

Island Fling



January 2018

Vancouver Island Scottish Country Dance Society
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Affiliated with the RSCDS, Edinburgh, Scotland
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President's Report January 2018

Since the last newsletter we have had three socials starting with the very successful Halloween Social on October 28th. It was such fun to see so many dancers dressed up in costume. Congratulations to Fern and Ted who won first prize all decked out in their splendid pirate's costumes. Flapper Joan Axford was a delightful runner up. Gordon Robinson and Sarah Kell lead us through a fun program of dances. Many thanks to June Robinson and Martha Morrison for decorations and to the Thursday class members who hosted the event.

Two weeks later we had our November St Andrew's social which had to be moved to St Matthias Anglican Church in Oak Bay due to a conflict with activities of the City Light Church who had their decorating party that night. We were pleased to have quite a few new dancers from the basic class attend as well as four dancers from the Namaimo club including two youth dancers. Louise McGillivray designed the program with a good percentage of easier dances in the mix. Louise is a "snowbird" from the Edmonton branch where she teaches and she added some of her favorites including the tricky little dance "The Red House". Many thanks to Jamie Orr who acted as Social convener for the evening in the absence of our regular Social Convener Theresa Harbidge who will be returning to the dance floor in January.

Next came the Christmas dance on December 9th where we enjoyed the wonderfully decorated hall at the City Light Church. Mary Ross on accordion was superb and the hall

was packed. The Wednesday class hosted this social and Gael Forster and Joan Axford designed and lead us through a lovely program of dances. Once again we had some keen beginners join us and they stayed well into the night. The most challenging dance of the evening was the Glasgow Highlanders and I was happy that I had finally learned (if not mastered) the Glasgow Highlanders setting step.

I'm pleased to report that by the end of December our membership stood at 112 dancers including twenty two new members. Our new class this year, the Wednesday night Scottish Country and Step dancing class has been well received. It will start up again on Wednesday night January 3rd at the Lutheran Church of the Cross 3787 Cedar Hill Road. We had a highly successful Open House on January 2nd with an attendance of over 60 dancers including 28 guests.

We are also planning to hold a Ceilidh Dance on Saturday March 17th with music by Mary Ross. It will give us another opportunity to promote Scottish country dancing and it will also fill a gap in our calendar as after the February 17th afternoon Tea Dance there are no further social events until the Workshop & Ball on April 7th followed by the Spring Fling on April 21st.

Coming up next is the Burns Social on Saturday January 20th with music by Mary Ross. This is always a popular evening and you won't want to miss it. Hope to see you there!

Dora Dempster

President



Burns Social January 20 2018

550 Obed Ave 7:30 pm

\$15

Dance name	Bars/type	Level	Core	Source
Good Hearted Glasgow	8 x 32 J	B	C	P Knapman
The Bees They Are a'Drummin	8 x 32 R	B		The Sunday Class Bk 2
The Silver Tassie	8 x 32 S	I		RSCDS Leaflet
The Bees of MaggieKnockater	4 x 32 J	A	C	Canadian Bk
Currie Mountain	8 x 32 R	I		New Brunswick Coll
The Belle of Bon Accord	4 x 32 S	B	C	Deeside Bk
Follow Me Home	8 x 32 J	I	C	RSCDS Bk 38
Miss Johnstone of Ardrossan	5 x 32 R	I	C	14 Social Dances 2000
Return to Saint Martins	4 x 40 S	A		St Martin Bk 2
Seton's Ceilidh Band	4 x 64 J	I	C	Morrison Bush Coll
Butterscotch and Honey	4 x 32 S	B	C	J Attwood
Falls of Rogie	8 x 2 R	I		Alexander Bk
Break				
The Barmkin	1 x 88 R	B	C	24 Graded & Social
Midsummer Common	8 x 32 S	I	C	RSCDS Book 49
Fair Enough	4 x 32 J	B		RSCDS Bk 51
Polharrow Burn	5 x 32 R	A	C	Glendarroch
Extras				
The Moray Rant	3 x 48 S	I	C	Silver City
Early in the Morning	5 x 32 R	I	C	Island Bay Coll

Fragrance Free

Just a reminder that all our classes and events are fragrance-free. Some of our members have severe allergies to strong scents. Please leave the perfumes, after-shave lotions and other smelly stuff at home. Thank you!



Valentine's Tea Dance
February 17, 2018
550 Obed Ave 3:00—6:00 pm



Dance name	Bars/type	Level	Core	Source
Come What May	8x32J	B		RSCDS Bk 51
A Reel for Alice	5x32R	B	Core	Goldring
Mrs Milne of Kinneff	4x32S	I	Core	RSCDS Ann. Dances
Quarries' Jig	8x32J	I	C	RSCDS Bk 36
Time to Meet	4x32R	B		Reel on Soc. & Gr3
Bonnie Stronshiray	8x32S	I	C	B. Campbell: Glasgow
The Laird of Milton's Daughter	8x32J	B	C	RSCDS Bk 22
The Rutland Reel	8x32R	I		RSCDS Bk 22
Cherrybank Gardens	3x32S	I	C	Drewry Bankhead Cokk
Let's Have a Ceilidh	4x32J	I	C	Glasgow Ass. Campbell
Currie Mountain Reel	8x32R	B		RSCDS Dances for
Summer on the Clyde	4x32S	B	Core	SCD Archives
Polharrow Burn	5x32R	A	Core	
Montgomerie's Rant	8x32R	I	C	RSCDS Bk 10
City of Belfast	3x32S	I	C	Belfast Diiamond Jub.
The Reel of the 51st	8x32R	B	C	RSCDS Bk 14
Extras				
Ian Powrie's Farewell to Auchterarder	1x126J	A	C	Highlander Scd Dances
Early in the Morning	5x32R	A		Scd's
Hosted by the Tuesday afternoon class				

Vancouver Island Scottish Country Dance Society

2018 WORKSHOPS AND BALL 2018

Saturday, April 7, 2018



Ball Programme - Grand March 7:20 PM, Ball begins 7:30

Dance name	Bars type	Level	Source
It Should Be Fun*	4x32J	B	Graded and Social Dances 3
Currie Mountain Reel	8x32R	B	New Brunswick Collection
Summer on the Clyde	4x32S	B	Scottish Dance Archives
The Chequered Court	8x32J	I	RSCDS Book 42
Corn Rigs**	8x32R	B	RSCDS Book 4
Linnea's Strathspey	8x32S	A	RSCDS Book 47
Polharrow Burn	5x32R	A	RSCDS Three Dances by Hugh Foss
Napier's Index	8x40J	I	RSCDS Book 45
BREAK			
EH3 7AF	8x32J	B	RSCDS Book 40
Mrs. Milne of Kinneff	4x32S	I	RSCDS Leaflets
Catch The Wind	8x32H	B	RSCDS Book 45
The Bees of Maggie Knockater**	4x32J	A	The Canadian Book
The Enchanted Garden	8x32S	B	Boyd: The World Around the Corner
MacLeod's Fancy	4x32J	A	RSCDS Book 33
Cherrybank Gardens	3X32S	I	Bankhead Book
Reel of the Royal Scots*	8x32R	B	RSCDS Leaflets
* Briefing Only			
** No Briefing			

Coming Events Local

- **Jan 20 Robbie Burns Social**
- **Jan 27 Annual Robbie Burns Dinner** Sponsored by Greater Victoria Police Pipe Band <http://gvppb.com/burns-night/>
- **Feb 17 Valentine's Tea Dance**
- **Mar 17 Ceilidh dance** 7:30 pm at 550 Obed Ave. Music by Mary Ross
- **Apr 7, 18 Annual VISCDS Workshop and Ball**
- **Apr 21, 18 Spring Fling Social**

Coming Events— Out of Town

- **Jan 27 Salt Spring Annual Robbie Burns Supper**
Dinner and dance at Fulford Hall, Salt Spring. Doors Open 5:30 p.m. Happy Hour 5:30 - 6:00 p.m. Dancing to 10:30 p.m. Live Music ~Tickets \$ 35.00 More information <https://sites.google.com/view/ssiscdc/burns-night>
- **Feb 17 RSCDS Vancouver Love to Dance Workshop and Dance** at the Scottish Cultural Centre
Inquiries: Jean Wagstaff 604.371.1939 or Fran Caruth 604.922.6842.
More information rscdsvancouver.org/dance/love-dance-workshop-tea-dance/
- **Mar 17 and 18 RSCDS Vancouver Heather Ball Weekend**
- SATURDAY: Heather Ball at the Scottish Cultural Centre. Reception 5:45 pm, supper 6:15 pm. Music by Muriel Johnstone, Ian Roberson and Judi Nicholson
- SUNDAY: Muriel Johnstone in Concert at Holy Trinity Anglican Church 3:00 pm, 1440 West 12th Ave.
More information: rscdsvancouver.org/dance/heather-ball/
- **Apr 28 Nanaimo SCD Spring Tea Dance**
Details to follow

Farther afield

- **Feb 10 RSCDS San Francisco Winter Ball.** Sunnyvale CA <http://www.rscds-sf.org>
- **Feb 16, 17 and 18 RSCDS Honolulu Branch Annual Aloha Winter Weekend** www.rscdshawaii.org
- **Feb 18 –23 RSCDS Winter School, Pitlochry, Scotland** <https://www.rscds.org/news/winter-school-2018-2>
- **Apr 20 –22 RSCDS Spring Fling, Glasgow, Scotland.** For dancers aged 12—35.
<http://springfling2018.customers.equiknox.com/>
- **July 8—15 43rd Australian Winter School.** Hunter Valley NSW. www.hvws2018.com
- **Aug 13—17 “Scotch on the Rocks” Scottish Country Dance Week.** Wolfville, Nova Scotia.
More info Duncan Keppie Phone 902-542-5320

Class fees

Membership This is a reminder to members who are paying their class fees in half-year installments that January to April fees are now due.

Please give these fees (\$65.00) to your class rep, or to Membership Secretary June Robinson

Classes

EXPERIENCED SOCIAL Mondays 7:30 - 9:30 pm. **Jan 8 to April 9** Teacher: Bob Anderson. Experienced social for dancers with a good knowledge of all common formations who wish to dance more challenging dances and formations.

BASIC CLASS Tuesdays 7:30 - 9:30 pm **Jan 9 to April 10** Teacher: Sheila McCall In the Basic class you will learn the five steps used in Scottish Country Dancing. You will learn basic formations and become familiar with the concept of sets, progression and teamwork while you experience the joy of moving to lively Scottish music. You don't need to come with a partner, just come and join us for fun evenings as you learn the dances.

DAYTIME SOCIAL CLASS Tuesdays 1:00-3:00 pm **Jan 9 to April 10** Teacher Pat Blair. A class for those who prefer a day-time class, learning formations, phrasing, covering, handing and dances from upcoming socials.

SCOTTISH COUNTRY AND STEP DANCING ** Wednesdays 7:30-9:30 pm **Jan 3 to Apr 18 (except Feb 14 and Mar 28)** Teachers: Gael Forster, Joan Axford and guests. This class will be enjoyed by experienced Scottish country dancers who want to dance in a faster-paced class that focuses on steps and formations worked into interesting and varied Scottish country and step dances. New dancers with Highland and Irish dance experience are also welcome.

INTERMEDIATE CLASS Thursdays 7:30-9:30 pm. **Jan 4 to Apr 5** Teachers: Gordon Robinson and Sarah Kell For dancers who have learned the basic steps and formations and are ready to enjoy a new challenge, the Intermediate class will continue to build a range of formations for use in social dancing. Learn phrasing and technique to help you dance old favourites and newer dances with confidence!

** The Wednesday night classes are held at the Lutheran Church of the Cross of Victoria, 3787 Cedar Hill Road V8P 3Z4.

Class reps

Monday Social	Robin Gubby Jan Beckett	ergubby@yahoo.ca	250 595-6813
Tuesday Afternoon	Pat Warman Lori Morrison	pwarman909@gmail.com bruce.lori.morrison@telus.net	250 474 1616 250 478 7897
Tuesday Basic	Dean Helm	rdhelm@me.com	250 595-5107
Wednesday Evening	Susan Leah Lori Morrison	brisueleah5@shaw.ca bruce.lori.morrison@telus.net	250 478 8427 250 478 7897
Thursday Intermediate Social	June Robinson Tony Lambert	june.robinson@shaw.ca alambert@pacificcoast.net	250 477-8317

BC Societies Act

British Columbia's new Societies Act requires certain changes to our Constitution and Bylaws, these changes do not affect how our Society will operate in the future. We also have the opportunity to make other changes to our Bylaws if we wish, in which case a vote would be required at our AGM in April. So far we have not identified any changes other than those required by the Societies Act, but this could change as your Executive Committee completes its review. If members have comments on, or questions about, the required changes, they should contact Jamie Orr, Treasurer, at jas_orr@yahoo.com

Formations of the Month

January:

- **Allemande for two couples:** <https://www.scottish-country-dancing-dictionary.com/videoclips/allemande-for-2-couples.html>
- **Tourbillon:** <https://www.scottish-country-dancing-dictionary.com/videoclips/tourbillon.html>

February:

- **1s set and turn 1st corners RH to balance in diagonal line, set and 1s turn LH to face 2nd corners** Repeat with 2nd corners and finish in 2nd place on own sides. As in bars 9-24 of *The Reel of the 51st Division*: <https://www.scottish-country-dancing-dictionary.com/video/reel-of-the-51st-division.html>
- **Six-bar reels of three on opposite sides, giving right shoulder to second corner to begin**, and crossing over to own sides on the last two bars. As in bars 25-32 of *Roaring Jelly*, *General Stuart's Reel*, and *The Montgomerie's Rant*: <https://www.scottish-country-dancing-dictionary.com/video/montgomerie-rant.html>

March:

- **Figure of Eight across the dance**, as in bars 9-16 of *Corn Rigs*: https://www.youtube.com/watch?v=REm-aj_zuDO
- **Chain Progression for three couples:** <https://www.scottish-country-dancing-dictionary.com/videoclips/chaperoned-chain-progression.html>

Scottish step Dancing – What is it?

It is a hybrid, falling somewhere between Scottish Country dance and Highland dance, with elements of both. Dwellers of the Hebridean Islands preserved a wide variety of dance steps and unique versions of step dances. It was traditionally done by ladies awaiting their husbands' return from the sea — hence initially it was named "Ladies' Step" but now we prefer Scottish Step as a few brave men give it a go as well.

The heyday of step dancing in Scotland was from about 1750 for roughly 100 years. Dancing masters would compose dances for their pupils to perform, usually at balls, to demonstrate their skills. The tradition continues and there are many modern step dances.

A step dance requires the dancer to execute a defined sequence of foot movements. Scottish country dancers will be familiar with some steps (for example, Pas de Basque,

Pas de Basque Coupé, Glasgow Highlanders). Highland dancers will be familiar with shedding, and rocking step. Ballet dancers will know bourré, balinée and several other commonly used steps.

There is also Scottish hard shoe step dancing which is a form of percussive dance and like clogging and Irish step dancing. It is a form of dance with a close link between music and rhythm.

VISCDS has had a step dance class on and off over the years and at one time offered a class as part of our annual workshop. I have written some step dances to be performed along with our demonstrations and others I have collected since starting teaching in 1981.

For the current Wednesday class, we are learning some of the steps and putting them together with simple Scottish country dance movements.

Joan Axford

Hallowe'en Social

October 28, 2017

Obed Hall was the scene for the Hallowe'en Social on October 28, the first Halloween social for the club in several years. The Thursday Intermediate Social class hosted the evening. Costumes were optional but many dancers came in costumes or carried accessories and some dancers were



even unrecognizable. Fern Walker and Ted Warren and Joan Axford won the best costume competition. The hall was decorated by Martha Morrison with her many "free standing" Halloween decorations - haunted house table centers, strings of orange lights, blow-up pumpkins and a Halloween creature, never before seen, stood on the stage.

Dance teachers Gordon Robinson and Sarah Kell briefed the dances, many having a "spooky" theme such as Glengarry Homestead and Ferla Mor.

A delicious lunch was provided by the members of the Thursday night class. Sheila Eaglestone took on the duties of social convener in the kitchen with everyone pitching in to help. Many dancers told me what a good time they had had at this social and so perhaps we can arrange another Halloween evening next year!



June Robinson

Class Rep
Intermediate Social Class



Christmas Party 2017

It's December, the nights are long, and there are even a few ice crystals in the air. For Scottish country dancers, though, there was nothing cold or dreary about December 9th: how could there be? There were several sets dancing at the Christmas party to the energizing music of Mary Ross.

For many, this might have been the first time dancing to live music. Indeed, the basic class did itself proud with at least one set present. How did you enjoy it? There is really nothing like that first time: you have your eyes on everyone in the set, awaiting cues on how the dance goes, and then comes that moment when you look at the stage and it registers... there's an actual **person** making that music!

The lights went out. Power failure? No. Circuit breaker? No. Then what? Slivers of light appeared: it was the

Wednesday night class (well lit, you might say!) dancing a version of the Thistle Scottish Country Dancers Waltz to a waltz-time instrumental of "The First Noel"! Christmas fusion!

Fusion. That describes the Wednesday night class (the hosts of this social). It fuses step dancing with traditional Scottish country dancing. Nowhere was this more evident than with the ultra-traditional Glasgow Highlanders, always a favourite enjoyed by all, into which were interspersed a few new setting steps!

Fusion. It's the dancing we know and love, particularly evident at the Christmas party. It was a night when newer dancers merged with experienced ones; when Christmas tunes blossomed into Scottish waltzes; when traditional met variations.

Anita Mathur

Remember if you have paid full membership fees you are always welcome to dance in other classes at your level or below.

New Year's Social

On December 31, about forty dancers and friends came together at the City Light Church Hall to celebrate the end of 2017 and the beginning of 2018. The hall was beautifully decorated by the church, and Peter, Thelma, Mavis and Jim set up and decorated the tables. Penny and Ed supplied the tablecloths and cloth serviettes. Maureen took our money and Jamie sold 50/50 tickets. Meanwhile, Barb, Patricia and Mavis organized the potluck donations in the kitchen under Janet's capable direction. Then, when all was ready, we tucked into a delicious supper.

Afterwards, Mavis and Jim collected money from those who were arriving for the dance and Gael took over selling the 50/50 tickets, while the rest of us put on our dance shoes and got ready for the evening's dance. Teachers Sheila, Sarah, Gael, Anita and visiting teacher Kathy Simonsen briefed the evening's dances on the program prepared by Sheila. At the break, we enjoyed the dessert goodies put out by Ellen, Jennifer and Pat, along with some most welcome tea and coffee. Then we continued with the dance program while Jan, Janet and Ellen cleaned up. We stopped for *Auld Lang Syne* at 11:00 pm, and then finished

off the dance program. Bob and Bonnie, along with several others, cleaned up the hall at the end of the evening. Margaret Chapman won the 50/50 jackpot with a prize of \$46.00.

We had several out of town visitors: Jim and Judi Peder from Comox; Julia Roberts from Nelson; Nonie and Eric Sundstrom from Calgary; Joanne and Paul Makulski from Waterloo; and teacher Katherine Simonsen from St John's Nfld. That is one of the wonderful things about Scottish Country Dancing: you can go anywhere in the world where there is dancing and be assured of a warm welcome, and know that, for the most part, the way they 'do things' is the same as you have been taught here.

Everyone enjoyed the evening and agreed that it was a great success. Sincere thanks to everyone who pitched in and made it happen.

My thanks to Dora, Jamie, Sheila, Janet and Ellen for their help in compiling this report.

Edith Chapman



MEMBERSHIP REPORT UP-DATE

I am pleased to report that as of this month, there are over 120 members, including 5 life members, of the Vancouver Island Scottish Country Dance Society. Due to promotional events and Ceilidhs, our membership looks very healthy and also due to you the members who come out and enjoy dancing and encourage new dancers. The club is also fortunate to have great teachers to instruct our classes and help run our socials. A big thank you to the teachers! A reminder that class drop in punch cards are available for \$60 for 10 classes and for \$65 members are able to attend unlimited classes from January through to April.

June Robinson
Membership Chair

Newsletter delivery

The Island Fling is available only electronically unless you elected on your registration form to receive a paper copy. In that case, it will be delivered to the class in which you register.

If you later change to another class please let the class rep. know

The Health Benefits of Scottish Country Dancing

It is well established that participation in adequate amounts of regular physical activity can improve health and reduce the risk of premature death by helping to; achieve and maintain a healthy body weight; lower blood cholesterol; reduce blood pressure in people who already have hypertension (high blood pressure); improve self-esteem and reduce feelings of stress, anxiety, depression; build and maintain healthy bones, muscles, and joints; and keep older adults physically strong and better able to move about without falling or becoming too tired.

Regular physical activity can also help to reduce the risk of; heart disease; stroke; having a second heart attack in people who have already had one; developing high blood pressure; developing type 2 diabetes; developing colon cancer and possibly other cancers; and developing Alzheimer's Disease.

The Governments of the UK, Australia, Canada, New Zealand, and USA recognizing the importance of encouraging regular physical activity have all produced comprehensive physical activity guidelines for their citizens. The medical profession, especially General Practitioners, has a major

Effect of Scottish Country Dancing on Bone Health

Osteoporosis is a condition in which bone strength is reduced because of a change in bone quality and a reduction in the amount of bone material present. It is thought to affect 1 in 3 older (postmenopausal) women and 1 in 12 older men.

Studies have shown that fractures can be prevented by improving bone strength and avoiding falls. To improve and maintain bone strength, current guidelines recommend that low to medium impact exercise, such as stepping, marching or intermittent jogging, is more appropriate for individuals aged over 50.

It has been suggested that certain forms of dance, including Scottish country dancing (SCD) may provide similar impact forces and therefore also be good for bone health. Latest figures provided by the Royal Scottish Country Dance Society show that there are 3,700 registered members in Scotland dancing each week as well as an unknown number of unregistered individuals dancing with both affiliated and unaffiliated groups.

A study to evaluate SCD focusing on the pas de bas step was undertaken at Glasgow Caledonian University in 2008. The pas de bas step was compared to marching and side-

stepping, two of the exercises included in physiotherapist-led exercise classes.

role in promoting regular physical activity in the population. Which type of physical activity should people choose? A study from the University of Strathclyde, in 2010, showed **Scottish country dancing** to be superior to other forms of physical activity in building levels of fitness. A Canadian study found Scottish country dancing to be superior to folk and square dancing, and research from the University of Cumbria, published in January 2014, suggests that participation in Scottish country dancing could reduce the ageing process. It also helps to prevent dementia through the complex interplay of cognitive skills needed to memorise steps and formations, interaction with other dancers, and the effect of dance music on the mind. The social aspect of Scottish country dancing develops a sense of community and enjoyment, which encourages continued participation, and long term involvement, and is linked with good health, a positive attitude and longevity.

The benefits of Scottish country dance have been recognised by the Scottish Parliament which supported a motion, in 2012, welcoming the Royal Scottish Country Dance Society's Health strategy.

Extracted from The RSCDS "Scottish Country Dancer, May 2014

stepping, two of the exercises included in physiotherapist-led exercise classes.

Twenty one ladies each made a single visit to Glasgow Caledonian University where they walked, marched, danced and sidestepped over a force plate set in the floor of the movement laboratory.

On average, the pas de bas step generated forces almost twice body weight through the lower limbs. This was shown to be significantly higher than generated during walking, side stepping or marching.

From this study, we have shown that the levels of force generated during the pas de bas step are higher than those recorded for walking, side stepping and marching. Therefore, as the pas de bas step generated almost twice body weight, it would appear to be a good exercise to offset bone loss. It would be sensible to propose that Scottish country dance should now be added to the list of recommended activities for women who wish to maintain bone health. In addition, the pas de bas step could be a valuable addition to the physiotherapy led exercise classes.

Extracts from a report to the Glasgow Branch by Sabita Stewart, of Glasgow Caledonian University Division of Physiotherapy