

RSCDS SET & LINK

TORONTO ASSOCIATION

MONTHLY NEWSLETTER FEBRUARY 2006



CHAIR'S MESSAGE

The Burns Suppers are over for another year and my kilt, as is always the case at this time of year, has shrunk! John Middleton of the Hamilton Branch mentioned recently that one of their local bakeries sold over 40,000 lbs of Haggis this year! That's a lot of "offal". I wonder how much was sold countrywide.

The end of January also saw the completion of all the grant tasks and the Association's final report to the Trillium Foundation. The funds we received to spend on specific items have all been spent. You might be interested in knowing that during 2005 over 1400 person hours were contributed to the Demonstration Pool by members of the Association. That's a lot of dedication which deserves a sincere "Thank You".

February is now upon us and the Tartan Ball is only a few weeks away. Of course you all know that John Christie will be our Guest of Honour this year and we will be presenting him with his Scroll at this, our premier event. The Tartan Ball dances have been published and many have appeared on our Monthly Dance Programmes. Teachers, no doubt, have been working on them during Social Classes.

In the meantime, I look forward to seeing you all at the next Monthly Dance on February 11th.

By the way, at the January Monthly Dance, I allowed one of our Social Groups to make an announcement during the dance. The error of my ways was pointed out to me within seconds. No favouritism was intended and this will not happen again. The policy previously established by the Board still stands i.e. "No Social Group announcements during Monthly Dances".

An Evaluation of the Health and Recreational Benefits of Scottish Country Dance

Traditionally, when evaluating the health benefits of an activity, health is associated with the modern concept of physical fitness. Aerobic demand, strength, flexibility, lactic acid tolerance, and coordination could all be called upon to denote a 'healthy' activity.

The purpose of this paper is to evaluate the health benefits of the recreational activity known as Scottish Country Dance (SCD) both from a fitness perspective and in terms of other positive health outcomes.

Individuals of all ages participate in the high stepping and rhythmic dances of SCD. Remarkably, few if any formal studies have been done to measure the fitness specific training benefits directly. Such are the vagaries of modern athletic investigation. Fortunately similar activities such as square dancing and 'folk dancing' of other sorts, which compare closely with Scottish Country Dance, have been directly measured from a scientific perspective.

In a report of the energy costs of square dancing, Jette and Inglis (1) measured the energy demand to be 5.2 and 5.7 kcal/min per kg of body weight for a 60 kg woman and 70 kg man respectively, with an average of between 390 - 425 kcal expended in a typical dance session. The American College of Sports Medicine (2) states that a workload of this amount would result in an aerobic benefit in the "above average" category for the typical adult. Square dancing typically lacks the 'hopping' and other footwork requirements of Scottish Country Dance and therefore it is safe to say that it would underestimate the energy demands of the latter. For comparison purposes,

other common athletic activities with equivalent kcal/min energy costs are recreational badminton and golfing while carrying your bag (3).

In a paper entitled 'Physical Demands during Folk Dancing', Wigaeus and Kilbom (4) measured the aerobic demand of a Scandinavian dance called the "hambo". The hambo is described as a 'Swedish waltz' with complicated footwork similar to SCD and therefore would compare favourably with Scottish Country Dance. Heart rate responses of between 70 and 90% of maximum aerobic capacity were recorded for men and women respectively.

For the purposes of this paper a Polar heart rate monitor was used to directly measure the heart rates of two participants engaged in Scottish Country Dance, and while the measurement conditions do not constitute a formal scientific study they are indicative of the demands of the activity. The following graphs show the heart rate responses for a 10 year old female and a 54 year old female during the first half hour of a Scottish Country Dance instructional class. Both subjects demonstrated heart rate responses well within the 'training zone' necessary to create a cardiovascular training effect.

However heart rate response is only a small part of the health benefits which can be attributed to Scottish Country Dance, and the benefits of this sort of physical activity have come to include the prevention of harm from chronic diseases and the reduction of mental stress.

In reference to the role of exercise in weight regulation, King and Tribble (5) in the journal Sports Medicine identify that, "Developing programmes to aid in long term adherence to physical

March Beginners Monthly Dance

Date: Saturday, March 11, 2006
Time: 8:00 pm - 10:30 pm
Place: Crescent School
 2365 Bayview Ave
Music: Bobby Brown and The Scottish Accent
Hosts: Asta Beginners, Erin Mills Beginners,
 Whigmaleeries, Weston Children
 Please note that Crescent School has a no-nut policy

Well Done Jack	J 8x32	Bk 29-3
Galloway House	R 6x32	Graded 5
Fair Donald	S 8x32	Bk 29-4
Antartica Bound	J 4x32	Scotia Suite
Delvine Side	S 8x32	Bk 2-9
Maxwell's Rant	R 8x32	Bk 18-10
INTERVAL		
St Andrews Fair	J 8x32	5 for 82-2
Round Reel of Eight	R 1x88	Bk 27-7
Miss Gibson's Strathspey	S 8x32	Leaflet
The Laird of Milton's Daughter	J 8x32	Bk 22-10
Bridge of Nairn	S 8x32	Bk 13-11
The Flowers of Edinburgh	R 8x32	Bk 1-6
EXTRAS		
The White Cockade	R 8x32	Bk 5-11
A Jig for Mrs Dunn	J 6x32	Children-3

SURVEY OF YOUNG DANCERS, AGES 5 TO 30.

On behalf of the Society, Sue Porter, RSCDS Youth Director, is conducting a survey of Youth and Children in Branches and Social Groups. (The Society defines Youth as anyone age 30 and under). If you have dancers who meet the criteria and you are interested in completing the survey, please contact either Deirdre MacCuish Bark at barkd@rogers.com for an electronic copy of the form or Brenda Hurst, Toronto Association Secretary, for a paper copy.

This survey was only received recently and was to be returned to HQ in Edinburgh by the end of January. They have, however, extended the deadline into February. The completed form can either be sent to Edinburgh by e-mail or regular mail.

The Toronto Association also asks that you send a copy of the completed form to them.

Do you know of anyone who could use a kilt?

I have a kilt (Maple Leaf tartan) (with sporan, socks and dress shoes) that no longer fits me. I would like to pass it on to someone who could use it. The kilt fits a 34-36 waist and the shoes are size 45. If interested, contact Peter Mielke 416-763-7128.

Continued from front page

activity regiments remains the most critical challenge.” Dance activities such as SCD are particularly effective due to the enjoyment factor which motivates the participant’s continuing involvement. The participant perceives the activity as play, not work!

Diabetes, heart disease, colon cancer, and arthritis have all been shown to respond favourably to regular moderate exercise, and the cognitive demands of SCD dance movements combined with their coordination with the participant’s fellow dancers, create a situation in which the dancer’s mental faculties are exercised and therefore contribute to the prevention of degenerative conditions such as Alzheimer’s disease and dementia (6).

In conclusion, the health and fitness benefits of activities such as Scottish Country Dance is measurable in an absolute sense (heart rate response), while contributing to the well-being of the individual through the prevention of chronic conditions due to inactivity. They also have a social component which maintains a sense of community and an enjoyment factor which encourages their continued participation for the sake of the dance itself.

Mike Erison B.P.E.
 Recreation Programmer
 City of Mississauga
 Community Services Department

Bibliography

1. Jette M, Inglis H. (1975) Energy cost of square dancing. *J Appl Physiol.* 1975 Jan;38(1):44-5.
2. Kravitz L, Vella CA. (1992) Energy Expenditure in Different Modes of Exercise. *American College of Sports Medicine.* current comment June 2002.
3. The Fitness Jump Site. Activity Calorie Calculator <http://www.primusweb.com/fitnesspartner/jumpsite/calculat.htm>
4. Wigaeus E, Kilbom A. (1980) Physical demands during folk dancing. *Eur J Appl Physiol Occup Physiol.* 1980;45(2-3):177-83.
5. King AC, Tribble DL. (1991) The role of exercise in weight regulation in non-athletes. *Sports Med.* 1991 May;11(5):331-49.
6. Cornelia Beck (2003) Caregiver-Supervised Exercise Benefits Individuals with Alzheimer’s. *Journal of the American Medical Association.* 2003 October 15.

Upcoming Events

FEBRUARY 11, 2006, 9:00 a.m. - 3:00 p.m., South Simcoe Scottish Country Dancers Valentine Workshop & Afternoon Social Dance, Knox Church, King St. South, Alliston. Teachers are Steve Coombs, Burlington, and Teresa Kowalczyk, Toronto. Register by February 3, 2006. Contact Pat Asada 905-478-2085 or Grace Graham 705-435-3689.

FEBRUARY 11, 2006, St. Catharines Valentines Dance with Fred Moyes. Contact Jere Brubaker brubakerjpl@aol.com.

FEBRUARY 25, 2006, The Oakville Scottish Country Dance Group's 50th Anniversary Ball at Le Dome in Oakville. Music by Bobby Brown and The Scottish Accent. Contact Liz Walton 905-338-0798; mjewalton@sprint.ca.

MARCH 3-5, 2006, Belleville Scottish Country Dancers 22nd Annual Workshop and Ball. Teachers are Jim Ray, Lockerbie, Scotland and Jean Noble, Toronto. Music by Bobby Brown and The Scottish Accent. Contact Bill and Jan Cunningham 613-965-4212 or Mike McCarey 613-967-1827.

MARCH 18, 2006, West End Workshop, Streetsville Secondary School. Teachers are Nadine Gingrich, Waterloo, ON; Carole Skinner, Toronto; Alex Gray, UK. Contact Brien or Ishbel Thomson 905-826-7842.

MARCH 25, 2006, Blair SCD Spring Ball, Waterloo Police Banquet Hall, Cambridge ON. Music by Bobby Brown & The Scottish Accent. Contact Carolyn 519-743-9215; cbarrs64@hotmail.com.

MARCH 24 - 26, 2006, Vanisle 30th Anniversary Weekend and Ball, Victoria. Teachers are Mary Murray, Vancouver, BC; David Queen, England; Gary Thomas, Santa Rosa, CA. Music by Muriel Johnston and Keith Smith. Registration forms at www.viscds.ca. Contact Rosemary Balfour 250-598-6456; rpbalfour@shaw.ca or Janet Rice grice@shaw.ca.

APRIL 8, 2006, Toronto Association Children's Festival.

APRIL 22, 2006, Ottawa Branch's 40th Anniversary Ruby Ball. Music by Bobby Brown & The Scottish Accent. Contact Lynda Pearson 613-526-5913; lynda.pearson@sympatico.ca or visit www.rscdsottawa.ca.

MAY 5 - 7, 2006, Boston Highland Ball. Contact Joan Hill 617-868-4578 or Ron MaDougald 781-259-0883; Hillwalden@aol.com.

MAY 6, 2006, Toronto Association Youth Ball, Newtonbrook United Church.

MAY 13, 2006, The Thistle Ball in Victoria, BC. Contact Kathryn Taylor 250-598-3490; kathryntaylorthomson@shaw.ca

MAY 13, 2006, West Toronto Ball, Ramses Temple. Reception, dinner and dancing. Music by Bobby Brown & The Scottish Accent. Some term this event "The Beginner's Ball", but there is also lots of challenge for experienced dancers. For tickets, contact Anna Rielly 519-927-5502; t.rielly@rogers.com

MAY 19 - 21, 2006, Pawling Weekend @ Circle Lodge, Hopewell Junction, NY. Musicians are Bobby Brown & The Scottish Accent and Jim Stevenson-Mathews. Teachers are Robert McOwen, MA; Elinor Vandergrift, Washington; Les Lambert, Renfrewshire, Scotland. More information next month or visit www.rscdsnewyork.org.

MAY 26-28, 2006, 4th Annual Youth Weekend West in Victoria, BC. Cost is \$98 for accomodation and all events. Teachers are Mairi Hand, Boise, ID; Fred DeMarse, San Francisco, CA; Ruth Jappy, Delta, BC. Musicians are Muriel Johnstone, Alex Jappy and Mary Ross. Contact Frankie Chao 250-381-4756; tuba_frank@hotmail.com or visit www.youthweekendwest.com

JULY 3 - 7, 2006, English-Scottish Pinewoods Session, Pinewoods Camp, near Plymouth, MA. Contact Marianne Taylor 603-463-7771.

JULY 16 - AUGUST 13, 2006, RSCDS Summer School at University Hall, Kennedy Gardens, St. Andrews, Scotland. Scholarship application forms are available from Brenda Hurst brenhurst@hotmail.com or by the Society's Bulletin or www.rscds.org.

NOVEMBER 11, 2006, 9:00 a.m. - 3:45 p.m., Toronto Association Annual Workshop. Teachers are John Wilkinson, Scotland and Georgina Finlay, Toronto. Contact Theresa Malek 416-535-4447; theresamalek@rogers.com.

T.A.C. 34th Annual Summer School

The T.A.C. welcomes dancers from all levels to Summer School in 2006.

Dancers from Basic to Advanced can enjoy classes in air-conditioned comfort in the summer and not far from home.

T.A.C. Summer School is being held at Wilfrid Laurier University in Waterloo, Ontario. From August 6th to 13th 2006.

Our Teachers are Ruth Jappy, Robert McOwen, and Rebecca Blackhall-Peters.

Musicians are Bobby and Laird Brown, Mara Shea and Jim Stevenson-Mathews.

Come and join in on the fun of Costume Night, the Ceilidh and the Banquet and Ball.

For more information, please contact Ian or Pat Souter 905-578-0289; isouter@cogeco.ca or go the T.A.C. website tac-rscds.org and click on "Summer School" to download the Brochure and Registration Form.

CORRECTION

Tartan Ball Practices

Please note that the Tartan Ball practices will be held on Wednesday, **February 8 & 15, 2006**, 7:30p.m. at Weston Presbyterian Church. Last month's article incorrectly listed February 9 & 16. The practices will be directed by Georgina Finlay. There will be light refreshments served and the fee is \$4 per night.

Please remember that the dances at the ball will be quickly briefed and the evening will be more enjoyable for all if you come prepared.

TAC Announcements

Attention tutors, teachers and potential candidates...

TAC is running Candidate Classes in Unit 2 (Dance) and Unit 3 (Teaching) in the new exam system from July 30 to August 13 2006 at Wilfrid Laurier University, Waterloo, Ontario. Also, the old style of the Full Certificate will be run for the last time this July 30 to August 13. This is the last opportunity for anybody with a Prelim Certificate gained prior to 10 years ago to achieve their Full Certificate. In the new Exam System, there is a 10 year limitation between gaining the Prelim (Unit 3) and beginning your Full (Unit 5).

The new exam system, which is now being implemented by the Royal Scottish Country Dance Society, has certain time limitations built into it.

UNIT 1 (Written Exam)

The papers are set three times per year and organized either by the local branch or by individuals. This is a self study course although branches can run a course if they wish. It is administered directly by headquarters in Edinburgh and all application forms must be in Edinburgh six weeks prior to the exam in question.

Feb 18 Exam - applications in by Jan 7 2006

May 20 Exam - applications in by April 8 2006

Oct 21 Exam - applications in by September 9 2006

Similarly, UNIT 4 (Record of Teaching Practice)

This will be required for the next North American 2006/2007 Winter/Spring Exam Tour. The Record of Teaching Practice has to be at Headquarters in Edinburgh six months prior to sitting Unit 5 (Teaching Exam Second Level). The date for Unit 4 submission to Headquarters is therefore the end of September 2006 as the Unit 5 Exam in the next North American Tour will be in early April 2007.

Exam Syllabus and application forms can be found on the TAC Web Site <http://www.tac-rscds.org> (forms for Unit 4 and 5 are not yet available)

~Deirdre MacCuish Bark

TAC Exam Coordinator, North America

barkd@rogers.com

For Loan

Adjustable crutches, adjustable cane, cast boot (walking cast). If interested, contact 416-925-6982.

Celtic Woman

March 8, 2006 8PM

The Hummingbird Centre

From traditional to contemporary, five Irish women put a modern twist on the Celtic sound.

Tickets available through Ticketmaster.

416-872-2262

Visit the official website www.celticwoman.com.

Celtic Fire in the Music

This spring will bring the release of an anniversary album by Bobby Brown & The Scottish Accent. This double CD is titled Celtic Fire in the Music and will be available from Bobby and the band members. Information about the release date and a listing of the dances will be posted on our web site as it becomes available.



Y & E Postal Service
P.O. Box 67027
2300 Yonge St.
Toronto ON M4P 3C8
416-410-7078

www.rscdstoronto.org

2005-2006 BOARD OF DIRECTORS

CHAIR:

Ian Paterson 905-877-5694
ianpat@cogeco.ca

VICE CHAIR:

Jane Robison 416-463-5016
janer1@sympatico.ca

SECRETARY:

Brenda Hurst 416-925-6982
brenhurst@hotmail.com

TREASURER:

Margaret Rieger 416-485-7308
hrieger@sympatico.ca

MEMBERSHIP DIRECTOR:

John Clark 416-266-3609
john.clark@rogers.com

PROGRAM DIRECTOR:

Lisa Mitchell 416-699-2480
ldmitchell@sympatico.ca

COMMUNICATIONS DIRECTOR:

Christine Bowers 416-481-3975
cbowers@sympatico.ca

DIRECTOR AT LARGE -

VOLUNTEERS:

Don Large 905-884-9480
dlarge@sympatico.ca

DIRECTOR AT LARGE -

FUND RAISING:

David Coutts 905-859-3852
dcouttsca@hotmail.com

don't forget...

- Deadline for March Newsletter is February 19th
- Monthly Dance February 11th
- Tartan Ball February 18th

EDITOR'S NOTES...

CHECK OUT THE TORONTO RSCDS LISTING IN FEBRUARY'S FITNESS & WELLNESS GUIDE OF TORONTO LIFE CITY GUIDES 2006 .