



Chair's Message



By now all social groups and classes will be in full swing. Remember your membership in RSCDS Toronto Association is now due!

In our 50th Anniversary Year we started a few new initiatives which we hope will be ongoing:

Scottish Night at the Blue Jays was a night of good fun. We are planning to repeat this, we hope in June rather than July. While the turnout for 2008 was gratifying, it would be nice to get a huge crowd of dancers and non-dancers. This time you are hearing about it well ahead of time. Please watch for more information and plan to participate in 2009.

RSCDS TA now has a raffle licence. If you have something to donate as a prize, let us know.

The other initiative was the Youth Weekend East. This was a small, successful start toward a weekend for youth from all over eastern North America. We need to form an ongoing committee to start planning now for a weekend two or three years away. Volunteers, especially young people, would be most welcome. Call Margaret Anne Hunter (416-651-7137, ma_hunter@sympatico.ca) or Deirdre Bark (905-822-1707, barkd@rogers.com).

50th Anniversary Books and memorabilia are still available, plus we have a new printing of the cookbook. Just call or email me.

Best wishes to all for a Happy Thanksgiving and a wonderful year of dancing.

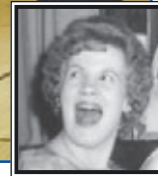
SHOCK WARNING !



This is your last issue unless you renew your Membership for 2008/2009

Jean Noble Awarded: *The Scroll of Honour*

An Interview by Marie Anne Millar



Jean Noble is well known within the Toronto SCD community. She joined the Toronto Branch in 1959, when she moved here with her family from Montreal. Her name is even better known now that she's been awarded the Scroll of Honour for service to Scottish Country Dance, and she's been invited to attend the AGM in Perth, Scotland, to receive it.

When asked how she felt about the award, Jean said, "When I first got the news, I didn't know whether to laugh or cry or what." She continued, "I must admit, I'm a wee bit nervous about receiving the scroll, although I know it's a tremendous honour to be nominated."

The process is simple. You are nominated by other people in the society. They could be candidates, social groups, or other teachers. The association secretary collects the nomination letters and sends them to Edinburgh to be considered.

People who know Jean are probably not surprised about her award. She has been involved in Toronto Branch activities for many years. She said, "I was on the Branch Committee from about 1993 to 1997, starting with Membership. Since then, I've done Dancing in the Park several different times, the Children's Festival and chaired the Tartan Ball Committee for 1996-97. The Tartan Ball is my favourite." She has taught beginner and advanced technique classes, and teacher candidates since 1997. She currently teaches the Hillcrest social group.

I asked her to share some of her favourite experiences. She responded, "I remember once teaching a beginners' class in the States. My instructions to the class were 'lead down the middle and back up'. I watched in astonishment as they literally danced backward to where they started. It really makes you think about how you give instructions!"

Another time she was briefing a beginners' class for a gala day. The dance was *Drumelzier* (where her grandfather was born), and part of it involved four couples turning each other with the right hand. While practising, they said out loud, "All turn" to remind them what to do. On the actual day of the gala, one of her dancers wasn't able to come and Jean had to substitute. "Wouldn't you know it, the only person who forgot what to do was me."

Some memorable people she's known? Well, one of her first teachers was Professor Ronald "Sanskrit" Smith, a professor of East Asian Studies who was quite a personality. At dances, he wore black patent shoes with bows that belonged to his grandfather and he wore a kilt in all seasons despite the weather. Bob Millar, who taught at East York, was big on technique and presence. Another teacher, Bob Blackie, had *The Spirit of the Dance* written for him by Irene Paterson. Jean had other teachers, all of them role models who brought something unique to their teaching. One was good at phrasing, another was brilliant with footwork. Jean learned from them all.

I asked what she would say to someone who is just starting to teach Scottish Country Dancing. Jean's advice is: Don't scare new dancers with too much technique. Just lead them to learn the steps and formations and the dances will follow. "After all", she says, "it's about fun, not stress!"

November Monthly Dance

Date: Saturday, November 8, 2008
Time: 8:00 - 10:30 p.m.
Place: **Crescent School**
2365 Bayview Avenue
Music: Bobby Brown & The Scottish Accent
Hosts: • Don Mills • St. Andrew's of Brampton • Woodglen

Cutty Sark	8x32 J	Bk. 40/2
The Sow's Tail	8x32 S	5 Trad/5
The Sutherland Reel	8x40 R	Bk. 29/5
Pelorus Jack*	8x32 J	Bk. 41/1
Mrs. Hamilton of Wishaw	8x32 S	Bk. 23/9
Maxwell's Rant†	8x32 R	Bk. 18/10

Interval

Espie McNab†*	8x32 J	MMM1
Bonnie Stronshiray*	8x32 S	Campbell, Glasgow Assembly
Inverneil House	8x32 R	Bk. 35/2
Follow Me Home	8x32 J	Bk. 38/3
Drumelzier	4x32 S	Blair
General Stuart's Reel	8x32 R	Bk. 10/3

Extra

The White Cockade	8x32 R	Bk. 5/11
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† Dances that will be briefed only

* Tartan Ball Dances

Special Events

Tayside's 25th Anniversary *Another memorable landmark*

Tuesday October 21, 2008 @ 7:30 p.m.

A short dance programme will be followed by an evening of food and fellowship to celebrate Tayside's 25th anniversary. Friends and former dancers of the Tayside group are invited to celebrate with us.

Westview Presbyterian Church
233 Westview Blvd.
(Eglinton/Victoria Park area)



Bring-a-friend-to-dance Ceilidh

Friday, October 24 @ 7:30 p.m.

Scottish Country dancing is great fun but it's not something to pick up on the fly. However, anyone can do 'ceilidh dancing' and have wonderful fun. Since ceilidh dances are really just simple Scottish Country dances, your Outreach Committee thinks ceilidh is a good way to introduce our favourite past-time to the uninitiated.

Members must be accompanied by a new dancer.

Bring them to St. Leonard's Church, 25 Wanless Ave. (Yonge & Lawrence). Tickets are \$8, at the door.

As a follow-up, a series of 4 Friday night ceilidh classes will be offered in November as part of our outreach program. Teresa Lockhart will teach the ceilidh and follow-up classes.

Questions? Contact Deirdre MacCuish Bark 905-822-1707, or Carole Bell 416-221-1201



Toronto Workshop Saturday, November 8, 2008 Toronto French School 318 Lawrence Ave. E.

The day will consist of 3 sessions and a group class, in addition to the evening (Nov. Monthly) Dance. There will be vendors to entice you, a wonderful lunch and most of all, dancing with your RSCDS friends. Teachers are:

- Fiona Grant – Bristol, England (left, below)
 - Claire Collier – Lewiston, New York (middle)
 - Fiona Philip – Mississauga, Ontario (right)
- Musicians: Bobby, Laird Brown and Don Bartlett.

Info: www.rscdstoronto.org



Teachers' Workshop Sunday, November 9 @ 1-3 p.m.

This workshop is for Teachers and Candidates only. Fiona Grant, from Britain, will share some of her experience and techniques for teaching Scottish country dancing. At Westway United Church, 8 Templar Dr, Etobicoke (nr. Westway & Dixon Rd), Contact: Sandra Scott: setandlink@hotmail.com

Special Events (con't.)

Erin Mills Hogmanay Ball

Wednesday December 31, 2008

Clarke Hall, Port Credit, Mississauga

The welcome reception starts at 7:30 p.m. followed by dancing from 8 p.m. until shortly after midnight to the lively music of Bobby Brown and The Scottish Accent. There will be a complimentary Wine and Punch bar all evening and further refreshments will be available mid-evening. The cost is \$60 per person. Come and join us for this Erin Mills tradition. Contact Keith R Bark 905-822-1707 barkk@rogers.com



West End Workshop / Tea Dance

Saturday, March 21, 2009

Shake off those winter blues; come celebrate the joy in the Dance. Classes' morning & afternoon, with a hot lunch. Afternoon break is followed by our Tea Dance. Teachers: Alan Twigg, Ian Souter and Ian Paterson. We hope to be at the same Mississauga location as last year. Cost \$45 for the day, Tea Dance only \$12.

Applications available via e-mail from Anna Rielly, or online through RSCDS Toronto Association web site, when all details are firm. Contact Anna & Tom Rielly 519-927-5502 or t.rielly@rogers.com



Keeping Feet Fit & Avoiding Dance Injuries

... Dr. Robert N. Sterin, D.P.M.

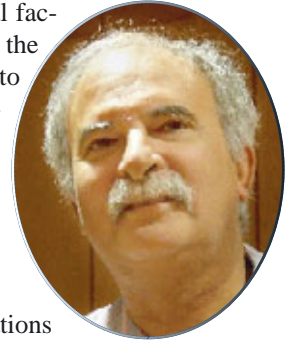
Dancing is a popular activity for many people but, not surprisingly, injuries can occur, both among amateur enthusiasts and professionals. This article briefly reviews some lower extremity mala-

adies and discusses ideas on prevention and treatment, to help you dance healthier and longer.

For those of you who have not suffered an injury, the following statistics may encourage you to read on. They relate to professional dancers, and their incidence is likely higher than in Scottish Country dancers. (The stats relate to professionals, well trained and in the prime of life, versus the somewhat less youthful and agile performers you are likely to dance with.) A report by the Rudolf Nureyev Foundation states an injury incidence of 97% for ballet, 84% for contemporary dance, and 85% for classical/modern/jazz dancing. According to this report, the average dancer will suffer about 4% injuries, versus an incidence of 4.7% for hockey or 2.5% for marathoners. Not surprisingly, foot and ankle injuries are most common, with the knees and spine being less frequently involved. *Hallux valgus* (bunion) formation is almost universal (89%) among ballet dancers.

Preventive measures for the dancer begin by having a proper environment in which to perform. One obvious issue is to ensure a proper dance floor. It should be even, not sloping, with a surface that has some "give" (i.e., avoid concrete floors) to minimize impact injuries. Floors that restrict smooth movement (carpets, tacky surfaces) are an invitation to problems, especially at the end of a session. On the other hand, performing on a surface with excessive give may cause muscle fatigue. A slippery floor can cause muscle tightness or a fall.

Another less obvious environmental factor is temperature. It is important that the room is not too cold as this may lead to tightness in the muscles. Also important is an adequate dance area to avoid collisions and reduce avoidance movements.



What can the dancer do to proactively avoid injury?

A number of preliminary considerations can be mentioned. First and foremost is to maintain oneself in good physical condition, including proper weight, nutrition and avoiding performing while fatigued. Conditioning exercises through activities at a gym or other sport are helpful. Associating with a dance group and instructor that matches one's performance capabilities can also forestall problems.

One of the most important things one can do to prevent injury is to engage in a methodical warm-up routine that involves stretching. Stretching reduces muscular tension, enhances circulation, and helps to stretch the muscle, thereby benefitting joint range of motion. Stretching can be passive (gradually lengthening the muscle, then holding it there briefly) or proprioceptive (the muscle is held in a stretched position against some resistance). Avoid aggressive bouncing or dynamic stretching, as this can actually result in injury. A cooling down series of exercises of the passive variety is also advisable.

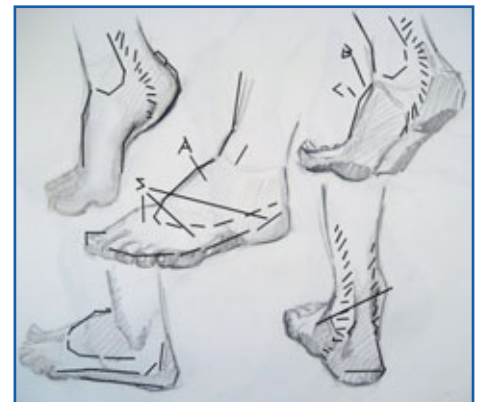
This sequence of warming up and cooling down is also useful in actual dance activities. When instructing or leading a dance performance, do not immediately begin with a difficult sequence that is likely to result in injury. Better to lead up to the challenging activity, then follow with a more gentle sequence.

(To be continued in November issue)

Dr. Robert N. Sterin, D.P.M., Podiatrist for over 25 years
2917 Bloor St. West, Toronto. 416-233-1999



Dr. Bob Sterin visited Barbara Taylor's level 3 class one cold winter evening to observe how Scottish Country Dancers abuse their feet.



Convenors

Valerie Fisher: Toronto Workshop



I was introduced to Scottish Country Dancing in Edinburgh where it was part of the physical education programme. My senior year dance was entirely SCD.

I came to Canada via South Africa and joined SCD in November 2000. When I joined the Hillcrest group I was amazed to discover that the dances that I remembered are now considered ceilidh dances and many more complicated dances have been devised since then. Even the new formations presented a challenge. I have danced with different groups and I'm now part of the Toronto Association demo team. Since June 2006, I've been the Toronto Workshop convenor. Not only does dancing keep you fit but, you make great friends. I look forward to seeing you on the dance floor.

Sunday Classes

Intermediate and advanced dancers are invited to a series of special Sunday afternoon classes featuring different teachers and dances with a difference and perhaps a challenge as well.

Sundays, 2-4 p.m. at Broadlands Community Centre, 19 Castlegrove Boulevard, North York. Cost is \$8/class for members, \$10/class for non-members (pay at the door).

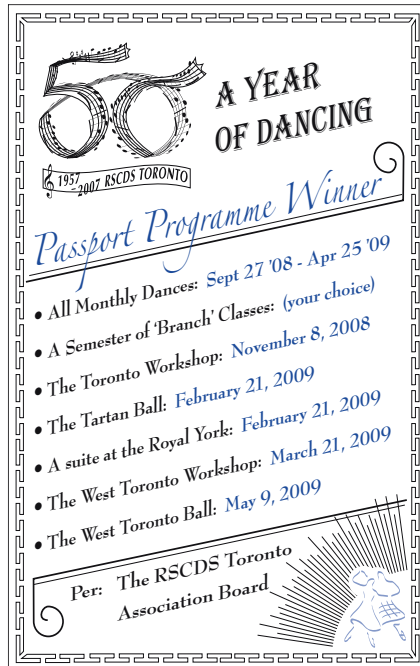
- October 26 - Nora Sutherland - *Dances with a twist*
- November 2 - Donalda McDonald - *Drewry/Goldring dances*
- November 16 - Blair Gerrie - *Jean Atwood dances*
- November 23 - Moira Korus - *Three couple dances*
- December 7 - Paul Maloney - *Derek Haynes dances*
- December 14 - Carole Skinner - *Carole's favourites*

For information, contact Alice Chase at (416) 410-7078 to leave a message, or e-mail Alice at chase_al@hotmail.com.

50th Anniversary Passport Programme Winners



Erich Kralich won a year of dance events from the TA Board and a suite, courtesy the Royal York, for the Tartan Ball.



Teresa Lockhart (L), Convenor of the passport programme, with Jean Johnston (M), and Don Bartlett (R). Thanks to Don for drawing the winners – and for great music on the 27th! Jean won dinner for 2 at the Duke of York, courtesy Neil Vosburgh, President of Imago Restaurants.



Muriel Nichol won a custom hand-sewn kilt or skirt from Cairngorm Scottish Imports – Thanks to Cairngorm's Darren Purse (below).



Arlene Koteff (above) won the gift of music, courtesy Bobby Brown, Don Bartlett, Fred Moyes, and the Teachers' Association of Canada.



Carole Bell (far right) won an elegant Rennie Mackintosh vase and a book, *Scotland: An Autobiography*, in the partially-completed passport draw. Marie Duncan (near right) was recognized for completing the most passports (4½) and received a TAC Sound gift certificate.



What's In A Name? *Cutty Sark*



*Weel done, Cutty-sark!
And in an instant all was dark!*

Robbie Burns aficionados will recognize that couplet as an excerpt from *Tam o' Shanter*, one of his best (and longest) narrative poems, in which Tam with a surfeit of John Barleycorn under his belt, happens across a coven of dancing witches. They are shedding their clothes in wild abandon, and one of the witches, Nannie by name, is stripped down to a short chemise called a cutty-sark which happens to be too small for her comely figure. (Never thought I'd be able to get a bit of soft porn into this column!)

A few decades later, the aforementioned Nannie was carved into the figurehead of a newly constructed Tea Clipper, one of the famous three-masted sailing vessels which competed for the race to bring a cargo of tea from Shanghai to London. This Clipper was of course named the *Cutty Sark*. Launched in 1869 at Dumbarton on the Clyde, the *Cutty Sark* journeyed regularly to and from China and then switched to the wool trade between London and Australia, until being sold in 1895 to the Portuguese, whose crew referred to her as Pequena Camisola ("little shirt" in Portuguese). Her home port moved from London to Lisbon, then to Falmouth in Cornwall before she was retired in 1954 to a dry dock at Greenwich on the River Thames, almost 100 years from her launching.

Meanwhile, not to forget Cutty Sark – that brand of blended usquabae from Speyside's Glenrothes Distillery. And of course, there's that popular RSCDS Jig from Book 40 which is on the November Monthly Dance programme.

...Barry Pipes

Ed: Ann Edge emailed to add that Drummond Castle, mentioned in last month's What's In A Name? is located near Crieff and that the gardens were used in the filming of Rob Roy. She also said, "I am from Perthshire and grew up a few miles from Drummond Castle. The Duke of Perth was one of the first dances I learned."



The Cutty Sark was damaged by fire on May 21, 2007. Fortunately, she was undergoing restoration at the time so about 50% of her had been removed including the figurehead, masts, rigging and planking.



To Stay or Not To Stay – Fairness in a Five-couple set

[Jane Robinson submits this analysis for general consideration. Send your responses to the Editor, Set & Link via Carole Bell.]

3-couple dances are usually danced in a 4-couple set. To be sociable and inclusive, and so that no-one has to sit out, we sometimes form a 5-couple set. It used to be that the 4th couple would dance once from 1st position, then go to the bottom while 5th couple danced in top place. Recently, however, the custom has developed that 4th couple stays in 2nd place (as payment for only dancing once?). However, this practice cheats other couples of a balanced dance. When I sat down to analyse the pattern I was surprised to discover that in a 5-couple set it is the 2nd couple who loses out.

A 3-couple dance, 8 times through, provides 24 opportunities to dance. In a 4-couple set, each couple dances 6 times: twice from each position. But 5 does not divide evenly into 24, so not everyone can have 6 turns — ideally, 4 couples can dance 5 times and one couple (the 2nd couple) dances only 4 times. Thus, if 4th couple slips to the bottom, the pattern of who dances where for the 8 times through is shown in Figure a, where 1, 2, and 3 are the positions in the dance and X indicates standing out.

Note that this arrangement is quite balanced.

However, if 4th couple stays in 2nd place, things are not so fair — 2nd couple dances only 3 times out of 8, while 4th couple dances 6 times! In addition, 1st couple never gets to dance in 3rd position. The pattern is shown in Figure b.

Thus, in the interests of fairness and sociability, could we please return to the practice of 4th couple dancing once in top place and then slipping to the bottom? It's really not very hard to get out of the way! We do it all the time when we dance an encore "once and to the bottom".

Figure a:

Cpl 1:	1	1	X	X	X	3	3	2	= 5
Cpl 2:	2	X	1	1	X	X	X	3	= 4
Cpl 3:	3	2	2	X	1	1	X	X	= 5
Cpl 4:	X	3	3	2	2	X	1	X	= 5
Cpl 5:	X	X	X	3	3	2	2	1	= 5

Figure b:

Cpl 1:	1	1	X	X	X	3	3	3	= 5
Cpl 2:	2	X	1	1	X	X	X	X	= 3
Cpl 3:	3	2	2	X	1	1	X	X	= 5
Cpl 4:	X	3	3	2	2	X	1	2	= 6
Cpl 5:	X	X	X	3	3	2	2	1	= 5

Upcoming events: NEAR

- OCT. 21. **Tayside's 25th anniversary.** See pg 2.
- OCT. 24. **Bring-a-friend Ceilidh Dance,** St. Leonard's Church. See page 2.
- OCT. 26. Special class, **Dances with a twist,** at Broadlands. See page 4.
- NOV. 2. Special class, **Drewry/Goldring Dances** at Broadlands. See page 4.
- NOV. 8. **Toronto Workshop & Monthly Dance.** See page 2.
- NOV. 9. **Teachers' Workshop.** See page 2.
- NOV. 16. Special class, **Jean Atwood Dances,** at Broadlands. See page 4.
- NOV. 18 & 25. **St. Andrew's Ball Practices** at Moss Park Armoury. For more info: www.standrews-society.ca
- NOV. 23. Special class, **Three-Couple Dances,** at Broadlands. See page 4.
- NOV. 29. **St. Andrew's Ball** at the Royal York Hotel. \$125 per person. For more info: www.standrews-society.ca
- DEC. 7. Special class, **Derek Haynes Dances,** at Broadlands. See page 4.
- DEC. 14. Special class, **Carole's Favourites,** at Broadlands. See page 4.
- DEC. 31. **The Annual Erin Mills Hogmanay Ball.** See page 2.
- MARCH 21. **West End Workshop/Tea Dance.** See page 4.

Doing a Fall Wardrobe Clean-out?



Find any Scottish Country Dancing outfits that have shrunk a little, that you are tired of wearing, that are cluttering the cupboard?

Consider donating your clean, gently-worn dancing outfits to the 2nd Annual Clothing Sale at RSCDSTA's November Workshop. For more information – what, where, when, how... call Margaret Rieger 416 467-9083.

Upcoming events: FAR

- OCT. 17-19. **Hamilton Weekend 2008** at Burlington Seniors Centre. Teachers: Ruth Jappy, Vancouver, Craig Williams, Ottawa. Music; Bobby Brown & The Scottish Accent. Registration forms available at rscdshamilton.org
- OCT. 24-26. **RSCDS Montreal Branch 50th Anniversary Dinner Dance Celebration.** Music by Fred Moyes. Centennial Centre, Macdonald Campus, McGill. For more info: www.scdmontreal.org
- OCT. 25 - **RSCDS Windsor 43rd Annual Ball.** Music by Bobby Brown & The Scottish Accent. For more info: visit www.rscdswindsor.org
- OCT. 31 - NOV. 2. **RSCDS Kingston's 42nd Annual Weekend Workshop and Ball.** Teachers: David Booz, Toronto; Janet Johnson, Edinburgh; Ian Souter, Hamilton. Info: Barb Parker, 613-544-0624 or registrar@rscdskingston.org
- NOV. 7-9. **79th Annual Conference Weekend and AGM** for the Royal Scottish Country Dance Society, Perth, Scotland. Contact Brenda Hurst 416-925-6982 or brenhurst@hotmail.com.
- DEC. 28 - JAN. 5, 2009. **New Zealand Branch Summer School,** Christchurch, NZ. Information: www.rscdsnz.org.nz or contact Doug Mills at doug.mills@rscdsnz.org.nz
- FEB. 26 - MARCH 3, 2009. **RSCDS Winter School 2009,** Pitlochry. Info: Jill Petri at HQ, Scotland: jill.petri@rscds.org
- APRIL 9-13. **Barcelona International Dance Competition for Dance Schools/Companies,** Spain. Info: <http://web.tiscali.it/barcawardance>
- APRIL 24 - MAY 3, 2009. **Budapest & Vienna Branch Joint Jubilee Celebration.** A combo of touring and dancing. Teachers: Graham Donald and Susi Mayr. Musicians: Muriel Johnstone and Keith Smith. Info: www.rscdsvienna.org/jubilee2009 and/or www.bstk.hu/bal2009

Cookbook Reprints



Order copies of *A Golden Feast*, our very popular cookbook, from Theresa Malek 416-535-4447 or theresamalek@rogers.com



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notice . . .

Please send submissions to carolewbell@sympatico.ca.
Deadline for the November issue is **October 15.**

Grace Notes

Our sympathy to the family and friends of John Albert White, who danced at Bloorlea; he died Aug 15, 2008.

Demo Pool Practices

Sunday, October 19 at Broadlands Community Centre from 2 - 4 p.m.
Any interested dancer contact Deirdre MacCuish Bark, 905-822-1707