

Island Fling



March 2007

Vancouver Island Scottish Country Dance Society
P.O. Box 30123, Saanich Centre Postal Outlet
Victoria, B.C. V8X 5E1 Canada
Affiliated with the RSCDS, Edinburgh, Scotland

Executive Committee

President	Bill Greig	250-246-1036
Past President	James Scott	370-2359
1st Vice President and Publicity	Joan McIntosh	477-2512
2nd Vice President and Membership	Maralynn Wilkinson	592-2234
Secretary	Heather Danks	477-0346
Newsletter Editor	Sara Hatfield	474-1895
Treasurer	Jamie Orr	478-5338
Social Convener	Ian Danks	477-0346
Teacher Representative	Bob Anderson	479-6719

Web address: www.viscnds.ca

PRESIDENT'S CORNER

Here we are starting our last month of winter, looking at Daylight Savings Time on March 11th, and looking forward to the Ceilidh, Workshop and Ball at the end of March. The Ball Committee is working diligently to get things in order, in shape, and ready. As per other years please keep in mind this prestigious event will need volunteers to assist in some areas. More information on this to follow later in the Fling.

The Annual General Meeting will be held April 26th this year and if you have any items for the Agenda please forward them to Heather Danks no later than April 16, 2007. As in previous years it is intended that no new business will be taken from the floor. I am pleased to report that we have two members who have offered to be on the Nominating Committee this year so you can expect a phone call in the future. The positions of **President**, **Secretary** and **Social Convener** are open. I should like to point out that all of these positions are very important to the success of our Society. For example, in the potential case of the Secretary and Social Convener positions not being filled, there is a danger that bookings for classes and socials will not be done, available dates will be lost to other organizations and, therefore, possibly putting the new dancing year in jeopardy or peril or both. So again, I ask you to give this matter serious consideration.

And finally, I would like to thank all of you who came out to the Valentines social. It was well attended, well organized with tons of good food, and lots of fun. Thank you Basic Class.

Regards, Cheers, and see you on the dance floor.

Bill Greig, President

EXECUTIVE COLUMN

VISCDS ANNUAL GENERAL MEETING - First Notice - April 26, 2007

St. Martin In-The-Fields, 550 Obed Avenue

All members are encouraged to attend

Please submit any business and/or proposals for the AGM in writing to Heather Danks (Secretary) no later than April 16, 2007. No new business will be taken from the floor.

Dem Team

Our demonstration team recently completed three performances for Robbie Burns. Demonstration dancing is a good opportunity to have fun dancing as a team. It is a wonderful opportunity to share Scottish dance and music at many community events. The team practices about two Thursday nights a month and have lots of laughs. You do not need to be an advanced dancer to join. *The team is looking for new members and if you are interested, give Joan Axford a call at 474-1018.*

With Special Thoughts

We have recently learned that Gordon Robinson's Father died on the February 23rd weekend. Our deepest sympathies and support go out to Gordon, June and Family through this difficult time.



Spring 2007 Workshop & Ball

News from the Registrar

We are counting days now to the annual Spring Workshop and Ball on March 30, 31, and April 1, 2007. Details of workshop choices appear as the last pages of the January 2007 *Island Fling*, with a Registration form. Places are filling up nicely, with a few remaining for the full package. Other options have vacancies and beginning and intermediate dancers are reminded of the full-day program Saturday designed with their needs and interests in mind. A tip of the hat to the Basic Class! From a total of 13 dancers, six have signed up for the Workshop and one for the Ball.

A reminder for those planning to attend the Ball practices. This year these will be held on **SUNDAY; specifically on Sundays March 11, 18, and 25 from 11:00 am to 1:00 pm** at St. Martin-in-the-Fields Church, 550 Obed Avenue, Victoria. The charge is \$3 per person per practice to cover rental costs for the church. The dances to be reviewed at each session are indicated below. Please be prompt to allow maximum time for teaching in these two-hour practices.

This year we are having a **Silent Auction** at the Ceilidh on Friday, March 30, at the Esquimalt Legion Hall. Come prepared to choose from an interesting and eclectic selection of items and baskets. Cash and cheques will be accepted – promises, well they are not so good. Come with a smile for a lively and entertaining evening. Smiles are free and, oh, so catching!

Merle Peterson, Registrar

Ball Practices

Victoria dancers registered for the Ball may attend Ball dance practices on March 11, 18 and 25. The dances covered for each date are listed below.

March 11

St. Andrews Fair	8 x 32 J	5SCD for 82
Early in the Morning	5 x 32 R	Island Bay Collection
Autumn in Appin	4 x 32 S	Book 31
Napier's Index	8 x 40 J	Book 45
Bratach Bana	8 x 32 R	Bon Accord
"Deer" Friends	8 x 32 S	St. Martin Collection
Farewell to Auchterarder	1 x 128 J	Hamilton
Irish Rover	8 x 32 R	22 SCD

March 18

Speirs Bruce (The Pole Star)	8 x 32 J	Scotia Suite
The Sailor	8 x 32 R	Book 24
The Dream Catcher	1 x 96 S	Book 45
General Stuart's Reel	8 x 32 R	Book 10
The White Heather Jig	4 x 40 J	22 SCD
"Deer" Friends	8 x 32 S	St. Martin Collection
Fisherman's Reel	5 x 32 R	Dunblane Holiday
Jennifer's Jig	8 x 32 J	Silver City Book

March 25

Jennifer's Jig	8 x 32 J	Silver City Book
Early in the Morning	5 x 32 R	Island Bay Collection
Belle of Bon Accord	4 x 32 S	Deeside Book
Farewell to Auchterarder	1 x 128 J	Hamilton
The Reel of the Royal Scots	8 x 32 R	RSCDS Leaflets
Neidpath Castle	3 x 32 S	Book 22
Irish Rover	8 x 32 R	22 SCD
"Deer" Friends	8 x 32 S	St. Martin Collection

Wants and Needs for the Workshop and Ball

If you are a member of VISCDS attending the weekend activities or not, we need your help to make this weekend a success:

Decorators for Friday 3:00 pm

Call Joan 477-2512 or
Edna 727-2977

Drivers for the weekend to transport Teachers and Musicians

Call Dora 598-0207

If you have a special talent for a Ceilidh act

Call Joan 477-2512

People in the afternoon classes to help with the music machines

Call Dora 598-0207

Do not forget to register for classes

Call Merle 477-8331

Lesley Brennand, Ball Coordinator

Silent Auction Action

One month to go to the big weekend! Auction donations have been trickling in, however a number of people have indicated they'll be making a donation so we're expecting a bit of a rush in March. If you're still wondering what to put in the silent auction, consider a selection of foods. Gardening things are always popular, as are golf or other leisure activities, or maybe a toy for someone's grandchild.

If anyone has one or two large baskets, we still need some of these. We have enough small ones now.

Feel free to contact Jamie or Maureen at 478-5338 or jas_orr@yahoo.com



GOOD NEWS: EFFECTIVE JANUARY 1ST TIME CHANGE TO DAYLIGHT SAVINGS TIME IS NOW THE 2ND SUNDAY (2 A.M.) OF MARCH. THIS WILL BE MARCH 11TH IN 2007.

A Scotsman was invited for a visit to the home of his Canadian friend. Soon after the Scotsman arrived, he glanced out the window to see a huge beast just outside. He pointed, and asked his Canadian friend, "Och, lad, what's that?" The Canadian replied, "Oh, that's a moose." The Scotsman stared in disbelief, and replied, "That's a moose?! Well, how big are yer cats around here?"



2007 Valentines Social

Well, the little kirk on Obed was really rocking Saturday, February 17th. About 40 - 45 dancers came out for the Valentine's Social sponsored by our Monday evening Basic Class. The hall was decorated in theme thanks to the volunteers, of which I was a late entrant in joining, and looked quite nice.

Gordon Robinson had warned the newbies that the call for sets would happen right on the stroke of 7:30 and this is how it went. As Gordon was delayed, Bob Anderson led us into the first sets. Lots of beginner level dances with a few intermediate and advanced dances thrown in there. All the other dancers welcomed us into all types of dances and really helped us along both teaching and encouraging. Thank you all.

After dancing about 100 sets, we broke for a well deserved snack attack. There was an amazing variety of snacks, thanks to all who donated goodies. Then back to the action, Gordon leading, and after a really long strenuous day we didn't dare sit down or we wouldn't be able to get back up ☺

There were a couple of advanced dances that I didn't attempt that night. The advanced dancers looked amazing, but I for one will try more next time, won't we Noel? Good on ya, buddy. I really admired Noel (you had the best kilt) and Rick did you miss any dances at all?? The evening finished with a couple of encores from the advanced dancers that capped a perfect social dance, and Gordon, I hope you did enjoy the one dance you participated in.

Thanks to Rick and Kathryn for organizing the evening and actually all the other work you do for our group. Thanks to the kitchen organizers - the goodies looked and tasted great, the setup and cleanup crews, Teachers Bob and Gordon, and to all the other beginners for putting on, what was for me my first social, a huge success and a lot of fun.

You will see me at the next one for sure.

Keith Wilson, Basic Class

CEILIDH 2007 - sponsored by the Canadian Scottish Regimental Heritage

The Ceilidh is back after a one-year absence. It will take place on March 3, 2007 at the Bay Street Armories. The Military and Celtic music will be provided by The Naden Band of Maritime Forces Pacific, The Band of 5th BC Field Regiment, accompanying Corrine Coell, The Pipes and Drums of the Canadian Scottish Regiment, The Regimental Association, The Cadet Corp, and the Saanich Peninsula Band.

There will be Highland Dancers from the Bonne Accord Highland Dancers under the direction of Lynne Griffiths, and Scottish Country Dancers from the Royal Scottish Country Dance Society, Victoria Branch under the direction of Raymond Thomson.

We are pleased to see the return of the Greater Victoria Police Chorus who delighted the audience with their performance last time. We also have for the first time appearing in the show the Daniel Lapp's House of Music Fiddlers. These are young artists who have performed during the Oak Bay Centennial Celebrations at Windsor Park to the enthusiastic pleasure of the assembled crowd.

The main floor unreserved tickets are: Adults \$15.00, Students 13-18 \$10.00, and Children 12 and under are free, but must obtain a ticket to ensure a seat is available. The doors and Messes are open at 6:30 pm and the performance begins at 7:30 pm. The audience is requested to be seated by 7:20 pm.

Tickets will be on sale at Munro's Books Government Street and Long and McQuade Music Hillside Avenue during business hours from 16 February to 3 March, 2007. Also, during the same dates at the C Scot R Museum, Tuesday to Friday from 10:00 am to 2:00 pm, and on Thursday evening from 7:30 to 10:00 pm. The Museum and members of the Association will also be selling tickets for a 50-50 raffle to be drawn during the performance. Come and enjoy!

From John Wigmore of the Canadian Scottish Regimental Heritage Foundation

Did you know???

Michael Elcock's latest book, "Writing on Stone" has been nominated for a Saltire Society 'Best Book of the Year Award' in Scotland (non-fiction category). As well, the St. Andrews Society of Los Angeles flew him down to California when the book came out last October as their guest to attend the Seaside Highland Games in Ventura.

Here is the publisher's introduction on the book:

Michael Elcock emigrated to Canada from Scotland when he was twenty-one years old. Since then his life and travels have taken him to many parts of the world-and back to Scotland, many times. In *Writing on Stone*, Elcock reflects on the immigrant experience, and the questions of memory and identity that come with leaving roots behind, and putting down new ones. Elcock's shrewd observations and humour take us behind the masks that old countries, and new countries, project-and to the importance of people to our reality. To his surprise, Elcock finds that he is not the first member of his family-as he'd supposed-to travel this emigrant route. From the west coast of Canada to the west coast of Scotland-and along the route of the Mounties' Great Trek.

Michael Elcock was born in Forres, Scotland and grew up in Edinburgh and West Africa. He is the author of a travel memoir, *A Perfectly Beautiful Place*. He lives with his wife and family a few miles outside Victoria, BC.

*** For your information, the book is available here in bookstores, from the distributor (University of Toronto Press), and also on-line from the publisher Oolichan Books at www.oolichan.com ***

Are you in spring training for the Ball and Workshop? Here's something to consider ...

The Great Stretching Debate

Our dance classes typically begin with some warming-up movement followed by gentle stretching of the muscles used in dancing. Inventive teachers warm us up in many ways, exploring all the variations on marching round the room, or practising dance patterns with a walking or running step. Stretches are done after the warm-up has increased the blood flow to the muscles; they are held for about 30 seconds and avoid any bouncing movements which might damage the muscles.

Two benefits have been thought to result from stretching during warm-up and also during a cool-down period at the end of class: a reduced risk of injury and reduced muscle spasm and soreness after the class. However, the Strathspey internet list has recently carried reports of medical studies questioning whether these benefits actually occur.

These negative findings seem to be strongest in relation to muscle soreness, with a review article in the *British Medical Journal* citing five studies which show that "stretching before or after exercising has no effect on delayed onset muscle soreness." Two further studies are said to suggest that "muscle stretching before exercising does not produce meaningful reduction in the risk of injury." The evidence does not absolutely disprove the protective effects of stretching on muscles, but neither does it confirm them.

However, it seems that we should not be too hasty in applying these findings to our own practice in dance classes. During the discussion on Strathspey, Keith Eric Grant (an Scottish country dance instructor who is also a massage therapist) pointed out that the studies reviewed in the *BMJ* were all carried out on healthy young adults, including students and army recruits. This population, as he writes, is "fairly elastic and less likely to show the effects of cumulative minor injuries and posture dysfunctions. Stretching will not be much of a boon to those who are sufficiently flexible for the range of motion they will need to engage in customary activities." For the rest of us, of course, stretching may still improve flexibility.

Grant's comments also include recommendations on the best way to avoid muscle soreness after exercise. This soreness, he claims, occurs when people exceed their level of conditioning. It results "from micro-damage to the muscle fibres and a subsequent inflammatory response. Conditioning and a gradual build-up of exercise helps, but stretching does not. Prior to exercising, warming up of tissues through gentle movement and slow extension of the movements to full customary range is helpful. This extension of movement could be thought of as gentle stretching."

Aside from the question of how far one can stretch the definition of stretching, we should be clear that stretching and warming up are not the same thing. In fact, one study involving Australian army recruits had all 1,538 subjects do active warm-up exercises, but only half do stretching as well. So the findings are only applicable to the benefits of stretching; the benefits of warming up are not in question. And stretching can still help us by heightening our awareness of our bodies and alerting us to any potential trouble spot if we feel a twinge of discomfort. The RSCDS is apparently working on a warm-up booklet, and we await it with interest.

Rosemary Coupe

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Kilts

Alterations made to measure

Restoration of family kilts

Also hand knit socks

Phone Jennifer Plumridge

(250-478-4300)

COMING EVENTS - LOCAL

- Mar 03 '07** CEILIDH sponsored by the Canadian Scottish Regimental Heritage Foundation, doors open 6:30 pm /show starts 7:30 pm, Bay Street Armories cost: adults \$15.00, students \$10.00, children 12 and under free
- Mar 09 '07** VICTORIA BRANCH DANCE 7:30-9:30 pm, St. Martin's, 550 Obed
- Mar 23 '07** VICTORIA BRANCH DANCE with Muriel Johnstone, 7:30-9:30 pm, Obed
- Mar 30- Apr 1 '07** VISCDS WORKSHOP AND BALL WEEKEND
- Apr 06 '07** TARTAN DAY
- Apr 07 '07** VICTORIA JOINT SCOTTISH COUNCIL TARTAN BALL, Edelweiss Club
- Apr 14 '07** VICTORIA BRANCH ANNUAL BEGINNERS' DANCE
- Apr 15 '07** KIRKIN' O' THE TARTAN sponsored by the Victoria Joint Scottish Council 10:30 am, St. Peter's Anglican Church, Lakehill
- Apr 19 '07** CEILIDH sponsored by the St. Andrew's and Caledonian Society, Doors open 7:00 pm / concert 7:30 pm, Cost: entrance \$10.00, bar tickets \$4.00 There will be tea/coffee/snacks and entertainment by Mary Ross and George McDowall as well as pipers and/or dancers. Tickets available from members of the Society or at the door. Contact Lianne at lhunter@islandnet.com for more information.
- Apr 26 '07** VISCDS AGM St. Martin In-The-Fields Hall, 550 Obed
- Apr 27 '07** OLD TIME BALL, sponsored by Old Time Dance, Victoria, McMorran's
- Apr 28 '07** VANCOUVER ISLAND SPRING TATOO Archie Browning Centre, Esquimalt

- Apr 28 '07 **VISCDs SPRING FLING** St. Martin In-The-Fields Hall, 550 Obed
 May 20 '07 **VICTORIA HIGHLAND GAMES** Bullen Park, Esquimalt
 May 21 '07 **VICTORIA DAY PARADE**
 Jul 29- **TAC SUMMER SCHOOL 2007** Shawnigan Lake.
 Aug 5 '07 Teachers: Eric Finley (Ayrshire, Scotland), Ron Wallace (Santa Rosa, California) & Jean Noble (Toronto). Music: Muriel Johnstone & Keith Smith.
 Contact Anita Mathur dmanita@telus.net or TAC website www.tac-rscds.org

NOTE: Dance Programs for all Victoria Branch Dances are available from the VISCDs newsletter editor or www.rscdsvictoria.org

OUT OF TOWN EVENTS

- Mar 04 '07 **WHITE ROCK SCD WORKSHOP** at Sullivan Hall, 6306 152nd St. Surrey, B.C. Teacher: Maureen Lyon, 9:30am- 12:00 pm Advanced, Bring a bag lunch, 1:00 - 3:30 pm Beginners/Intermediate - all welcome. Cost \$8.00
- Mar 10 '07 **PORT ALBERNI SCD ST. PATRICK'S DINNER /DANCE** at Alberni Valley United Church, 3747 Church Street. Doors open 5:30 pm, Dinner at 6:00 pm Cost \$22.50 / person. Includes Roast Beef Buffet Dinner - BYOB. RSVP by March 2nd. Contact Tony & Leslie Holland 250-723-0516.
- Mar 17 '07 **DELTA SPRING FLING** Gizeh Temple, 3550 Wayburne, Burnaby 6:30 p.m. \$50, Music: Bobby Brown and the Scottish Accent. Contact: Mairi Maxwell at 604-946-2448. Social hour, dancing and light buffet at 11 p.m.
- Mar 31 '07 **NANOOSE SPRING GALA** Qualicum Beach Community Hall, Memorial Avenue and Veterans Way, Live Music featuring Mary Ross, \$25 Dinner & Dance (wine included), \$30 after March 15 (\$15 for non-dancers) Contact Alistair McVey (752-1980) (lmcvey@shaw.ca)
- Mar 31 '07 **RSCDS SAN DIEGO SPRING BALL** at the Balboa Park Club
 Music by: Andy Imbrie & Calum MacKinnon. Info: Ellen 858-453-8286
- Apr 13-15'07 **LETHBRIDGE 25TH ANNIVERSARY SCD & MUSIC WORKSHOP & BALL**
 Teachers are Rebecca Blackhall-Peters, Mairi Hand, Robert McOwen. Music by Scotch Measure. Contact Fiona Miller 403-329-3582 or www.lethbridgescottishcountrydance.org/news.html
- Apr 21 '07 **NANAIMO WORKSHOP & TEA DANCE** Teachers: Ruth Jappy and Rebecca Blackhall-Peters. Music by Alex Jappy and Julie Smith.
 Inquiries: Marguerite Bell 250-756-9836 or mhjbelle@telus.net
www.nanaimoscd.00it.com/TeaDance2007/TeaDance2007.html
- Apr 28 '07 **VERNON WORKSHOP** Teacher: Mary Murray, Music for Ceilidh: Kristi Lind and her MacNaramata Band. Contact Ruth Hurst 250-545-2626 or kenhurst@shaw.ca
- May 06 '07 **WHITE ROCK SCD SPRING TEA** at Star of the Sea Hall, 15262 Pacific Ave., White Rock, B.C. 5:00 pm - 8:00 pm, Doors open at 4:30 pm. Featuring Mary Ross. Cost \$15. Contact Janice Lowe at 604-536-7660
- May 11-13'07 **BELLINGHAM YOUTH WEEKEND WEST** at Western Washington University. Teachers are Rebecca Blackhall-Peters, Fred DeMarse & Bill Zobel. US\$85. Contact Tom Read 360-734-1295 ttread2@yahoo.com.

- May 12 '07** **THISTLE BALL** held in conjunction with Youth Weekend West, Bellingham. The evening will begin with cocktails followed by dinner. Tickets are \$65 US or CDN. For ticket information contact Kathryn Knowles 250-598-3490 (kathryknowles@shaw.ca) or www.rscds-seattle.org. The Val-U-Inn in Bellingham is a recently refurbished Motel just one exit from the dance venue. The motel will hold 25 rooms at special rates until April 12. Call 360-671-9600 or 1-800-443-7777 for a reservation. Mention the Scottish Country Dancers.
- May 19 '07** **VANCOUVER(WA) SCD 22ND ANNUAL DINNER DANCE "AN A-MAY-ZING NIGHT"** at Columbia Dance Center, 1700 Broadway St. Dinner 6pm at historic Hidden House (Main St & 13th St); specify choice of selected Greek Dinners; dinner reservations required by May 9. At 7:30 pm piper will lead participants in Grand March to dance location. Dance begins 8pm. Music by Lisa Scott, Linda Danielson & Fred Wilson. Semi-formal attire. Dinner only: US\$15; Dance only: US\$12, both: US\$26. Contact Marge McLeod van Nus 360-892-4366 vanusascd@comcast.net or www.vancouverusa-scd.org
- Jul 22 -** **RSCSDS SUMMER SCHOOL** takes place in the historic Fife town of
Aug 19 '07 St. Andrews. Registration & deposit requested by Feb 1/07. www.rscds.org
Jul 25-29'07 **HALIFAX INTERNATIONAL SCD SCHOOL** at University of King's College, Music: Tullochgorum & The Macadians. Teachers are Mary Murray (BC), Robert McOwen (MA), Joe Wallin (NS), Duncan & Maggie Keppie (NS) and Merrill Heubach (NS). Contact Lydia Hedge 902-827-2033 lydiahedge@accesswave.ca.
- Sep 21-23'07** **FORT WORDEN ANNUAL WORKSHOP AND BALL** Musicians: Deby Benton Grosjean fiddler from Aptos, CA. Calum MacKinnon fiddler from Edmonds, WA. Ralph Gordon cello & bass from Charles Town, WV. Andy Imbrie piano from Santa Clara, CA. Teachers: Helen Frame from Ayrshire, Scotland. Irene Paterson from Mukilteo, WA. Fred DeMarse from Alameda, CA. Arthur McNair from Pittsburgh, PA. Registration forms will be available at www.rscds-seattle.org/. To have forms mailed to you, contact the registrar at fwreg@rscds-seattle.org
- Sep 28-30'07** **27TH ANNUAL SASKATCHEWAN BRANCH FALL WORKSHOP** at Kenosee Inn Resort Hotel, Moose Mountain Provincial Park. Teachers are Keith and Deirdre Bark (Mississauga). Music by Ron Krug and Ken Natrass (Winnipeg). Fee includeS: Fri eve: ceilidh; Sat: breakfast, classes (social and challenge), lunch, classes (social and challenge), banquet, ball and "after-the-ball" party; Sun: morning class (combined) and farewell lunch. Kenosee Inn Resort Hotel information at www.kenoseeinns.com. Contact (Workshop Registrar) 306-569-8509 info.sscd@lauraiq.ca.

NOTE: Dance Programs for many of the listed events are available from the VISCDs newsletter editor or the listed contacts/websites.

DEADLINE FOR NEXT NEWSLETTER, March 21, 2007
 Send your submissions to the new editor please
sdhatfield@shaw.ca or mail 1139 Greenwood Avenue, Victoria, BC V9A 5L9