

# Island Fling



**June 2021**

Vancouver Island Scottish Country Dance Society  
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3943C Quadra Street, Victoria BC V8X 1J5, Canada  
Affiliated with the RSCDS, Edinburgh, Scotland  
**Web address:** [www.viscnds.ca](http://www.viscnds.ca)

## **Executive Committee**

President	June Robinson	250-477-8317	<a href="mailto:viscndspresident@shaw.ca">viscndspresident@shaw.ca</a>
1st Vice President and Publicity	Louise Perry		
2nd Vice President and Membership	Barb Currie		
Secretary	Betsy Lockhart		
Newsletter Editor	Edith Chapman		
Treasurer	Sue Langridge		
Social Convenor Committee	Ellen Campbell		
	Donna Clements		
	Sheila Eaglestone		
	Lori Morrison		
Teacher Representative	Gordon Robinson		

## **President's Report, June 2021**

We have just heard this past week about the plans for resuming activities (albeit in stages) in our province. This is great news for the prospect of returning to Scottish country dancing. This is also great news as we come into summer and many activities can happen out of doors as people readjust to social gatherings and Covid safety protocols can be lifted gradually. At this time there are no plans for indoor summer dancing.

The summer also gives the Society a chance to "re-group" and plan for dancing activities in the Fall. We hope to have all the membership join and participate in the classes again for our beloved Scottish Country dancing which brings us much fun, friendship and fitness! We have missed these benefits over the past year and many know how difficult a time it has been. Technology has been a saving grace keeping us in contact with dancing friends. Thanks to all members on the Executive for participation at Zoom meetings. Not the easiest way to have meetings I find! We have also been able to have Zoom classes and give much appreciative thanks to Gordon Robinson and Joan Axford for preparing and presenting these classes over many months of isolation and to the members for joining in in limited spaces at home! We will likely continue to use Zoom at times when it is convenient but hopefully our dancing can be done in person now! Thanks to those who participated in our Zoom Ceilidhs too! Many of us have also enjoyed participating in the RSCDS classes from around the world and this has been such a great way for the Scottish country dancing community to connect.

At this time we are planning to go ahead with outdoor dancing in the park as we did last Fall (see information in the *Fling*) and making plans to return safely to indoor dancing in September. We are hopeful that will be possible! In the meantime, have a great summer and remember:

Be Kind Be Calm Be Safe. Good advice at the best of times!

**June Robinson, President**

## Newsletter Delivery

At a recent meeting, the Executive decided to distribute the *Island Fling* electronically, that is, paper copies will no longer be available. Please contact Editor, Edith Chapman, if you do not have computer access and would like to have it mailed. Dancing friends can help you with this if need be by sending an email to [viscdspresident@shaw.ca](mailto:viscdspresident@shaw.ca).

## Newsletter Deadline

The deadline for the next newsletter is **Sunday, August 15, 2021**. Please submit any material to Edith Chapman at [enchapma@shaw.ca](mailto:enchapma@shaw.ca). Sincere thanks go to Sarah Kell, who submitted the puzzle that appears in the March newsletter. Answers are in this newsletter.

## Highland Games

The Victoria Highland Games and Celtic Festival will be held on Monday, September 6, 2021. The Highland Games website states that the 'location is to be determined'. Another source states they will be held at Topaz Park. The next *Island Fling* will not likely be published before the Labour Day weekend, so for the most up-to-date information, refer to the Highland Games and Celtic Festival website <https://victoriahighlandgames.com/games/>.

## TAC Virtual Summer School

Of course due to the Covid pandemic, TAC Summer School, which was to be held in Calgary, is postponed again this year. However, due to the wonders of technology, the event will be on-line and can be accessed wherever you are this summer. Sign in for great dance instruction and events by registering. There is no charge but donations to TAC are welcome.

Check out the information in this poster from TAC to see the program and register.



The poster features a background image of a person in a Scottish kilt dancing. The text is centered and reads:

**Registration now open**  
**TAC virtual summer school**  
**July 28-31, 2021**  
Single online registration gives access to any or all sessions.  
**All sessions are free**  
For dancers of all levels  
Join us for a welcome dance, music concert,  
classes, ceilidh, interactive events, social time,  
Grand Ball and silent auction.  
To register and see the event schedule, including  
dance programs, musician and teacher information  
and more:  
[tac-rscds.org/index.php/tac-summer-school](http://tac-rscds.org/index.php/tac-summer-school)  
Scottish Country Dance Teachers' Association (Canada)



**WE'RE BACK!**

**Vancouver Island Scottish Country Dance Society ([www.viscds.ca](http://www.viscds.ca))**

**Welcomes dancers to**

**Scottish Country Dancing at Henderson Park (near UVIC)**

**[Map to Henderson Park](#)**

**Thursday afternoons**

**2:00 to 3:00**

**Starting**

**June 17, 2021**

**Any necessary Covid Safety Protocols will be in place**

**All Dancers Welcome!**

**For more info contact [viscdspresident@shaw.ca](mailto:viscdspresident@shaw.ca)**



### **In Memorium – Agnes Dummer**

Long-time members of both Van Isle and the Victoria Branch RSCDS will be saddened to learn of the recent passing of Agnes Dummer. Agnes was a faithful member of the Branch for many years. We extend our condolences to her family.

**NOTICE OF ANNUAL GENERAL MEETING  
VISCDS**

**September 7, 2021**

**7:30 pm via Zoom**

The Annual General Meeting for the Society will be held on **September 7, 2021** via Zoom. Notice will be sent out again two weeks prior to this date along with reports from the directors of the Executive.

**NOTICE OF CHANGE TO ELECTION PROCEDURE FOR ONE YEAR**

The constitution of VISCDS requires that directors serve a maximum of 4 consecutive years on the Executive. At this point, all of the directors have agreed to stand for election for next year due to the disruption of the past year caused by the Covid pandemic. However, 4 of the members require an extension of **one year** in order to stand again for election past their maximum term. At the AGM the membership will be asked to vote on extending the terms of four directors of the Executive for one year. All positions are required to be open for election at the AGM. If members have any questions or concerns please send an e-mail to [viscdspresident@shaw.ca](mailto:viscdspresident@shaw.ca) or contact a member of the Executive. The current directors are:

President - June Robinson (extension required)

1st Vice President Publicity - Louise Perry

2nd Vice President Membership - Barb Currie

Secretary - Betsy Lockhart (extension required)

Treasurer - Sue Langridge (extension required)

Newsletter Editor - Edith Chapman (extension required)

Social Convenor Committee - Lori Morrison, Ellen Campbell, Donna Clement, Sheila Eaglestone

Teacher Representative (elected by the teachers committee) - Gordon Robinson

See you at the AGM in September!



A friend sent this to me recently. It also appears in the June edition of the 'Scottish Newsletter'. The original source is unknown.

**Birth Announcement**

Former VISCDS dancer Garth Martens, and his wife Julia Dillon-Davis, welcomed their firstborn son on March 11. Rumi Blythe Dillon Martens weighed in at 7 pounds 12 ounces. Congratulations, Julia and Garth!

**Sarah Kell**

## Words and Scottish Country Dancing

As in many activities, there is particular language associated with Scottish country dancing. When we first started dancing we each had to learn terminology. At first this may be quite confusing. What does it mean to “cast”? Sometimes there is added confusion when a term has more than one meaning. For example, reel can mean a dance using a particular type of music or a figure in which several dancers follow a similar track weaving past each other.

One of the most interesting examples is the term “set”. It turns out that “set” holds the [Guinness World record](#). “The word with the most meanings in English is the verb ‘set’, with 430 senses listed in the Second Edition of the Oxford English Dictionary, published in 1989. The word commands the longest entry in the dictionary at 60,000 words, or 326,000 characters.” (It should perhaps be noted that “set” may recently have been overtaken by “run” for an upcoming Third Edition). In my slightly dated Shorter Oxford English Dictionary (OED), the definitions for set take up two and a half pages (8 columns of small print on fairly large pages). Admittedly many are very similar uses with quite subtle shades of meaning. However in SCD we have two quite distinct meanings for this homograph (a word that is spelled the same but with different meanings).

Almost certainly on your first night of dancing at some point you were told to form into sets. After some initial confusion followed by gentle pointing (and hopefully not too much imperious prodding), you would have ended up in the appropriate position. This meaning of the word is specifically listed in OED in the entries relating to “a number or group of people” as “4. The number of couples required to perform a country dance or square dance” (OED p 1952). Dated to 1766 or earlier, this definition indicates that the use of the term “set” is about as old as some of the oldest recorded Scottish country dances.

After a week or two of SCD, you would have learned to “set” as one of the formations in a dance. The OED says “11. *Dancing*... To take up a position and perform a number of steps with one’s face to one’s partner or to the dancer on one’s right or left” (OED, p 1953) This 1652 definition comes in group of meanings under the general heading of “To put or come into a settled or rigid position or state.” Speaking as a teacher, I hope none of my dancers come into a “rigid” position or state.

For Scottish country dancers, set in reel or jig generally means two pas de basque steps on the spot, one on the right and one on the left. In strathspey time, we talk about strathspey setting step which, while moving from side to side, returns to the original starting position. However just to add to the confusion, we also refer to “set advancing” where we use pas de basque to move ahead (by springing forward from one foot to the other at the beginning of the step and then completing the step on that new spot). In strathspey, similarly we use the setting step to move forward diagonally.

There are at least two other examples of things related to Scottish country dancing which are referred to as “set” (or a homophone). Give some thought to this and if you come up with your own answers you can email them to me ([gcrobinson@shaw.ca](mailto:gcrobinson@shaw.ca)) or through the President’s email.

I will let you know my answers and any others suggested by other dancers in the next newsletter.

Sources: The World Record for a word with the most meanings comes from the Guinness World Records website.

References to definitions from the Shorter Oxford English Dictionary come from the Third Edition, 1975 printing.

**Gordon Robison**



## **Rules of Etiquette for Dancing**

**(from the Boston Weekly Magazine, 10/12/1903. Discovered by John Trevenen of Winnipeg.)**

1. Admittance 50 cents, refreshments included.
  2. The music to consist of a fiddle, a pipe and tabor and a hurdy-gurdy (NB: no chorus to be sung until dancing is over).
  3. No lady to dance in black stockings – nor must she have her elbows bare.
  4. Every lady to come with a clean handkerchief with her name marked.
  5. To prevent spitting, no gentleman to chew tobacco or smoke.
  6. No gentleman to dance in a greatcoat, unless his under one be torn.
  7. No lady to dress her hair with tallow candle, nor must she have a bunch of hair sticking up, top of her head.
  8. Leather small clothes except newly washed are forbidden, as they might soil the ladies' gowns – and to prevent tearing the planking no gentleman to dance in nailed shoes or boots.
  9. No scissors or gimlets are to be brought either by ladies or gentlemen unless their pockets are whole.
  10. No whispering to be allowed – if anyone shall be found to make insidious remarks about anyone's dancing, he or she shall be put out of the room.
  11. No gentleman to appear with a cravat that has been worn for more than a week or a fortnight.
  12. Long beards are forbidden, as it would be very disagreeable if a gentleman should happen to put his cheek beside a lady's.
  13. Those ladies who have not white cotton stockings and black morocco shoes will not be admitted under pretense whatever. Two old ladies will be provided to examine all who enter.
  14. No lady must appear with a veil on, even if it be turned aside, as the gentleman will not have an opportunity of looking at their faces distinct.
  15. No gentleman must squeeze his partner's hand, nor look earnestly upon her, and furthermore he must not even pick up her handkerchief, provided it were to fall – the first denotes he loves her, the second he wishes to kiss her, and the last that she makes a sign for both.
  16. For distinction sake, the master of ceremonies is to wear a red coat, buff small clothes, green shoes and surtout [overcoat]. The word of command is 'Tumble up ladies.'
- Reprinted with permission from "The Puget Scot" (Seattle Branch newsletter) April-May 1991.  
Thank you to Louise McGillivray for submitting these rules.

## **In Memorium – HRH Prince Philip**

Scottish Country Dancers the world over joined with the Royal Family in mourning the death of HRH Prince Philip, who passed away on April 9, just two months short of his 100th birthday. Her Majesty the Queen is the Royal Patron for the Royal Scottish Country Dance Society and is herself a keen and knowledgeable dancer. What is perhaps less known is that Prince Philip was also a reasonably competent Scottish Country dancer, who appears to be enjoying himself in a YouTube video that is available online (see below).

We extend sincere condolences to Her Majesty and family.

## **Ghillies Ball**

Queen Victoria and her husband Prince Albert used to visit Scotland during their holidays and came to love the country, so in 1852, Prince Albert purchased Balmoral Castle. As a way of thanking her staff and servants, Queen Victoria held a ball which became known as the 'Ghillies Ball'. Our present Queen continues to hold these balls each year. It is the one time each year where the servants may mingle with Royalty.

A YouTube video shot about thirty years ago shows the Royal Family dancing an 'Eightsome Reel' at a Ghillies Ball. They are obviously having the time of their lives! <https://www.youtube.com/watch?v=a4j-9I-7WqY>.

A ghillie acts as an attendant on a fishing, hunting or deer stalking expedition.

## Getting Ready for the Coming Undemic

Long ago but not far away, just at the end of the Before Times, the people of the land rushed to prepare for the pandemic ... by buying copious quantities of toilet paper. Regardless of what you may have done to prepare for the pandemic, it is now time to prepare for starting to dance again. I am sure we have all been following vigorous exercise regimes over the last fifteen months. However, no matter what exercise you have been doing, every activity has its own physical demands. So here are a few exercise suggestions to help you prepare for easing back into regular Scottish country dancing.

First of all, the most important thing about conditioning for any physical activity is to not be too ambitious - at least at first! For most of these exercises it is better to do a larger number of repetitions of an exercise that is only moderately taxing. For any new activity it is hard to gauge how much you can handle easily. I am sure most of us can recall going out to do some exercise we haven't done for a while and realizing a day or two later that we may have overdone it. So I suggest you start gradually.

It is also important to remember that it is not a good thing if an exercise causes pain, nor is it necessary. Forget "no pain, no gain". The only pain you should really feel is the mental anguish that you didn't do your regular moderate exercises yet today. Particularly for the stretches below, you should feel the gentle resistance from your body but not actual pain.

If you know you have particular problem areas and can't manage a particular exercise or have concerns, you should consult your doctor or other professional (physiotherapist, massage therapist, chiropractor) about suitable exercises for you to protect and hopefully strengthen the weak spot.

Among the particular features of Scottish country dancing, two points stand out to me for conditioning. We generally dance on the balls of our feet and with the feet turned out. So we need to do exercises to strengthen our lower legs and to increase the mobility of the hip joint. Each link below provides a range of possible exercises and/or stretches.

There are quite a few exercises so start with few and add others or create two exercise routines which you can do alternate days.

### [Achilles Tendon Exercises](#)

The exercises in [this online booklet from Oxford University Hospitals](#) are designed for patients recovering from Achilles tendon injuries. The exercises begin on page 8. Since these are designed for a recovering patient you may be able to start at Phase 3 Heel Drop exercises which I demonstrated during a Zoom class recently. But as always it is better to start with something too easy than something too hard.

### [Standing up from a Chair](#)

How hard can that be? Well, it is more challenging if you use only one leg and no hands [as in this exercise YouTube video from the Barangaroo Clinic!](#) I suggest you start carefully as shown in the video. A chair with arms may be appropriate to allow you to support yourself and just provide a little balance. Also remember that it is often better to lower with control than to raise (see the description of eccentric exercise in the Achilles Tendon booklet linked above). So for example you could stand up with both legs and arms for balance but lower down taking your weight mostly on one leg.

### [General Stretching Routine](#)

[This routine from Apartment Therapy contains several stretches](#) which are useful for maintaining and improving flexibility for dancing. As I demonstrated a recent Zoom class, you can do the Hamstring Stretch seated sideways on a sofa or on the edge of a bed if you don't have good place to stand or if you are concerned about losing your balance. The main thing is to keep your raised leg straight while you bend at the hip with a straight back to generate a gentle pull on the hamstring. You should also do hip flexibility exercises such as extending you leg forward and rotating the entire leg from the hip to cause the knee to turn out.

*Continued on page 8*

## **EVENTS – LOCAL Scottish Country Dance Events**

All our traditional classes and social events have been cancelled for the past year, but we hope to start up again in the fall. In the meantime, we are holding outdoor dancing on Thursdays at Henderson Park, starting on **June 17**, from 2:00 – 3:00 pm. See notice in this issue.

The programs and other information regarding VISCDs Socials will be posted and sent out when we can confirm plans for Socials again.

## **OUT OF TOWN Scottish Country Dance Events**

### **2021**

- Jul 3rd – 9th** RSCDS Atlanta and Carolinas Branches. Blue Ridge SCD School, Appalachian State University Campus, Boone NC, CANCELLED. Info - <https://www.blueridgesds.org/>.
- Jul 19th, 21st, 23rd** RSCDS Virtual Summer School, in lieu of the Summer School at St Andrews. Info - <https://www.rscds.org/events/virtual-summer-school-2021>.
- Jul 25th – Aug 1st** TAC Summer School 2021, Calgary Alberta, in-person CANCELLED, School to be held virtually. See notice in this issue.
- Jul 18th – Aug 15th** RSCDS Summer School, St Andrews, Scotland, all sessions CANCELLED. Info - <https://www.rscds.org/events/summer-school-2021>. See notice above.
- Oct 29th – 31st** RSCDS San Francisco Branch Asilomar Weekend, Asilomar Conference Grounds, Pacific Grove CA. Applications open July 1. Subject to the status of the Covid situation at the end of October. Info - <https://sfasilomardance.wixsite.com/asilomarweekend>.

*Getting Ready for the Coming Undemic, continued from page 7*

### **[Core Exercises for "Older" Adults](#)**

Core strength is important for many everyday activities but is also important in dancing as it is ultimately the connection between your legs and the rest of your body. This [collection of core exercises was developed by Harvard Health](#). Note that there are several advertisements within this article and you will need to read down to the Disclaimer to get all of the information.

### **Sources:**

**Oxford University Hospitals / NHS Foundation Trust - Department of Physiotherapy Department of Sport and Exercise Medicine:** *Achilles Tendinopathy: Advice and Management Information for patients*  
**Barangaroo Orthopaedic and Sports Injury Clinic (via YouTube):** *Progressions to Sit to Stand on a Single Leg*  
**Apartment Therapy (via Pocket):** *The 5-Minute Stretching Routine You Should Do Daily*, Diana Kelly  
**Harvard Health Publishing (Harvard Medical School):** *The best core exercises for older adults*, April 01, 2021  
Links to each of the above references are contained in the related section of the article.

## **Gordon Robinson**

### **Down Memory Lane**

Another call for your memories of past events. Have you attended a local event – workshop, ball or social – that stands out for you? Why not write a short piece, telling us about it, to be published in an upcoming newsletter? See Sue Langridge's article in the March newsletter.

**BE CALM ❤️ BE KIND ❤️ BE SAFE**



# VISCD Crossword

New Year's Eve 2018

