

Island Fling



March 2026

Vancouver Island Scottish Country Dance Society

c/o 3290 Woodburn Avenue

Victoria BC V8P 5B9

Affiliated with the RSCDS, Edinburgh, Scotland

Web address: www.viscnds.ca

Executive Committee

President	Kathryn Knowles	250 598-3490	viscdspresident@shaw.ca
1st Vice President and Publicity	David Morrical		
2nd Vice President and Membership	Jane King		
Secretary	June Robinson		
Newsletter Editor	Ray Fischer		
Treasurer	Janet Bailey		
Social Convenor Committee	Ellen Campbell		
	Donna Clements		
	Sheila Eaglestone		
	Lori Morrison		
Teacher Representative	Joan Axford		

Newsletter Deadline

The deadline for the next newsletter is **May 17th**. Please submit material to Ray Fischer at ray@fischerperry.com. Have something you'd like to share with the rest of the club? I welcome photos, news, events. Send me a note and I'll help with getting it published.

In This Issue: Coming soon: AGM! Ball and Workshop! Coming events calendar and recent socials.

Annual General Meeting (AGM)

April 20th (Monday) will be the club's AGM. We'll get reports from the club officers on the state of the VISCDS, vote on officers, and then dancing!

VISCDS History

Earlier this evening (Monday the 30th) during what is usually Bob's Monday evening class we recognized Bob Anderson's 30 years of contributions to the club. 25 years ago, in June of 2001 ...

SUMMER DANCING

Once again this year, Bob Anderson and Ian Sutherland have organized the enjoyable Friday night Social Dancing evenings. These dances are held at St. Martin-in-the-Fields Church Hall at 550 Obed Ave., and start at 7:30 p.m. The cost is \$5.00, all dances are walked and talked through and refreshments are served. Each week a printed program is provided for the following week with the degree of difficulty noted for each dance. The dates are: every Friday in June, July 6th, 20th, 27th, August 3rd and the 10th will be the final party night.

President's Comments March 16, 2026

I actually had to check the archived newsletters to confirm that my four-year term as President has truly run its course. It is true, I really do have to pass the hat! My time on the executive has been a terrific experience. The team is made up of such a positive, enthusiastic group of people – it has been a pleasure working with them all.

“Elections” will be held at our upcoming AGM on April 20, 2026. Thankfully, Doug Nelson has put his name forward as a candidate for President. Doug has recently moved to here from Vancouver; you may have met him at the Tuesday afternoon class. Doug has been dancing for 11 years and was the President of the Gleneagles Club for five years. He has kindly offered to fill the position with the VISCDS. Paula Rennie has offered to stand for Membership/2nd Vice President. Thank you both for stepping forward.

I wish to extend my gratitude to Jane King for serving as membership/2nd Vice President for the past two years. Her thoroughness and efficiency have been greatly appreciated.

Since the last newsletter Raymond and I have enjoyed seeing out the old year with fellow dancers and celebrating Robbie Burns' Day with the group. We were sorry to have missed the celebration for Sheila's birthday at the Valentine's social, we trust she was well honoured.

Soon approaching is the Spring Fling [It was fun - *ed*], followed by the Workshop and Ball.

The Workshop and Ball has 75 early bird registrants. It is not too late to sign up! Registration continues to be accepted until March 31st, see the website for details.

Spring Dancing will run on Thursdays from April 16th to May 21st from 7:30 to 9:30PM, classes taught by a roster of our teachers, including (welcome back!) Sarah Kell.

Monday April 20th is a free night of dancing! Admission is attendance at the short AGM at 7:30PM, which will be followed by dancing led by Joan Axford.

Nominations will still be accepted from the floor!

Respectfully,
Kathryn Knowles

Teachers' Corner - A Thank you

Life Improving Benefits of Learning to Dance:

Dancing is the ideal blend of physical activity, social connection, and mental stimulation that can enrich your life in so many ways.

It is an excellent form of exercise that engages both your mind and muscles, regardless of your age. Here are 7 reasons you made the right choice to do Scottish country dancing:

1. Dancing Boosts Your Strength and Physical Health
2. Learning to Dance Enhances Your Memory
3. Warm Ups to prepare to Dance Improves Your Flexibility
4. Dancing Increases Your Balance
5. Improves Your Mental Health
6. Dancing Helps You Lose Weight
7. Social Dancing Improves Your Social Skills and Confidence

Benefits of a Workshop

- Time is taken to really learn the formation and dance offered
- You have the opportunity to learn from an expert teacher
- We often understand the formation better when a different teacher gives the instruction-sometimes we tune out our regular weekly teacher

If you have not yet registered for a workshop on April 11, reconsider and reap the benefits.

Local Scottish Country Dance Events

2025/2026 local events are at City Light Church Hall unless otherwise noted.

The cost is \$25 for socials with live music, and \$15 for other socials.

April 11th [Victoria Workshop and Ball](#)

Apr 16 – May 21 Spring classes, Thursdays at 7:30pm. \$50 for all, or \$10 for drop-in.

Sheila, Joan, Gael, and Sarah will be teaching basic and intermediate level dances.

May 3rd [Nanaimo Spring Dance](#)

June 1 – Jul 31 Bob's summer dancing, Mondays and Thursdays at 7:30pm, through July 30th. \$10 per class.

June 20th **Susan Morrical's Retirement Dance**, from 6pm to 8pm, will be at the Lokier Gardens in Oak Bay.

In case of inclement weather, the dance portion of the evening will convene at 7pm at the Hall on Obed St. (a decision will be made on the day). The program will be posted when confirmed. Seating will be available, but please consider bringing a lawn chair.

The Programme	
1 The Yorkshire Rose	J32
2 The Cebraich	S32
3 Shelter Brooms	R32
4 The Pines Of Ribochry	J48
5 The Falkirk Lass	S32
6 Jessie's Hompage	R32
7 Portkape Oak	M64
8 Anna Hadden's Strathpey	S32
10 Noah's Ark	J32
11 The Highland Rammer	R40
BREAK	
13 The Laird of Milton's Daughter	J32
14 Canadian Landscape	S32
15 Promise of Spring	R32
16 Berkenit	J32
17 Midsummer Common	S32
18 The Montgomerie's Ram	R32

Out-of-Town Scottish Country Dance Events

[Vancouver](#) (for full calendar see [here](#))

Apr 24th&25th [Okanagan Workshop and Ball](#)

May 2nd [Heather Spring Tea Dance](#)

May 9th [White Rock Spring Tea Dance](#)

May 24th [Fort Langley Whisky Tea Dance](#)

June 19th &20th [ScotFestBC \(BC Highland Games\)](#)

[Seattle](#) (for full calendar see [here](#))

Apr 29th [Bellingham April 2026 Social Dance](#)

June 28th [Alger Hall Summer Dance Party](#)

[Portland](#) (for full calendar see [here](#))

Apr 25th [Floral Fête Anniversary Dance](#)

May 2nd [Spring dance](#)

[Calgary](#) (for full calendar see [here](#))

Apr 18th [Red Deer One Day Workshop](#)

Jul 26th [TAC Teacher's Conference Weekend and Summer School](#)

Burns' Night Social

Robert Burns' birthday was celebrated en masse with 6 sets at the Burns Social, dancing to the music of Mary Ross.

Bob Anderson devised the dance program with old favourites associated with Burns and Scotland and newer dances such as Canadian Landscape.

The Haggis Parade was led by piper, Jamie Orr. Jamie also did double duty by giving the Address to the Haggis. Jamie gave a personal message that both he and his wife, Maureen greatly miss dancing and their dancing friends, but they are hopeful that after two knee replacements (Jamie) and getting Maureen's ankle healed that they will be able to return to dancing.

In addition to haggis and mashed potatoes, mashed turnip and carrot were offered along with other finger foods provided by the Monday night class.

David Walde won the 50/50 and he donated his winnings of \$64 to VISCDS. Thank you, David.

- Barbara De Leebeck

[It seems that nobody took photos to share, so imagine a friendly crowd of people having fun dancing to live music! – ed]

Burns' Birthday Demonstrations

Robert Burns' birthday provides many opportunities for our demonstration team to perform. We practice in a nice hall, but it's usually unheated in the winter as firewood is pricey.



Here we are waiting to go onstage at the Kirk Hall to dance with the Victoria Scottish Gaelic Choir singing "Hey Johnny Cope"

... and performing at Berwick Royal Oak Retirement Community.



Valentine's Social

The afternoon Valentine Social was held on February 21st with the Tuesday afternoon class hosting. Louise McGillivray, Anita Mathur and Gordon Robinson shared the briefing of the program. There were 43 dancers and 5 teachers in attendance, and it was great to have some of the new beginners join us. The highlight of the afternoon was the surprise birthday celebration for Sheila McCall's 80th birthday at the break. Joan Axford announced for Sheila to come and sit on the stage while she gave a speech about Sheila's history of teaching for VISCDS and then we all sang Happy Birthday to Sheila with Joan's recorded music. There was a wonderful selection of food donated for everyone to enjoy. We also had a big birthday cake for Sheila which we brought out, and we all sang Happy Birthday again to her. Doug Nelson won the 50/50 draw and very kindly donated it back to the club. It was a very successful social enjoyed by all.

- Lori Morrison



Big circles

Little circles



A nice showing of tartans

Spring Fling

On Saturday March 21st the Tuesday beginner class hosted the Spring Fling social. The hall was decorated with flowers, and the dancers with bright spring outfits. There was an excellent turnout of over 50 participants, including a high proportion of beginners from the host class. Alex won \$78 in the 50/50 draw. There was a lovely spread of food and sixteen dances.

Thank you to Pauline, Sheila E, June, Nancy K, Blair Dwyer, Joey, Jess, Susan M, Leigh, Lorne, Paula, Joanne G, Peggy, Alex L, Maddy K, Scott Reanie, Ed N, and Ellen for their volunteer work; you make awesome events like this possible!
- Madeline Koski



One more thing...

Nine Victoria dancers enjoyed the Edmonton Workshop and Ball on the weekend of February 13th to 15th. Rock stars of Scottish Country music played for the classes and ball including Keith Smith on the fiddle. We danced to a lot of Keith Smith and Muriel Johnstone's music in our Victoria classes. - Barbara Deleebbeck



[L-R: David & Susan, Andre & Barbara, Fiona, Louise M., Martha, Pat, Gael]