

RSCDS SET & LINK

Toronto

www.DanceScottish.ca

THE TORONTO ASSOCIATION NEWSLETTER ~ June 2015



From the Chair...



Deirdre MacCuish Bark

I am delighted to be the new chair of the Toronto Association and also very happy that most of the Board members are staying on. Thank you to John Clark for his leadership over the past two years and wel-

come to Louis Racic and Paul Barber, both of whom are long-time members and have served in past years. Thank you also to Peggy Frye, who is staying on a little longer to assist with marketing.

The dance season draws to a close with the traditional end-of-season dances and balls. The West Toronto Ball was a wonderful evening of dance and music in a delightful new location. Regrettably, Keith and I were absent for the second time in 35 years, as we had dance candidate business in Atlanta, Georgia, on the same weekend.

The summer lies ahead with long lazy hot days, but there are still plenty of opportunities to dance at home or abroad, in week-long schools or on weekends.

Each year several of our members attend the RSCDS summer school at St Andrews in Scotland. This event has been running since 1927 at the University of St Andrews. It's a wonderful opportunity to meet people from all over the world, to participate in classes and other activities, and to celebrate the international nature of the Society.

We are off to Copenhagen, Denmark, for the International Branch dance weekend.

Nearer home, there are several residential dance weeks held in North America. One such is Thistle School in the mountains of North Carolina, at Lees Macrae College in Bannar Elk. It culminates in the Grandfather Mountain Highland Games. TAC (Teacher Association, Canada), runs an annual week-long school, this year in Farmville, Virginia. Each morning is a dance class at your chosen level, elective classes in the afternoons, dances, concerts, ceilidhs in the evenings followed by the inevitable parties into the small hours, then home to nurse your feet!

Locally, we have Dancing in the Park to enjoy in June as well as both St Clement's and Trinity running classes into the summer months.

Whatever your choices, enjoy the summer and return to us refreshed in the Fall ready to dance.

Slàinte.

Deirdre

Step we daily, on we go...

It all started with *Zits*. . . a daily comic strip in the *The Star*. In the first panel, Jeremy's mom holds a handful of strange strap-like things and says, *Surprise! I bought FITBITS for the whole family!* I confess the last panel, the punch line, often eludes me but this time I didn't even "get" the first panel!



I googled FITBIT and discovered it's a techy sort of pedometer. I'd been experimenting with a \$15 mechanical pedometer since I learned a lady in my computer club was "walking across Canada" — entering daily step counts into a website that applies her steps to the map of Canada. She had progressed to Winnipeg. My pedometer was dead accurate for walking but dancing confused it. I love gadgets, especially if they glow, so off I went to get a FitBit. It's been on my wrist pretty much ever since, in place of the watch I rarely wear.

FitBit tells time, counts steps, measures distance, reports floors climbed, estimates calories burned, and flags periods of intense activity. When I reach the recommended daily target of 10,000 steps it vibrates, congratulates me, and displays a virtual fireworks show. It rather amusingly perplexes the cat if it vibrates while I'm holding him (I take him for a walk after a dance).

Dance days are when I usually make my 10k step quota. A typical evening of social group dancing is about 5,000 steps. At the Tartan Ball (not counting prior activity that day), my FitBit reported 9151 steps, 714 in the last 15 minutes of the Ball. That day I clocked over 20,000 steps, most of them *dance* steps. I returned home tired but happy.

You may scoff, but I find the gadget quite motivating, especially as I spend so much time sitting at my computer. The data remind me to take breaks, to play with the cat, go for a walk, do errands on foot instead of driving. Cutting grass, by the way, is a big winner: if you are rushing to beat impending rain it's actually more intense than dancing — though I'd much rather dance!

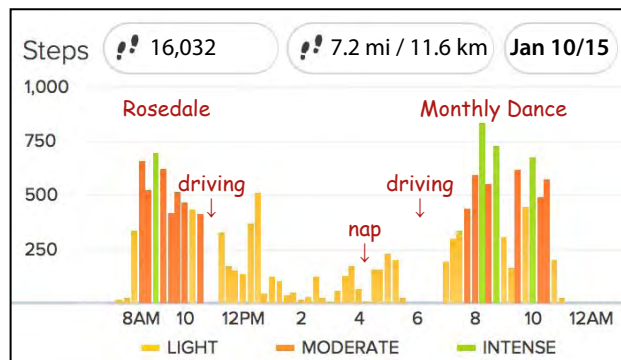
There are lots of fitness gadgets available. They range from \$15 to \$22,000 (!) for an Apple Watch in specially hardened rose gold. Typical mid-market high-tech devices are \$59 to \$200 for one that tracks heart rate as well. Some are worn on your wrist, some clip to your waistband, some are worn discreetly under your clothes. Some can be set to nag us computer slaves to get up and move every 20 minutes. I like my FitBit but it's chunky. Marie Duncan has a Garmin that looks very sleek. There's bound to be one that suits your taste and style.

Your device will sync wirelessly to your computer whenever you're close to it, but you must have the dongle plugged in. For reasons that baffle me, my wife Teresa found that instruction uproariously funny. She accused me of making up nonsense words. Dongle is a

Weekly Stats

Rob Lockhart
04 May 2015 to 10 May 2015
Week's most active day:
Saturday, May 9th

	Total Steps: 67,725
	Total Distance: 31.10 mi / 50 km
	Total Floors Climbed: 93
	Total Calories Burned: 15,371



real word – honest. It's a diminutive USB accessory. It gives you access to records and analysis. Now I'm thinking. . . maybe, next season, we could dance across Scotland. As a rule there are two steps to every bar of SCD music so theoretically we could calculate the total steps in the programme*. You wouldn't even need a FitBit, or an Apple Watch — nor a dongle. Hmmm. . .

* In fact, Paul Barber has developed a spreadsheet for this purpose.

Summer Dancing

Dancing in the Park

Date & Time: Tuesdays, June 2, 9, 16, 23 ~ 7 p.m. to dusk
Place: Edwards Gardens (Leslie St. at Lawrence Ave. E.)
Music: Scotch Mist

If rain threatens, check the website at 4 p.m.
Rain Location: Church of the Ascension (except June 2)
{The Garden Cafe will stay open for the dancing}

Dancing In The Park costs: About \$4000
Subsidies, 50/50, and Donations: About \$3500 **Shortfall:** \$500

Summer Dancing

- Dancing in the Park:** Tuesdays in June at Edwards Gardens, 7 p.m. – dusk. Live music. . . Real trees. . . Lots of dancers.
- Trinity College:** Thursdays in Seeley Hall, 8 – 10 p.m. June 25, July 2, 9, 30, August 6 (no dancing July 16 & 23 due to PanAm Games). Guest teachers each week.
- Orillia Scottish Festival:** At Couchiching Beach Park, July 18 – A Scottish celebration! Dance in the Opening Ceremonies Info: Linda Argent: scottishdancinghawkestone@gmail.com
- Dufferin Grove:** Thursday, August 27 from 6:30 to 8 p.m. Briefs and directions on the website. This is a great outreach opportunity, and a lot of fun
- Culture Days:** Saturday, Sept 26 from 1:30 to 4 p.m. at Eastminster United Church. This is a great outreach opportunity, and a lot of fun. Come and be a helpful supporter.

Association Classes

Please help spread the word about Association Classes starting in the fall.

Introduction to Scottish Country Dance: A 4-week “taster” for inexperienced dancers.

Thursdays Eastminster United Church
310 Danforth Ave. 2 min. from Chester Station
September 3 – 24, 7:30-9:30 p.m.

Level 1 Beginner Classes: for inexperienced dancers

Mondays St. Leonard’s Anglican Church
25 Wanless Ave. 2 min. from Lawrence Station
September 21 – November 30, 7:30-9:30 p.m.

Thursdays Eastminster United Church
310 Danforth Ave. 2 min. from Chester Station
October 1 – December 3, 7:30-9:30 p.m.

Level 2 Classes: for dancers wishing to improve knowledge of basic formations, and expand their dance experience

Thursdays Eastminster United Church
310 Danforth Ave. 2 min. from Chester station
October 8 – December 10, 7:30-9:30 p.m.

Level 3 Classes: a 5-week class for experienced dancers

Thursdays Eastminster United Church
310 Danforth Ave. 2 min. from Chester Station
September 3 – October 1, 7:30-9:30 p.m.



Dance in Dufferin Grove Park

It’s an end-of-summer tradition. Come dance with us again this August 27, our sixth year in beautiful Dufferin Grove Park in Toronto’s west end. The park is one block south of Bloor and Dufferin, so easily accessible by subway. For drivers there is plenty of free parking in the Dufferin Mall located just across the street.

Dancing starts at 6.30 p.m. and winds up around 8 p.m., depending on the sunset. Keith and Deirdre Bark will brief a set of easy, fun dances aimed at getting the crowd to join in. The dance coincides with the weekly Organic Farmers Market which ends at 7 pm so come by early and pick up some fresh organic produce. There are also vendors selling snacks and drinks.



Dear Editor...

For the record . . .

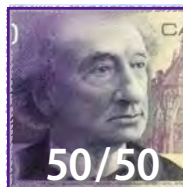
In the May 2015 issue of *Set & Link*, both John Clark and Forbes Duncan mention in their respective columns the volunteers, whose Volunteer Awards were presented at the April Monthly Dance. As we know, given that Douglas Worling died earlier this year, his award was accepted by his son Ian. For the benefit of those dancers who were unable to be at the presentation, and also for the sake of posterity, I believe it is important to put in writing that while the award was accepted by Ian, news of the award was received by Douglas in person in the last days of his life. In fact, the award certificate presented to Ian was officially stamped with the date of February 25, 2015 — the date when news of the award was made known to Douglas.

Early that evening, just two days before he died, Douglas was visited at his home by Board member Jean Lindsay. In a voice that was pleasantly well-paced, Jean read the award citation from beginning to end.

Douglas had been remarkably chipper that day. Now, he found himself at a loss for words. I sensed that this news had warmed Douglas to the core. His face was pure sunshine. He was in awe. It was a picture worth a thousand words.

How wonderful that Douglas was able to know how much his efforts on behalf of the SCD community were appreciated!

...Halyna Sydorenko



Proceeds from the 50/50 draws held at Monthly Dances go to support Dancing In The Park.
At the April 25 AGM dance Alan Graham won \$94.50.

Festivals & Games

Georgetown Highland Games

Saturday, June 13 ~ Assemble at 11a.m.

Georgetown Fairgrounds

Dance on the field in the Opening Ceremonies. Assemble at the edge of the field directly opposite the bandstand at 11 a.m. for a "walk through" and to organize sets. Demo begins at 1 p.m.

Dress: Women: white dresses/skirt and top, sash (if available).
Men: kilt and white shirt.

Dances: *White Cockade, Minister on the Loch, Maxwell's Rant.*

A limited number of entrance and parking passes are available for dancers. Info and cribs: Ian Paterson 905 562 1419

ianpat@cogeco.ca

Orillia Scottish Festival

Saturday, July 18 - Assemble at noon; dance at 1:15 p.m.

Couchiching Park, Orillia

Last year, dancers came from as far away as Bermuda and British Columbia to take part in the opening ceremonies. There's always a good contingent from Toronto as well. There are massed pipe bands, tons of vendors, exotic foods, a beer tent, and gentle breezes from Lake Couchiching. Assemble at noon to make up sets and practice the dances.

Dress: kilt, white shirt, white dress/skirt, sash.

Info: Linda Argent scottishdancinghawkestone@gmail.com

Fergus Scottish Festival & Games

August 7 - 9

Centre Wellington Community Sportsplex (and other venues)

The Fergus Festival and Highland games present a smorgasbord of cultural events: Celtic music, author readings, pipe bands, dance demos, a Tattoo & Concert, and many more attractions.

Info and tickets at: www.fergusscottishfestival.com

Special Events

The White Heather Ball

Saturday, June 6 ~ 6 p.m. (cocktails)

Sikorski Hall, Oshawa

The Highlands of Durham invites you to the White Heather Ball.

Dance to the music of Scotch Mist in air conditioned comfort on an excellent wood floor. Cocktails at 6:00; dinner at 7:00;

dancing at 8:30. Dinner and dancing \$75; Dinner only \$40;

Dancing only \$40. Practices: May 21, 28, June 4.

Tickets: Marjorie Mason marjorie@weetartanshop.ca 905 985

6573 (eve: 905 649 3532) www.dancescottishportperry.com

St Clement's Tribute to John Drewry

Saturday, June 20 ~ 7 to 9:30 p.m. (light refreshments incl.)

Cost: \$10 Grace Church-on-the-Hill, 300 Lonsdale Road



John Drewry died 18 June 2014 in his 91st year. He is universally hailed as one of the greatest devisers of Scottish country dances, both in quality and quantity. He wrote more than 800 dances (the total is still being compiled). He invented now-common formations such as the rondel; set & rotate; corners pass & turn; and petronella in tandem.

The program includes familiar Drewry dances (Cherrybank Gardens, Ramadance) and some a little different. Come out and commemorate a gentle, great man of dances. Space is limited, so please RSVP Teresa early to avoid disappointment: Teresa.Lockhart@rogers.com



Farewell Stefanie...

Scotch Mist and the Scottish country dance community said "Goodbye" to the wonderful fiddler Stefanie Hutka at the West Toronto Ball. It was Stefanie's last performance with the band because she's leaving to pursue her career in neuroscience with a post-doctorate position at the University of Helsinki.

Ball guests honoured her with a rousing chorus of "For she's a jolly good fellow..."



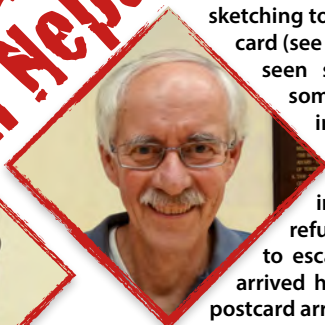
25 Years...

April 24 was the regular monthly dance of RSCDS Peterborough. However, this was a special night, celebrating the 25th Wedding Anniversary of Joan and John Reeves. The pretty Anglican Church Hall was awash in festive purple and floating balloons.

Unbeknownst to Joan, John hired Laird Brown and Don Wood to play for the dancing and the crowd of dancers included some dear Toronto friends.

It was a glorious celebration for a couple beloved in the dance community across North America and beyond.

Earthquake in Nepal



These are the smiling faces of Mary Glendinning and Ian McGillivray, well known to fellow dancers at St Clement's social group. They were on a sketching tour of Nepal and they sent a post-card (see right) that read, in part, "We have seen some native dancing that has some hints of SCD, like bowing, smiling, and repetition." Shortly after the card was mailed, their world changed. They were not injured but they spent days in a refugee camp before they were able to escape the shattered country. They arrived home, safely, shortly before their postcard arrived. This is their account.

At 1pm on April 25th, 2015, a major earthquake, of 7.9 on the Richter Scale magnitude occurred in Nepal. The epicentre was north west of the capital, Kathmandu, and affected Kathmandu and a very large area to the north, east, and west. A small group of artists, of which Mary and I were members, was gathering on a road in Liping, Sindupalchok District, preparatory to crossing into Tibet. We were surrounded by a crowd of cheerful Nepalese. Behind us was a steep mountain slope; in front was a widening of the road with shops lined up along the edge of a beautiful mountain gorge. Suddenly everyone began shouting and there was a general stampede away from the mountain and into the shops. When the dust cleared there were immense boulders, as big as small cars, in the road and blocking both ends. A person was lying dead up the road and several cars and buses had been crushed. The Nepalese were in a terrible state.

The place where we were then standing experienced several aftershocks and the shops and half the road collapsed into the gorge over the next couple of days.

We were evacuated by our guide to a safer area about 3 kilometres down the road. This area has a terraced mountain slope rising above a fairly large flat plaza area. There are a couple of large recently built houses not far away and below the plaza was a small village of older houses with serious damage. Make-shift tarpaulin shelters were being erected on the terraces. The Nepalese very kindly shared these shelters with us for the first cold, damp night. There was barely enough room to lie down and every time there was an aftershock or a rock slide somewhere, everyone would start up.

Large pots and pans were salvaged from a nearby concrete structure at the side of the plaza and rice and dahl (a spicy form of beans) mysteriously materialized. (The concrete structure was seriously damaged and vanished the next day in a 6.8 aftershock.) Later the army brought in some supplies by helicopter.

Over the next four days this camp became a community of about 5000 people living close together under tarpaulins, plastic sheets and salvaged corrugated metal — anything to keep off the rain. Sanitary facilities (and privacy) were non-existent until the fourth day when a makeshift privy was built.

Roughly 80% of the housing was destroyed in this area and many people were killed or injured. Schools were destroyed. In spite of everything, the people were tremendously resourceful, especially the children, even though they had lost everything.

The end of May is the beginning of the monsoons. The people will still be living in make-shift shelters, especially in remote areas. Sanitation, drinkable water, and health services are desperately needed. Children will need schools. The roads need to be rebuilt and will be very dangerous until the rock slides stabilize, and it will be very difficult to provide supplies and better shelters.

If you want to donate something to help these people, please contact the following:

- The Canadian Red Cross. www.redcross.ca/nepal
- Or Google: "Donate to Nepal"





Ed. – The metaphor in dance is something most of us are familiar with. Perhaps, though, we don't always realize the power of the story represented by a dance. At Rosedale's season-end party the assembly danced *Saint John River* and it prompted the grandmother of one of the young Rosedalians to write to the Rosedale teachers:

You did something very special yesterday that I wanted to tell you about. The dance called *Saint John River* was one that touched my heart!

I am from the Saint John area and the river was part of our life growing up. We swam in and skated on the beautiful river. My brother used to take me out in his row boat and canoe on the river. The reversing falls were very near my high school and the church that I attended with my family.

We lived a few miles out from Saint John in a small community called Acamac. I lived on the Acamac Beach Road and there was a beach at the end of the road where my mother took us swimming.

My brother lives in Keswick Ridge near Fredericton so when we go to visit we still go out on the river.

love, Linda Smith

Thanks John!

John Clark has completed his two-year term as Chair of the Board of the Toronto Association. In recognition of his commitment and outstanding contribution to Scottish country dancing the new Board proposes that John be awarded Honorary Life Membership of the Toronto Association of the Royal Scottish Country Dance Society. According to our *Procedures Manual*, a motion to this effect must be posted for the next AGM. In the meantime, John will continue to volunteer on a number of committees and to advise the new Board as required.



Grace Notes



Peter Daniel Burke
3 Jan 1930 - 22 May 2015

Peter danced the night away at the May 9th West Toronto Ball. He was once on Jean Hamilton's Ceilidh demo team. Latterly, he danced at Trinity and at Calvin.

A service was held for Peter May 27th. His obituary suggests memorial donations to the Heart & Stroke Foundation or to RSCDS Toronto Association.

Full obit: <http://goo.gl/LBvGvt>

GORDON HEPBURN WRITES: Thank you to all the dancers who have made my first year teaching SCD very enjoyable. I have had the pleasure of teaching the Newtonbrook group since the start of the year and led the Calvin group on a couple of occasions as a stand in. I have also been teaching the Rosedale Parents' Class, Saturday mornings in the nursery whilst youth classes are being taught upstairs in the Great Hall.

At Rosedale's end-of-season party May 9th, each of the youth groups did a demo dance. The parents, along with a couple of dedicated grandparents, who often join us when I need dancers to make up sets, demonstrated a brand new dance they had never seen or heard of until that morning (I had devised it the previous evening on a flight from Vancouver). My objective was to show how much their dancing had improved over the season. With that in mind, I named the dance *Wee Reely Progressed*.

The 4-couple dance starts with a "wee reel" and then has three progression figures. I attach the brief for anyone who wants to try it.

Thanks again to RSCDS Toronto for their support when I did my preliminary teaching certificate and to all the dedicated dancers who make Scottish country dance so much fun.

Wee Reely Progressed

A 4x32 Strathspey for 4 couples in a 4 couple longwise set.

- 1-8 All 4 couples dance a RSh Reel of 4 on their own side of the dance (1s pass 2s and 3s pass 4s to begin. No polite or extra turns at the end of the reel) (order is 1,2,3,4)
- 9-16 1s and 2s dance $\frac{3}{4}$ Rs&Ls (2 bars per change) and set (taking hands) on bars 15&16 (order is 2,1,3,4)
- 17-24 1s and 3s dance the Knot (order is 2,3,1,4)
- 25-32 1s and 4s dance set & link (4 bars) then flow into 4 hands round to the left (clockwise) (order is 2,3,4,1)

(Note: the shaping at the end of the last figure should leave the bottom 2 couples facing each other on the sidelines ready for the reel of 4)

Video link: <https://youtu.be/fs0A1GovPac>

The Linked in Trap

Linked-In is a business-oriented social networking service for people in the corporate workforce to make connections. It has millions of members so it's highly likely you will receive a request from someone you know to "Please join my Linked-in network."

Think twice! To join their network you have to first join Linked-in. In the sign-up procedure Linked-in asks to import your Contacts.

If you click OKAY it will suck in your entire address book, and later it will spam each of your contacts with a request to join Linked-in.

Isn't that a classic Ponzi scheme? If you have privileged email addresses, Linked-in can lead you to violate that trust, and quite possibly to break Canadian law. **Tread carefully.** ... Rob Lockhart

Upcoming Events: NEAR

June 2, 9, 16, 23 ~ **Dancing in the Park** on The Green at Edwards Gardens. 7:00 p.m. to dusk. Music by Scotch Mist. Rain location (except June 2) is Church of the Ascension, Don Mills.

June 6 ~ **The White Heather Ball** at Sikorski Hall, in Oshawa. Music by Scotch Mist. Cocktails at 6 p.m., dinner at 7, dancing at 8:30. Tickets: Marjorie Mason marjorie@weetartanshop.ca 905 985 6573 Info: www.dancescottishportperry.com Practices: May 21, 28, June 4 June 13 ~ **Georgetown Highland Games** assemble at 11:00 for demo at 1:00. Info and cribs from Ian Paterson 905 562 1419 ianpat@cogeco.ca

July 18 ~ **Orillia Scottish Festival** at Couchiching Park. Assemble at noon for dancing at 1:30. Info: Linda Argent: scottishdancinghawkestone@gmail.com

Aug 7-9 ~ **Fergus Scottish Festival & Highland Games** Music, pipe bands, poetry readings, special events. . . Info: www.fergusscottishfestival.com

Aug 27 ~ **Dance Dufferin Grove** ~ 6:30 - 8:00 p.m. in shady Dufferin Grove Park (Dufferin Street just south of Bloor. Park in the adjacent mall or take transit.

Sept 26 ~ **Culture Days** ~ Welcome newcomers to Scottish dance at Eastminster United Church. 1:30 - 4:00 p.m.

Tribute to John Drewry

Saturday, June 20: 7:00 to 9:30

St Clement's honours John Drewry with a selection of his wonderful dances at Grace Church-on-the-Hill

(Across the street from Bishop Strachan School)

Upcoming Events: FAR

July 6-11 ~ **Thistle School**, held on the campus of Lees-McRae College, Banner Elk, North Carolina. Teachers: Elizabeth Lee Barnes, Deirdre MacCuish Bark, Keith Bark, Jeff Corrigan, J'ina Middleton, Janet Lois Walker, and Eileen Yates. Musicians: Pete Campbell, Elissa Hock, and Arthur McNair. They will be joined by fiddler Mara Shea for the Friday night Gala. Info: www.thistleschool.org

Jul 10-13 & 13-18 ~ **Pinewoods Scottish Dance Sessions** at Plymouth, Maine. A rustic camp in the woods with lots of music & dancing. Hosted by Boston Branch. Info: <http://rscdsboston.org/events.html>

Aug 24- 28 ~ **Scotch on the Rocks** at Old Orchard Inn, Wolfville, Nova Scotia. Teachers: Duncan and Maggie Keppie. SCD classes (Intermediate-Advanced), a dance with live music, two half-day excursions into the past 350 million years at the seashore, and a one-hour message to help keep you dancing. For more info contact Duncan Keppie: 902 542 5320 keppie@eastlink.ca

Aug 28-Sept 2 ~ **Salzburg Workshop Weekend**. The Flying Scotsman SCD Group, Salzburg will welcome Ron Wallace, Liam Smith, James Gray, and you. Info: <http://goo.gl/BJj9hf>

Nov. 13-15 ~ **San Francisco Asilomar Weekend Workshops and Ball**. Teachers: Jimmie Hill, Ruth Jappy, Elaine Brunken, Jeff Corrigan, Alan Thwigg. Musicians: Fiddlesticks and Ivory, Judi Nicolson and Andy Imbrie Info: asilomar.rscds-sf.org or the Weekend Chairman: Patti Cobb at 510 858 7588 or pkcobb23@gmail.com
More events: www.dancescottish.ca/Whats-On-Far.html

Royal Scottish Country Dance Society Events

RSCDS Summer School

Choice of 4 Weeks: July 26 ~ Aug 23

St Andrews University, Scotland

A thousand dancers from around the world descend on beautiful St Andrews to learn more about dancing and enjoy dances and to make new friends.

Info & Booking: www.RSCDS.org

AGM Conference Weekend

6 - 8 November, 2015

Bell's Sports Centre, Perth, Scotland

Any Toronto Member can attend. Only delegates can vote but everyone can dance!

www.rscds.org/article/agm-conference-weekend-2015

2015 TAC Summer School July 26 - August 2 in Farmville, Virginia



Join us for a week of Scottish country dancing in a beautiful location with some of the world's best teachers and musicians.

www.tac-rscds.org



Scotland's National Tourism Organisation

2015: A Year of Food and Drink

www.visitscotland.com

Visitors to the Visit Scotland website can win a trip for two to Scotland.

Attend a Board Meeting

Any member of RSCDS Toronto is welcome to attend a Board meeting as a silent observer.

Arrange attendance with Secretary, Nancy White: nawhite15@gmail.com



See you at Dancing In The Park.

1st four Tuesdays in June, 7 p.m. - dusk.

RSCDS Toronto Association Board of Directors

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