old favourites such as The Dancing Bees and Saint John River were a couple of dances new to us; the opening Maple Sugar Jig and The Swans of Atlanta. This latter, a strathspey/reel medley was recently devised by the Basic Class teacher, inspirer and font of creative energy, Catherine Shaw.

For some Basic Class members, this was their first formal dance, but judging from their comments at the end of the evening, it won't be their last. I would like to thank everyone who helped make it happen.



Dancing Makes You SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

% = Reduced Risk of Dementia

- 0% in Bicycling, swimming or playing golf
- 35% in Reading
- 47% in Doing crossword puzzles at least four days a week
- 76% in Dancing Frequently

Dancing:

- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.

David Avocado Wolfe

Celebrate Life Through Dance

Check this out - in case you needed more reasons to come out and dance each week.

Now, tell your friends, family and acquaintances about our 4 classes for \$20 this fall and how good it will be for them!

London Spring Ball

Jean Hampton

I wasn't sure if I would make it to the ball this year, but since I really enjoyed the event last year, I managed to reorganize my time to include the date. On arriving, Marg Allan and I were welcomed by Anne Campbell. I was very impressed by the way the Great Hall was decorated with the clan banners adorning the walls and the table settings looking so inviting. Everyone looked wonderful in their evening wear, including touches of tartan for the ladies and the men in kilts. Very elegant!



It's always nice for the members to be able to mingle and chat before the evening of dance really begins. I could feel the happy atmosphere increasing and then, of course, we had great food to enjoy and pleasant company at our dining table. The catering staff did an excellent job.

The music provided by Scotch Mist was terrific as usual and credit must go to everyone involved in the



organization to ensure that things went very smoothly. I really enjoyed the Grand March as it's quite a dramatic way to start the event. The dance choices were also very good with an excellent pace being set for the whole evening.



32nd Annual Stoney Lake Weekend

Karen & Scott MacCrone

Sixty four attended May 27-29, 2016
Totally enjoyed the whole weekend!
One great way to work on your memorization skills
Nice wooden floor at the dance pavilion
Exceptionally hot weather this year
Yes, only one more dance and back to the hot tub!



Last year being held at the Irwin Inn
Accordion music provided by the wonderful Fred Moyes
Kawartha Lakes area north of Lakefield (absolutely beautiful!!!)
Extremely nice people attended from all over Ontario and New York State

Wonderful workshop sessions with Maureen Richardson from Toronto
Excellent meals served in the dining room
Extra practice class for Saturday night's Ball
Kept looking at our view of the lake from our hot tub on the balcony (picture above)
Enjoyed helping some of the newer dancers
Next year it will be held at the Pine Vista resort (just down the lake)
Don't miss this great dancing event for yourself!



The **Royal Edinburgh Military Tattoo** takes place each August for roughly three weeks. This year it runs from August 5th through to the 27th. It takes place against the backdrop of the floodlit Edinburgh Castle. Almost 1,000 musicians, pipers, drummers, singers and dancers perform at the Tattoo in each performance. Massed Pipes and Drums and Massed Military Bands emerge from the castle gates playing stirring renditions of Scotland's beloved tunes. Then there are the many performers from around the world that bring music,

action and colour to the event ensuring that each year's show is fresh and new. The show is brought to an emotional close each evening as a [lone piper](#), high on the ramparts of the castle, plays a haunting lament. Then there are the fireworks, a rousing rendition of Auld Lang Syne and the roar of jets from a military fly past bringing the show to a dramatic close. To see for yourself how amazing this show is, have a look at this [video](#) of an evening's performance of the 2014 Royal Edinburgh Military Tattoo that has been condensed down to 3.5 minutes. Enjoy!

Tartan and Taffeta Gala Programme

Saturday, November 19, 2016 at 6:00 p.m.
The Polish Combatants Association Hall, 80 Ann Street, London

1. A Wee Nothin'	J-6x32 2C(3C set)	Moments in Time	
2. The Lass of Richmond Hill	R-8x32 3C(4C set)	RSCDS 2 nd Gr Book	
3. Wisp of Thistle	S-8x32 3C(4C set)	RSCDS Book 37-4	
4. St Andrew's Fair	J-8x32 3C(4C set)	RSCDS 5 SCD 1982	
5. Round Reel of Eight	R-88 Square set	RSCDS Book 27-7	
6. Barbara's Strathspey	S-8x32 3C(4C set)	RSCDS Book 46-4	
7. Flora's Fancy	J-8x32 3C(4C set)	RSCDS Book 49-8	
8. Tomalena	R-5x32 5C set	San Francisco Collection 2	
9. Seann Truibhas Willichan	S-6x32 2C(3C set)	RSCDS Book 27-9	
10. Jennifer's Jig	J-8x32 3C(4C set)	Drewry Silver City Book	
11. Orpington Caledonians	R-8x32 3C(4C set)	RSCDS Book 49-2	
12. The Wind on Loch Fyne	S-3x32 3C triangular set	Dickson Dunedin 1	
13. Good Hearted Glasgow	J-8x32 3C(4C set)	Collins Pocket Ref	
14. The Button Boy	R-8x32 3C(4C set)	Allanton Collection	
15. Miss Nancy Arnott	S-32 R/R 3 facing 3	RSCDS Book 32-5	
16. Mairi's Wedding	R-8x40 3C(4C set)	Cosh 22 SCDs	

The briefs/video links for this dance programme as well as the flyer for this event can be found on the [RSCDS London Canada Branch website](http://www.rscds.com).

*You are cordially invited to attend the Tartan and Taffeta Gala being held at
The Polish Combatants Association Hall on
Saturday, November 19th, 2016.*

Come and enjoy the fantastic food, marvellous music and darling dance programme.

You don't want to miss this grand event!



The Story Behind a Dance

[THE BUTTON BOY](#) (R8x32) 3C (4C set) Bill Zobel Allanton Collection

This was the name given to the young man that climbed a mast approximately 140 feet and then climbed another 15 feet up a pole to a "button" shaped platform. This platform was not overly large, but there was a lightning conductor to hold onto for balance. However, the young man had to let go of said lightning conductor and salute his audience. All this for a shilling!!!

All the young men assigned to the HMS Ganges had to climb the ropes with precision to get to their designated position for the mast display. Check out the [video](#) and see for yourself how amazing and terrifying this daredevil show really was. The Royal Navy no longer has button boys, probably due to the fact that ships no longer have masts.





Dear Miss Millie Ganz,

I have had the pleasure of attending many Scottish Country social events all over the world. There is a wide variety in the practice of “briefing” dances from none (the dance is announced and they are off) to almost the teaching of dances complete with walk-throughs. Is there any standard rule for the briefing of dances?

Allie Monde

Dear Allie

Briefly- NO! To brief or not to brief and the various methods of doing so have sparked many discussions as well as many written articles. Many factors may influence what is practised in an area-the population (older/ younger, experienced/ newer dancers, out of towners who may not be familiar with the dances) and the difficulty of the dances chosen. The explosion of new dances, new formations and variations on old formations may also contribute to the dilemma. Ideally, the majority of the dances on a given programme would be fairly straightforward, even if the dance is unfamiliar by name. Any new formations, variations and fiddly little bits should have been dealt with in classes. Experienced dancers naturally want to try out newer and more difficult dances and including two or three of these on a programme should not be a problem providing all aware of them and may choose to participate or not.

Programmes and crib sheets are usually published well ahead of a social event. Access to a computer can provide one with instructions, diagrams and often you tube presentations of hundreds of dances. It is not expected that dancers should know every dance word for word, but should be familiar enough with them so that only a brief re-cap is necessary.

Those doing the briefing must also do their part. Some will give very detailed instructions to even the most straightforward dances. They should remember this is not a class and they should be as familiar with the dance as possible so they do not end up reading it word for word.

Let's all work together. Briefers-keep it as brief as possible. Remember there may be a band waiting to play, and the dancers want to dance. Dancers-do not rely on just a briefing to “get you through” the dance. Short-term memory does not always last as long as one might expect. Do some work ahead of time-attend class, read over the instructions (books, crib sheets, or computer), and check with a teacher or experienced dancer about anything you don't clearly understand. The less time needed for briefing allows more time for dancing and visiting with friends in between dances and that is why we attend social events.

Miss Millie Ganz

If you have a question for Miss Millie Ganz, just send it to kmacrone@rogers.com and I'll be sure to forward it on to her.

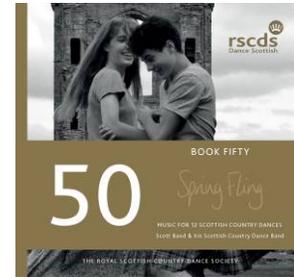
Dancing Around the World



RSCDS Lyon France Spring Weekend- April 7-9, 2017

Travel to one of the best food cities in the world for a weekend of Scottish country dance, wonderful music and gourmet delights. Antoine Rousseau, Paul Plummer and Mathias Ferber (who will teach an optional Highland class) are the teachers for this fun-filled weekend. The musicians are Sharlene Penman and Andrew Lyon. Dancers are to be of an Intermediate level or higher. All classes and the ball will be in English. Check out their [website](#) for more information.

RSCDS Book 50 is now available and the CD contains 13 Scottish Country Dances and 3 additional tunes from Scott Band and his Scottish Dance Band. The dances are listed below with links to the crib notes. Maybe you will find a new favourite!



- [The Spring Fling Reel](#) (R8x40) 3C (4C set) Samantha Burton
- [Les Remparts de Séville](#) (J8x32) 3C (4C set) Aliénor Latour
- [There's Something about Thirty](#) (S3x32) 3C set Lindsey Ibbotson
- [192 Miles Home](#) (J4x48) Sq Set Katy Sweetman
- [The Doonhamer Delight](#) (R6x32) Round the Room 2 facing 2 Rachel Shankland
- Continental Waltz (Band) (4+196 bars)
- [Mathilde is a Delight](#) (S3x32) 3C set Raphaëlle Orgeret
- [The Wandering Wallaby](#) (J4x32) 4C set Peter Fish
- [Double Trouble Triangles](#) (R4x48) 4C set Judith Kowalczyk
- [Shadow](#) (J3x32) 3C set Lucy Thompson
- Polka (Band) (4+124 bars)
- [A Trip to Applecross](#) (R6x32) 2C (3C set) Nicola Scott
- [Dancing Spirit](#) (J8x32) 3C (4C set) Amy Luxton
- [La Baratte Your Way Home](#) (R4x40) 4C set Amy Luxton
- [Odd Thoughts](#) (S8x32) 3C (4C set) MMM 2
- Retreat March Medley (Band) (96+64 bars)

My name is Betty Coombs and I am an RSCDS member, dancing with the Erin Mills group. My husband Steve was an avid RSCDS dancer and teacher. I would like to sell his dance regalia (kilt, Prince Charlie, shirts flashes, etc.) so they will continue dancing somewhere. If you have any questions, please feel free to contact me at 905-639-3534 or email bcoombs@cogeco.ca.

1. **Full Scottish Regalia** - Asking \$500.
 - Prince Charlie jacket & vest (42'-44')
 - 2 L-XL white shirts, 33"-34" sleeve, 1 pleated, 1 w/lace cuffs
 - Detachable lace jabot
 - Gold & Mother of Pearl cuff links & matching studs
 - Ancient MacIntosh kilt & matching flashes (waist: 36-42", length: 26")
 - Faux fur sporran with silver top
 - Skean dhu, black & silver with amber stone
 - Black leather belt/ silver MacLeod buckle
2. Black evening or day jacket, Size 42-44" - Asking \$250.
 - XL Long sleeved white shirt
 - Black leather sporran
 - Millennium Kilt (red, green, white) & matching flashes
 - Small skean dhu
 - Black silk bow tie
3. Green Lovatt day jacket, Size 42-44" - Asking \$75.
 - 1 L- XL white, long-sleeved shirt
 - Brown leather sporran
4. XL beige ghillie shirt - Asking \$50.
 - XL green ghillie shirt with hood
 - Green suede vest with laced sides



Upcoming Out of Town Events

Sept 9, 2016	Welcome Dance (St. Catharines)
Sept 16-18, 2016	Scottish Weekend at Timber Ridge, West Virginia
Oct 1, 2016	Welcome Dance 2016 (Hamilton)
Oct 16, 2016	After Harvest Tea Dance (Ardbrae Dancers of Ottawa)
Oct 22, 2016	Halifax Fall Workshop
Oct 22, 2016	St Andrew's of Brampton 50th Anniversary Dance
Oct 28-29, 2016	A Reel Scottish Weekend in North Carolina
Oct 29, 2016	Annual Ball (Windsor)
Nov 4-6, 2016	50th Anniversary Workshop and Ball Weekend (Kingston)
Nov 12, 2016	Toronto Workshop & Afternoon Dance
Nov 12-13, 2016	44th Annual Jeannie Carmichael Ball & Brunch (West Point NY)
Feb 18, 2017	The 54th Tartan Ball (Toronto)



The Stratford Scottish Country Dance Group extends a warm welcome to anyone interested in joining our intergenerational class on Mondays from 7:00-8:30 pm. Classes start Sept 12th (to Dec 12th) with Christine Basnett, and magnificent musical accompaniment by Fred Moyes. Wonderful wood floor at St. Paul's Anglican Church 9 Douro Street opposite the YMCA.

\$80 adults, \$40 youth 9 yrs and up (or drop-in \$8 and \$4 respectively). Youth free with participating adult.

Free Open House with refreshments on September 19th--all are welcome! Contact: Carol MacDougall at 519-272-1398.

Committee of Management for 2016-2017

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