

THE REEL NEWS

Volume 22, Issue #3 January 2016
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 March 2, 2016

Chairperson's Message

Maureen Graham



Good wishes to all Dancers, Associates and Friends for a happy, healthy 2016 with lots of enjoyable times on the dance floor. Now that the festive season is over, we can look back at a very successful Christmas dinner and dance at the Polish Combatants Hall. The meal prepared by Chef Andrej and his staff was delicious with lots of good food choices to please everyone. Laird Brown and Scotch Mist provided their usual excellent standard of fine music for a fun evening of dancing.

Helen Bell and Sandra Gilmour developed a new format this year for Hogmanay and to all accounts it was a great success with many new faces attending. Hopefully, we can look forward to a similar great event next year.

Upcoming events include our Burns night dinner and dance at the Air Force Association Hall on January 23, and our Workshop Weekend which includes a Ceilidh, workshop classes and a Tea dance on February 26 and 27. Plans are already underway for our annual Ball on May 7, at the Great Hall UWO. Don't hesitate to spread the good word about these special events to your family and friends.



Winter has finally hit London and area so be sure to check the website for notification of cancelled classes during severe snowstorms or other odd weather conditions. We will try to telephone those without access to the internet.

A New Year's wish for 2016 - May you have 12 months of success, 52 weeks of laughter, 365 days of fun, 8760 hours of joy, 525600 minutes of good luck, and 31536000 seconds of happiness!




“And those who were seen dancing were thought to be insane by those who could not hear the music.” - Friedrich Nietzsche

Branch News

Member Updates

	<p>Walter McKinnon fell and hurt his knee in December and doubts that he will be back dancing this year.</p> <p><i>Best Wishes are coming your way!</i></p>
	<p>Nancy Duncan fell just before Christmas and broke her ankle and is now convalescing at Elmwood Place.</p> <p><i>Hope you are up and about in no time!</i></p>

Condolences

	<p>Former member, Allan Pate, passed away on Monday, October 26th, 2015 in Dumfries, Scotland. He was 87 years old.</p> <p><i>Our thoughts go out to Mary Pate and her family during this difficult time.</i></p>
	<p>Former member, Bruce Lonsway, passed away unexpectedly on Sunday, November 22nd, 2015 in London in his 90th year.</p> <p><i>Our heartfelt sympathies go out to his family during this difficult time.</i></p>
	<p>Doug Clarke's brother, John T. Spencer, passed away on Monday, December 28, 2015 in Edmonton, Alberta. He was 74 years old.</p> <p><i>Our thoughts go out to Doug and his family during this difficult time.</i></p>

News from the Thrift Store

Janet Schreiber

The Thrift store at class had a profit of \$625.00. I would like to thank everyone who helped set up, sell and pack up the store. Most of all I would like to thank the customers. Without your participation the Bursary Fund would not exist. If you are reorganizing your closets and find that some of your clothes have shrunk, think about donating them to the Thrift Store. The Thrift Store will be at the annual Workshop on February 27, 2016.




The draw for the journals raised \$95.00 for the Bursary fund. The winners Anne Campbell, Dorothy Sample, Jean Hampton and Gavin Morham.



Winner of the FREE London Branch Spring Ball ticket was Joe Reynen. Congratulations Joe!

Notice of AGM and Agenda Items

Marg Allan

	<p>Annual General Meeting - May 18, 2016</p> <p>According to the Branch Constitution: "The agenda of items to be discussed at the meeting will be available to the members 21 days prior to the meeting. Any member who wants an issue discussed at the Annual General Meeting must provide the Committee of Management with the details of the issue in writing sixty (60) days prior to the Annual General Meeting." Therefore, any such request should be given to a member of the Committee of Management by March 18.</p>
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Windsor's 50th Anniversary Ball

Judi Cooper

The Windsor 50th anniversary ball was everything a fabulous RSCDS ball should be!! Good location, easy to find, tasty food, excellent company, with folks from far and wide including 16 of us from London. Wonderful programme and superb music provided by Laird Brown and his band, Scotch Mist, which always has the power to lift our feet off the floor!



The hosting group had done a great job of organizing and the decorations in the hall included a large anniversary banner that was ideal for photos. Many people took advantage of this since everyone was dressed up and looking glamorous. It was really nice to have the opportunity to catch up with old friends and meet new ones.

The Windsor Branch also used the opportunity to honour June Dey who, with her husband John, took their teachers certificate in 1980 so that the group could become an RSCDS branch instead of an affiliated group with the Society. June is still teaching and hopes to continue "til the day I go down the middle and don't come back." Altogether, it was a marvellous evening.

The Band of Her Majesty's Royal Marines featuring the Pipes, Drums & Highland Dancers of the Scots Guards is coming to Budweiser Gardens



Tuesday, February 2, 2016 - 8:00pm

Tickets are \$47.00, \$37.00 or \$27.00 (includes HST and Facility Fee)

Discount for groups of 10 or more (\$5 off the price of each ticket)

Check out the [Budweiser Gardens website](#) for more information

Bob Shepherd's Farewell

Susan Gower

On Sunday, October 25th, Bob Shepherd's life was celebrated at the Meneset Recreation Hall near Goderich. Bob lost his battle with non-Hodgkin lymphoma on September 21st after a courageous fight. He did not want a sad funeral but felt "the good run" that he had should be celebrated.



Over 150 people, many from the London group, and others from as far away as Edmonton, Deep River and the Kingston area attended. We were well supported by our Scottish Country dancing community. Scottish flair and fare were the order of the day - Scots pies, cloutie dumpling, shortbread and a wee dram for toasting Bob. At the beginning of the afternoon the crowd was treated to a video of highlights from Bob's life accompanied by cheerful old Scottish songs. Alasdair Campbell and Leslie Craigan organized demo dancing which included three of Bob's favourite dances: The Irish Rover, Montgomerie's Rant and Bonnie Stronshiray, along with participation dancing for the rest of the folks. The afternoon concluded with a touching and very appropriate Robbie Burns poem read by Joe Craigan and the singing of Auld Lang Syne. All felt that Bob would have approved if he were there and who knows, perhaps he was.

Thank you all for your support, many cards, e-mails, phone calls, hospital visits and attendance at his "farewell party". Both my family, the Shepherd family and myself are very touched and grateful.

Dancing Around the World



RSCDS Edinburgh Ball in Celebration of Her Majesty's 90th Birthday May 14, 2016

This will be an elegant evening of dance, celebrating the 90th birthday of Queen Elizabeth II. Dancing will take place in Greyfriars Kirk, one of the most historic buildings in the heart of Edinburgh. Greyfriars Kirk has played a prominent role in many of the most notable chapters in Scotland's history.

Welcome drinks at 6.30pm and dancing to Iain MacPhail and his Scottish dance band from 7.00-11.30 pm.

Greyfriars Kirk, Greyfriars Place, Edinburgh, EH1 2QQ
Programme and Application Form available [here](#).

Men's Dance

Joe Reynen

This year's Men's dance was held at the Air Force Association Hall and even though the weather was rainy, the dancers were met with warm smiles and greetings at the door. The pot luck dinner consisted of an abundance of delicious food and refreshments. The outstanding variety of dishes and desserts that were made by fellow members filled the bellies of all before the dancing even began.

The live music provided by Fred Moyes filled the entire hall and got everyone up and ready to join in. The dancing took off with a bang accompanied by Fred's accordion, with a good mix of jigs, reels, and strathspey's. Everyone was in good spirits which only added to the overall experience of the night.



Congratulations to all the lucky winners of the prizes from the evening draw, and a special thank you to Catherine for all of her hard work putting it together. Thanks also go to all the volunteers who made the entire night flow smoothly. And for all the members who attended and brought the wonderful dishes as well as their dancing shoes, thanks for making the whole experience a memorable one.



Johnny Bagpipes

You may have seen him on one of his many TV appearances:

- Montreal's "Just for Laughs" on CBC
- the "Halifax Comedy Festival" also on CBC
- his own special on Bravo titled "They Pipe Among Us"
- his own one hour special on the Comedy Network Called "Stand Up Safari" filmed in South Africa

Or you might have seen him at the grandstand show at the Calgary Stampede. Whether you've seen him or not, if you like bagpipe music and need a good laugh, then this is the guy for you. Check out a [video](#) from one of his shows and get ready to enjoy yourself!

Christmas Dinner and Dance

Valerie Brennan

On Dec 19th, I attended my third Christmas Dance, held at the Polish Hall. From the moment I walked in the front door, and was greeted with a hearty hug and Christmas kiss from Lesley and Joe Craigan, I was hooked. I felt so welcomed, and they were all dressed for Christmas, the way I remember Christmases of yore - red and green and maybe even a Santa hat to boot. This year was no exception. The Christmas cheer had begun.



Once in the main hall, I was stunned with the brilliance of lights, decorations and participants dressed to shine. The sparkle and glitter was everywhere. The folk were in high spirits and ready to hug and greet and wish everyone a Merry Christmas. I so love gowns and fancy dress and sparkle and sequins, so I was in seventh heaven.



The men's Scottish dress attire regales me with its glory. The white shirts, dress jackets and the swinging kilts all light up my life and each one is almost always topped with a beaming smile. Who can beat that? Of course this produces a grand smile from me and so it continues. Light conversation over a wee glass of wine or two, and mention of a few challenging dances takes us into the dinner hour.

I know on some level that this ambiance does not just happen. This is a good time to thank all those that helped to make this such a lovely celebration. From the warm greetings at the door, to the tables

that always have a unique, colourful centerpiece that is always mentioned over dinner. The band has been booked, the dance program has been made and taught so all dancers are well prepared. Grace is said before our meal and gratitude is expressed for the abundance we have in this great country. The briefing is taken care of. The hall has been rented and menus have been perused. The raffle table has been organized and gracious people are selling tickets. So a heartfelt thank you goes out to every one of our RSCDS London Branch members, who helped make this wonderful event come to fruition.

We have so enjoyed this locale over the last few years. Most of this enjoyment comes from the kindly staff of the Polish Hall. The soup is perfectly seasoned. The vegetables are done just right and the meat, well.....my beef only needed a fork and Judi, to my right, had a mound of succulent turkey that she couldn't finish. The portions were more than generous and all this was served with grace and politeness and precision. So the dinner gets an A+ once again. A talented chef who really cares about his staff and his guests is such a treat.





Live music seems to set toes a-tapping and hearts a-beating. We started with a waltz for those who had brought non-Scottish dancers to our Winter Ball, so they could try out their dancing feet too. From the graceful Bridge of Nairn to the fiery Fireworks Reel, the dancers were in fine form. As the band was asked to repeat Flight to Melbourne, a few in our set wiped their brows and hoped for a second wind. A wee rest was called for after that.

I am so filled with the beauty of the dance, and my senses so overflowing with sights and sounds that I am satiated well before the end of the dance. I slip away just before the break to lay down my head and relive the evening in my dreams. I trust it ended well for all our Scottish, and adopted Scottish folk.



The Story Behind a Dance

THE MARQUIS OF LORNE (S8x32) 3C (4C set) MMM 2



In 1878, Sir John Campbell, Marquis of Lorne, arrived in Ottawa to serve as Canada's fourth Governor General. He was the husband of Queen Victoria's fourth daughter, Princess Louise, and at age 33, was the youngest Governor General in Canadian history. He and Princess Louise made many lasting contributions to Canadian society, especially in the arts and sciences. They encouraged the establishment of the Royal Society of Canada, the Royal Canadian Academy of Arts, and the National Gallery of Canada, even selecting some of its first paintings. Campbell was also involved in the completion of the Canadian Pacific Railway and other projects, such as a hospital for British Columbia. At Rideau Hall, he and Princess Louise hosted many social functions, including numerous ice skating and tobogganing parties as well as balls, dinners and state occasions. The couple returned to England after their five years in Canada. The Marquis became the 9th Duke of Argyll in 1900 upon the death of his father and died in 1914 of pneumonia. Princess Louise died in London in 1939.



Dear Miss Millie Ganz,
A lot of people have been getting Plantar Fasciitis lately and I was hoping that you could explain what it is. Are there things that can be done to, hopefully, avoid developing it myself?
Dancing Debbie

Dear Dancing Debbie,
Plantar Fasciitis is the most common cause of heel pain. The plantar fascia is the ligament that connects your heel bone to your toes and it supports the arch of your foot. If you strain this ligament, it gets weak, swollen, and inflamed. Then

your heel or the bottom of your foot hurts when you stand or walk.

Here are a few things you can do to help prevent plantar fasciitis or to help keep the condition from getting worse if you already have it:

- Take care of your feet. Wear shoes with good arch support and heel cushioning. If your work requires you to stand on hard surfaces, stand on a thick rubber mat to reduce the stress on your feet.
- Do exercises to stretch the Achilles tendon at the back of the heel. This is especially important before sports, dancing etc. Ask your doctor what stretches would be beneficial.
- Ensure that you are a healthy weight for your height.
- Establish good exercise habits. Increase your exercise levels gradually, and wear supportive shoes.
- If you run, alternate running with other sports that will not cause heel pain.
- Put on supportive shoes as soon as you get out of bed. Going barefoot or wearing slippers puts stress on your feet.

As with any pain you may have, get it checked out by your doctor to ensure that you have a correct diagnosis.

Miss Millie Ganz (with help from WebMD)

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.

Lily & the Snowman



Here's a cute little [video](#) that will warm your heart this winter. Check it out for yourself and get ready to smile.

Hogmanay Ceilidh

Karen MacCrone

Helen Bell and Sandra Gilmour organized a wonderful evening
Over 50 people showed up to bring in the New Year – 58 to be exact
Games and prizes – what fun!
Maxine made an appearance – she looked a lot like Catherine Shaw
A couple of dances with live music provided by Mary Ashton & Rob Hoffman
Noise makers and funny hats
Auld Lang Syne sung with gusto!
Young and old having a great time together*

Countdown to the New Year

Everyone joining in and singing a number of Scottish songs
Ideal instructions given for line dancing
Lovely late evening lunch thanks to Lori Ferguson
Including Empire biscuits, meringues and Scottish shortbread
Decan Dunne playing his guitar – check out the [video](#)
Hope to see you all out next year!

*Alison Robinson's son, Christopher, joined us for our New Year's festivities and made the following comment about the evening:

"I've never seen so many old people having so much fun!"




Enjoy the beautiful scenery around Eilean Donan Castle in Dornie, Scotland while listening to The Piano Guys rendition of [Fight Song / Amazing Grace](#). You'll be glad you did!



Burns Night Dance Programme

Saturday, January 23, 2016 at 5:30 p.m.
Air Force Association Hall, 2155 Crumlin Road, London

1. The White Cockade	R-8x32	RSCDS Book 5-11	
2. The Starry-eyed Lassie	J-8x32	RSCDS Book 23-11	
3. Highland Mary	S-8x32	LAD TWO	
4. Tam O'Shanter	R-8x48	B. Priddey	
5. The Ayr Promenade	J-4x32	Goldring-24 Gr. & Soc.	
6. The Silver Tassie	S-8x32	Leaflet #1	
7. Riggs of Corn	R-6x32	B. Campbell – Glasgow Assembly	
8. Tribute to the Borders	J-8x32	Leaflet #11	
9. Glasgow Lassies	S-6x32	RSCDS Book 34-3	
10. Robbie O'er the Waves	R-8x32	B. Sargent-Ruthven Collection	
11. Cold and Raw	J-6x24	RSCDS Book 5-12	
12. The Haar on Skye	S-8x32	3rd Graded Book	
13. The Whistling Wind	R-8x32	RSCDS Book 36-5	
14. Kiss Under the Stairs	J-8x32	MMM 2	
15. Balquidder Strathspey	S-8x32	RSCDS Book 24-2	
16. Catch the Wind	R-8x32	RSCDS Book 45-5	

The briefs for this dance programme as well as those following can be found on the [RSCDS London Canada Branch website](http://www.rscds.com/branches/london-canada).

Fair fa' your honest, sonsie face,
Great chieftain o' the puddin'-race!
Aboon them a' ye tak your place,
Painch, tripe, or thairm:
Weel are ye wordy o' a grace
As lang's my arm.



To celebrate the 257th birthday of Robert Burns, we will be holding our annual Burns Night at the Air Force Association Hall. It will include the parade of the haggis followed by the address to said haggis. We will then enjoy a wonderful POTLUCK SUPPER. The Committee of Management will be supplying the entrees. **Everyone else is asked to bring either a side dish or dessert.** Coffee and tea will be provided. At the end of dinner, please recover your dishes and assist in the cleanup so that we can start the dancing as soon as possible.

*****Please be sure to bring your plate, mug, cutlery and serving pieces*****


There will also be a cash bar available. Catherine Shaw will hold her famous merchandise draw, so be prepared to purchase an arm-length of tickets and join in the fun. All this for only \$15 a person and is payable at the door.



Robert Burns must have been a pretty cool guy to have had such a profound effect on subsequent generations around the world. During his short 37 year old lifetime, he gained a reputation for his forward thinking views on politics, religion and class-inequalities. He is still inspiring and influencing people to this day. Find out for yourself by reading some of his many works.

Workshop Weekend Tea Dance Programme

Saturday, February 27, 2016 at 9:00 a.m.
The Polish Combatants Association Hall, 80 Ann Street, London

1. Flowers of Edinburgh	R-8x32	RSCDS Book 1-6	
2. St. Andrew's Fair	J-8x32	5/82	
3. City of Belfast	S-3x32	RSCDS Book 48-6	
4. Lass of Richmond Hill	R-8x32	2nd Graded Book	
5. Lamb Skinnet	J-8x32	RSCDS Book 14-12	
6. Mrs. Milne of Kinneff	S-4x32	Leaflet 32-#1	
7. Castle of Mey	R-8x32	RSCDS Diamond Jubilee	
8. <i>Teacher's Choice*</i>			
9. <i>Teacher's Choice*</i>			
10. The Reel of the Royal Scots	R-8x32	Leaflet 7	

* The "Teacher's Choice" dances will be provided by the guest teachers and will probably be ones taught at the workshop. If their choices are other than what is taught that day, you will be notified.

This year's workshop teachers are Kay Munn and Scott Reid. Each class (Basic or Advanced) will have one session with each teacher. Live music will be provided by Laird Brown and Donny Wood.



Kay Munn grew up in Glasgow, where she was introduced to Scottish Country Dancing in school. In 1986, she crossed the Atlantic, and lived in the Toronto area, South Carolina and upstate New York. One year, in preparation for a Burns Night celebration, she told some friends that if they could find the music to Scotland the Brave, she would teach them a Scottish dance. The music was provided and they danced the 'Gay Gordons'! This led to her re-entry into the world of dance, and she enjoyed classes with renowned deviser, Terry Glasspool. Returning to Canada in 2001, Kay was immediately adopted by the local Royal Scottish Country Dance Society (RSCDS) Kingston, Ontario, Branch, and encouraged to pursue a Teaching Certificate. With Branch support and an RSCDS scholarship, she obtained her certificate in St. Andrews. Kay has taught at Pinewoods Scottish sessions, and has been a frequent teacher at Mainwoods Dance Camp. In the summer of 2015, she joined the faculty of Stockton Folk Dance Camp in California. Locally, she teaches classes and workshops at all levels. The dance 'The Flower of Glasgow' was written for Kay and recently published by the RSCDS.



Scott Reid was born and raised in Hamilton, Ontario. He and his family moved to Burlington where he taught a variety of technical subjects at the high school level. He is now retired and living in Dundas. Scott didn't begin dancing till later in life, in 1999, and has never looked back. He received his Prelim in 2009 and his full teaching certificate in 2011. He began co-teaching an Introductory class in Hamilton that fall. For the past few years, Scott has enjoyed teaching Scottish Country Dancing in Hamilton at all levels and is presently teaching a level 2 -3 Social Class in Hamilton with his wife, Catherine. He also teaches a Hamilton Level 3 class on a rotation basis. Scott was a featured teacher at the Toronto

West End Workshop last spring (2015), and has been a guest teacher at Blair, in Cambridge, on occasion. Scott is the immediate past Chairman of RSCDS Hamilton and remains very involved in the running of Scottish Country dance events for his Branch. Scott is pleased to have the opportunity to be a part of the Annual Scottish Dancing London Workshop this year.

Upcoming Out of Town Events

Feb 7, 2016	Valentine Tea Dance (Windsor)
Feb 12-14, 2016	Aloha Winter Weekend (Hawaii)
Feb 13, 2016	1st Annual Valentines Tea Dance (Grimsby)
Feb 13, 2016	South Simcoe Valentine Workshop and Tea Dance (Alliston)
Feb 20, 2016	53rd Annual Tartan Ball (Toronto)
Feb 28, 2016	Scottish/English/Contra Tea Dance (Ann Arbor MI) hellmann@umich.edu
Mar 4-6, 2016	Belleville Workshop and Ball
Mar 5, 2016	Annual Workshop/Tea Dance (Hamilton)
Mar 12, 2016	March Dance (Kitchener)
Apr 2, 2016	Border Cities Workshop (Windsor)
Apr 2, 2016	John Middleton Ball (Hamilton)
Apr 2, 2016	31st Annual West End Workshop (Brampton)
Apr 9, 2016	Back to Basics Workshop & Tea Dance (St. Catharines)
Apr 16, 2016	RSCDS Ottawa Golden Anniversary Ball
Apr 22-24, 2016	Tartan Tea Weekend (Picton)
May 7, 2016	Spring Ball (St. Catharines)
May 14, 2016	West Toronto Ball
May 15, 2016	Tartan and Thistle Scottish Ball (Ann Arbor MI)
June 11, 2016	Kitchener Waterloo Ball (Kitchener)
Aug 15-19, 2016	Scotch on the Rocks (Wolfville NS)



The **T.A.C. Summer School** will take place this year from July 31 to Aug 7, 2016 at Bishop's University, Sherbrooke, Quebec. (145 kms east of Pierre Elliot Trudeau Airport in Montreal). Registration starts March 1, 2016. More information can be found on the [T.A.C. website](#).

The annual **RSCDS Summer School** located in St. Andrews, Scotland offers you a choice of four different weeks and runs from July 17 to August 14, 2016. Early bird discount if booked prior to January 31st. More information can be found on the [RSCDS website](#).

Committee of Management for 2015-2016

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