



the white cockade

Newsletter of the Vancouver Branch Royal Scottish Country Dance Society

NOVEMBER - DECEMBER 2012



Demonstration Team at Vancouver Kidney Walk 2012

photo Stuart Somerville

RSCDS VANCOUVER BRANCH BOARD OF DIRECTORS 2012-2013

A new Board of Directors was elected at the Annual General Meeting held September 28, 2012

OFFICERS

| | | | |
|-------------------------|--------------------|--|--------------|
| Chair | Jennifer Shearman | chair@rscdsvancouver.org | 604.739.3096 |
| Vice-Chair | Gerry Stensgaard | vicechair@rscdsvancouver.org | 604.451.1161 |
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| Recording Secretary | Drum Cavers | recordingsecretary@rscdsvancouver.org | 604.435.2217 |
| Treasurer | Stewart Cunningham | treasurer@rscdsvancouver.org | 604.261.0162 |
| Membership Secretary | Patsy Jamieson | membership@rscdsvancouver.org | 604.929.4884 |

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| | | | |
|-----------------------|------------------|--|--------------|
| BC Highland Games Rep | Simon Scott | highlandgames@rscdsvancouver.org | 604.925.9333 |
| Events Coordinator | Isabel Bauder | events@rscdsvancouver.org | 604.437.6887 |
| Past Chair | Paul Lowe | pastchair@rscdsvancouver.org | 604.536.7660 |
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| | | | |
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| Betwixt & Between Co-ord | Frances Caruth | dance@rscdsvancouver.org | 604.922.6842 |
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OTHER CONTACTS

| | | | |
|----------------------|------------------|--|--------------|
| Ceilidh Director | Duncan MacKenzie | ceilidh@rscdsvancouver.org | 604.536.9481 |
| North Shore Children | Maureen Hood | northshorechildren@rscdsvancouver.org | 604.922.4406 |
| TAC Representative | Jean Wagstaff | tac@rscdsvancouver.org | 604.464.8103 |

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fae the chair

Well, you asked for it and now you have got it – a Scot in the “chair” and Orcadians say “fae” rather than “frae”! I started Scottish Country Dancing in late 2004 in Ontario with a friend who thought this would be a good way to keep fit. I very quickly experienced the fun and friendship - fitness was a side benefit. Moving to Vancouver in Fall 2005, I found dancing to be a wonderful way to meet really good friends. Since that time I have expanded my network across Canada and worldwide. I even made new friends dancing in Orkney – what an amazing pastime.

One does not need to be an RSCDS member to benefit from and enjoy the dancing but when I started to list the reasons why every dancer should be a member, I surprised myself. I hope to visit all the Lower Mainland clubs to share my list but in the meantime, I rely on you all to encourage your fellow dancers to join, because we all benefit.

You have a really amazing Board this year. They have willingly committed to give up their time on the first Saturday of each month to ensure that the efforts of Miss Milligan, Mrs. Bingham and numerous others over the years continue to enhance your dance experience. We have many past Boards to thank for the continued popularity of SCD in the Lower Mainland and on your behalf I thank Paul Lowe for his recent, efficient chairmanship of RSCDS Vancouver. Through his efforts, we have enhanced the transparency of the Board and those of you with computers can access a wealth of information under 'Board Documents'. A huge thank-you also to Frances Caruth, who continues to be our Dance Coordinator, but decided that 7 years as a Board member was quite enough!

The dance season got off to a lively start with the Fall Frolic hosted by the West End club with guest musicians Ken Natrass and Ron Krug. Then our own Tartan Players, led by Julie Smith, provided exceptional music for Pearl's Welcome Back Dance. The Glenayre Club are hosting the Lady Aberdeen Tea Dance on November 12 with the net profits going to Honour House and the Kidney Foundation. I encourage you all to check out the Lady Aberdeen Guidelines in the Board Documents of our webpage for some really interesting articles collected by our archivist, Rosemary Coupe. We are still seeking assistance to plan and manage our electronic archives, so please contact any Board member if you are willing to help.

Come along and join our Board meetings or provide any Board member with your suggestions to improve your dance experience. I'd love to say "I'll see you on the dance floor", but this might be misleading. Let's just say that I hope to meet you there.

Jennifer Shearman



Ring of Brodgar. Orkney

photo Colin Moss

Dancing Dates

Fri-Sat October 26-27 BELLINGHAM WORKSHOP & BALL

Workshop Teachers: Mary Murray, Vancouver, BC and David Newitt, San Francisco. Live Musicians for classes. Band for the Ball will be Calum MacKinnon, Ryan McKasson, Liz Donaldson and Ginny Snowe. The ball again will be held at the fabulous Majestic Ballroom.

Call Mary Anderson 360 933 1779 email andersonmary41@comcast.net

Saturday Nov 10 VANCOUVER FIDDLE ORCHESTRA

The Vancouver Fiddle Orchestra and Highlands United Church are holding a joint fundraiser and you are invited.

Saturday, November 10, 2012

There will be an evening of Scottish music and dance performed by the Vancouver Fiddle Orchestra,

the Vancouver RSCDS Demonstration Team and other performers.

There will also be Ceilidh dancing and more. Children are welcome.

The location is Highlands United Church in Edgemont Village

3255 Edgemont Boulevard, North Vancouver.

Doors open 7:00 pm, Concert 7:30 pm

A mix of table seating and individual seating with light refreshments

Tickets: \$15 from Church 604.980.6071

or Vancouver Fiddle Orchestra members (and at door if space available)

www.vancouverfiddleorchestra.ca

Iola Pagnossin

Monday November 12 LADY ABERDEEN TEA DANCE

Scottish Cultural Centre 1.30 pm \$10

Please note that the time of this dance has been changed from last year and it will start at 1.30 pm.

Remember to bring a small item to add to the food table.

Hosted by the Glenayre Club

Jean Wagstaff

| | | |
|-----------------------------|---|-------------------------|
| A Ring of Friendship | J | Grant, Laurel Coll. |
| Belle of Bon Accord | S | Drewry, Deeside 2 |
| Flowers of Edinburgh | R | RSCDS Bk. 1 |
| Miss Johnstone of Ardrossan | J | Goldring, 14 for 2000 |
| Silver Tassie | S | Drewry, Bon Accord |
| Montgomerie's Rant | R | RSCDS Bk. 10 |
| Piper and the Penguin | R | Goldring, Scotia Suite |
| Quarries Jig | J | RSCDS Bk. 36 |
| Moray Rant | S | Drewry, Silver City |
| Reel of the 51st Division | R | RSCDS Bk. 13 |
| Lass of Richmond Hill | R | RSCDS Graded 2 |
| Seton's Ceilidh Band | J | Fordyce, Morison's Bush |
| Dream Catcher | S | RSCDS Bk. 45 |
| Lady Aberdeen | R | Maureen Lyon, 2011 |
| Pelorus Jack | J | RSCDS Bk. 41 |
| MacDonald of the Isles | S | Haynes, Carnforth 2 |
| Reel of the Royal Scots | R | RSCDS Leaflet |

Saturday November 24 DELTA BORDERERS' DANCE

Kinsmen Centre 7:30 pm Tickets \$15

5410 - 10th Avenue Tsawwassen

The Delta Borderers would like to invite you to a

Tribute to Canadian Bands & Musicians

Our dance will feature

Bands & Musicians that you will know or have heard of and some that you may not know or have heard of

So we hope you will join us to Dance - Listen - Enjoy

Tickets Mairi Maxwell 604 946-2448 Ruth Jappy 604 594-6807

| | | |
|-----------------------------------|-----------|----------------------------|
| The Duke Of Atholl's Reel | 6 x 32 J | Book 16 |
| Hope Little's Strathspey | 3 x 32 S | Goldring Graded & Social 2 |
| The Earl Of Mansfield | 4 x 48 R | RSCDS Leaflet |
| The Lady Wynd | 8 x 32 J | Graded & Social 2 |
| Mr. Robert H. MacKay | 8 x 32 S | Book 38 |
| Milton's Welcome | 8 x 32 R | Book 33 |
| Berwick Johnnie | 8 x 32 J | Graded Book |
| Autumn In Appin | 4 x 32 S | Book 31 |
| The Highlandman Kissed His Mother | .8 x 32 R | Miscellany Collection |
| It's Just For Fun | 8 x 32 J | Book 33 |
| Casting Glances | 3 x 32 S | Solstice Party Book |
| A Wee Doc And Doris | 8 x 32 R | T.A.C. Laurel Collection |
| Rodney's Rant | 8 x 32 J | RSCDS Diamond Jubilee |
| The Northern Lights | 3 x 32 S | Chas. F. Dobie |
| Maxwell's Rant | 8 x 32 R | Book 18 |

Tuesday Nov 27 FORT LANGLEY ST ANDREWS DANCE

Fort Langley Community Hall 7:30 pm \$10

The Fort Langley Voyageurs would like to welcome all of you to attend our St Andrew's Dance.

Great music by Mary Ross, some fun dances and then a scrumptious tea to end the evening. Looking forward to seeing you all there.

For more information call Larry or Maureen Onotera 604-576-6371

Rebecca Blackhall-Peters

| | | |
|-------------------------|--------|---------------------------|
| It's All Right | 8X32 J | Graded Book 2 |
| The Northern Lights | 3X32 S | C Dobie |
| The Castle of Mey | 8X32 R | Diamond Jubilee Book |
| Hooper's Jig | 8X32 J | MMM |
| Orwell Lodge Strathspey | 3X32 S | Diamond Jubilee Book |
| Fisherman's Reel | 5X32 R | Sue Petyt |
| Alan J Smith | 8X32 J | Book 45 |
| The Braes of Tulliemet | 8X32 S | Book 7 |
| Polharrow Burn | 5X32 R | Three Dances by Hugh Foss |
| Mrs Stewart's Jig | 8X32 J | Book 35 |
| Jean Martin of Aberdeen | 3X32 S | 3 for 2006 |
| The Dancing Man | 8X32 R | Graded Book 2 |

Friday, November 30 CEILIDH DANCE

Scottish Cultural Centre 7 pm class \$10 adults

8886 Hudson Street 8 pm dance \$8 students

Saturday Dec 1 CHILDREN'S & FAMILY CHRISTMAS PARTY

Capilano Room 2:00 - 4:00 pm Adults \$5
Harry Jerome Memorial Centre Children Free
123 East 23rd Street, North Vancouver

Bring along your whole family for a fun filled afternoon of dancing, games, tantalizing treats and a special visit from Mr. & Mrs. Claus!
All dances will be briefed. For more information, please call Maureen at 604 922 4406 or send an email to mmhood@shaw.ca
Also we will be selling skirts, shoes, books and records for the Dorie Smith fund. *Maureen Hood*

The Mayflower.....ReelDancing through Nova Scotia
The Merry ReapersJigChildren's graded book No.1
Petronella.....ReelBook 1
Red Nose JigJig.....Children's graded book No. 2
Granville Market.....ReelElinor Vandergrift
Postie's JigJigClowes Ormskirk SD
Round Reel of Eight.....ReelBook 27
Cumberland Reel.....JigBook 1
Robertson's RantStrathspeyBook 39
Pelorus Jack.....JigBook 41
Reel of the Royal Scots....ReelLeaflets

Monday December 10 CHRISTMAS CEILIDH

Scottish Cultural Centre 7:30 - 10:00 pm \$6.00 Drop-in
The Branch's Monday Night Dancers invite you to join them for a fun evening of easy dancing and entertainment. Come and dance with us and join in the ceilidh if you'd like to share your talents. *Fran Caruth*

Tuesday December 11 GLENAYRE CHRISTMAS PARTY

St Laurence Church Hall 7:30 pm \$8.00
825 St Laurence Street, Coquitlam, BC St. Laurence Street is North of Como Lake Road between Poirier Street & Linton Street. *Jean Wagstaff*

The Mayflower*R.....Dancing Through N.S.
Sauchie HaughSRSCDS Lft
Black Donald*JHaynes Carnforth Col. 2
Dancing in the StreetRRSCDS Bk. 42
12 Coates Crescent*SRSCDS Bk.40
The Bees of MaggieKnockaterJDrewry Cnd Bk
Abbotsford Lassies*RCharles Inglis
Quarries JigJRSCDS Bk. 36
Miss Welsh's Reel.....JRSCDS Graded
The Northern LightsSC.Dobie TAC Silver Ann
Mrs. Stewart's Jig*JRSCS Bk. 35
Polharrow BurnRHugh Foss
Granville Market*J2nd Graded Bk

* Easier Dances

Sunday December 9 GLENEAGLES GRAND BALL

Fairmont Hotel Vancouver 1:30 pm Tickets \$110

JOIN US FOR OUR FORTY-NINTH ANNUAL BALL

We look forward to welcoming you for the delicious luncheon buffet as well as the scrumptious post-dancing dessert bar. Spend the afternoon dancing a program of some new and many well known favorite dances, all to the irresistible music of Vancouver's own Fiddle Orchestra. Enjoy spending festive time with friends from many clubs, both near and far. All of this is enhanced by the elegant ambiance of the Pacific Ballroom of the Fairmont Hotel Vancouver. *Simon Scott*



Gleneagles Ball 2011

photo Stuart Somerville

Please consult the Branch website for cribs and other information.
Tickets may be purchased by contacting
Norm and Susan Haug 604 984 7458 normhaug@shaw.ca

Dancing BeesRGoldring
White CockadeRBook 5
SaronaSDrewry
Duke and Duchess of EdinburghRBook 39
Links with St PetersburgJBook 46
Culla BaySDix
Jennifer's JigJDrewry
Hamilton BaySScott
Montmeries RantRBook 10
Deil Amang the TailorsRBook 14
Falls of RogieRAttwood
Major Ian StewartJBook 35
Bonnie Ina CampbellSWill
Irish RoverRCosh
Bees of MaggieKnockaterJDrewry
Polharrow BurnRFoss
Neidpath CastleSBook
Maxwell's RantRBook 18
Compleat GardenerJPaterson

Friday December 28

BETWIXT AND BETWEEN

Scottish Cultural Centre Dancing at 7.30 pm Music by Mary Ross
 8886 Hudson Street Free to all RSCDS members Admission \$15

This seasonal tradition is sponsored in part by the Mary Wattum Fund. Come and enjoy dancing to the great sounds of Mary Ross and her accordion. We hope you will bring a small offering of seasonal fare to share at the supper table.
Fran Caruth

| | |
|-----------------------------------|--------------------------------|
| The Pinewoods Two-Step | A Dancing Tour (Rae) |
| The Wild Geese | J Book 24 |
| Miss Johnstone of Ardrossan | R Goldring 14 for 2000 |
| Anna Holden ** | S Drewry Book 42 |
| Follow Me Home | J Book 38 |
| Flowers of Edinburgh | R Book 1 |
| Gang the Same Gate | S Book 36 |
| John of Bon Accord** | R Book 33 |
| Spiffin | J Quarrie and Friends |
| Linnea's Strathspey** | S Dunsmuir Dances |
| The Dancers' Wedding** | R Book 41 |
| Tribute to the Borders | J Leaflet |
| Mrs Milne of Kineff | S Leaflet |
| Da Rain Dancin' | R White Adder Collection |

All dances will be briefed and walked once.
 ** More Difficult or Less Familiar Dances

Friday, January 4

CEILIDH DANCE

Scottish Cultural Centre 7 pm class \$10 adults
 8886 Hudson Street 8 pm dance \$8 students

Come to the first Ceilidh dance of the New Year.

The format is the same with the class from 7 – 8 pm and the dance from 8 – 11 pm and all dances will be walked and talked through. Don't forget to bring a few extra dollars to help defray the cost of the refreshments which are otherwise free.
Duncan MacKenzie



Duncan instructing the Ceilidh

photo Vancouver Fiddle Orchestra

Saturday January 19

BRANCH BURNS SUPPER

Scottish Cultural Centre Bar 6:00 pm Tickets \$55
 8886 Hudson Street Dinner 7:00 pm

Put this in your diary for SATURDAY - JANUARY 19th, 2013

It's never too early to include the Branch Burns Supper on your list of January entertainment. This will be our 39th annual celebration of the life and poetry of Robert Burns, including a traditional Scottish meal with all the trimmings. We'll have the wonderful music of the Vancouver Fiddle Orchestra. It's a varied program with a dance for everyone!
 Tickets are available from your club representative from November 11 or patcavers@shaw.ca. or conveniently through Paypal on the Branch website rscdsvancouver.org.
Peter Richards



Burns Supper 2012

photo Stuart Somerville

| | | |
|----------------------------------|---------|-----------------------------------|
| Gay Gordons (Traditional) | M | Non-Progressive |
| Burns Night | J | Boston Celebrate 50 Years |
| The Lass of Richmond Hill | R | RSCDS 2 nd Graded Book |
| Minister on the Loch** | S | RSCDS 4 for 2008 |
| The Zoologist*** | J | RSCDS Book 46 |
| The Dashing White Sergeant | R | Progressive |
| Intermission | | |
| The Duke of Perth | R | RSCDS Book 1 |
| Postie's Jig | J | Clowes, Ormskirk 5 |
| Auld Lang Syne** | S | RSCDS Book 27 |
| Scott Meikle** | R | RSCDS Book 46 |
| Mairi's Wedding** | R | Cosh, 22 SCDances |

Dances will be briefed and walked once; more difficult dances are starred.
 Be familiar with basic formations * Have danced the dance previously

Saturday February 16

LOVE TO DANCE SCOTTISH

Scottish Cultural Centre

Mark your calendars now for

The Love to Dance Workshop and Tea Dance

Sold Out Last year – Register Early

Teachers: Mary Murray and Simon Scott

Watch the website for more details

Registration forms available at the end of November

Inquiries: Fran Caruth 604-922-6842

notices

Teacher Training Programme

The Vancouver Branch is pleased to confirm that there will be a Scottish Country Dance Teacher Training Course this winter. The senior tutor will be Mary Murray. This course is designed to prepare dancers to be certified as teachers, by the Royal Scottish Country Dance Society. The first class will be at the Scottish Cultural Centre on November 17, 2012. The examinations will be at the end of April 2013. If you are interested in training to be a teacher, or if you are currently teaching and would like to take the course but would prefer not to sit the examinations, please contact the Programme Coordinator, Fran Caruth 604-922-6842.

Inverglenn Scottish Dancers

Upcoming Events Open to the Public

Saturday November 17 – Annual Scottish Christmas Bazaar
11 am – 2 pm

Garden Park Towers – Clearbrook Road, Abbotsford
Scottish Baking and Crafts, Sewing Table, White Elephant
and Touch & Take. Join in the Silent Auction or purchase
Raffle Tickets for wonderful prizes.

Dance Performances: 11:30, 12:30 and 1:30
Scottish Tea Available.

Proceeds to the Dancers Tour of Scotland in July 2013
We hope to see you there!

Saturday December 8 – Highland & Scottish Country Christmas Concert

2:00 pm at the Seniors Centre in Kerrisdale.

Performance of Highland and Scottish Country Dancing with
a few Midgees, and the Hop Scotch Polka to delight one and all.

Dancers ages 3 years to 24 years performing
Admission by donation

Please come out to support our future adult Scottish Country Dancers

VANCOUVER AREA BILLETS

I am preparing a list of billets for out of town guests
attending events in the Lower Mainland.

If you are able to assist please call

Pat Hollingdale 604-435-0035

Email dancinglass@hotmail.com

NEW LOCATION FOR DEEP COVE CLUB

The Deep Cove Club have been obliged to move their two classes (Monday and Tuesday evenings 7.30 to 9.30) to a new facility. After dancing at Parkgate Community Centre since it opened, our class was moved without consultation to a room with an unsuitable floor. We have therefore moved our classes to Maplewood School which is close to Second Narrows bridge and therefore more accessible for most people. If you would like to "drop in" to one of our classes please ask a member of our club for directions or phone me at 604 929 2866.

Dorothy Hargreaves

DANCING ON THE SUNSHINE COAST

Scottish Country Dancing has been enjoyed on the Sunshine Coast since the 1960s, and some of these original dancers are still dancing.

Monday Evening

Harmony Hall, 686 Harmony Lane, Gibsons at 7.30.
Leader Rosemary Fay, 604-886-8645.

Thursday Afternoon

Davis Bay Community Hall at 1.30.
Leader Sheila Graham, 604-885-5838.

We would welcome guests and visitors. Harmony Hall is difficult to locate without specific instructions. So we encourage dancers to phone first and we will ensure that they get to the right place.

Rosemary Fay

SCROLLS OF HONOUR

The RSCDS awards a limited number of Scrolls of Honour each year to members for outstanding service and loyalty to the Society; for preserving the standards and traditions of Scottish Country Dancing; and encouraging others to enjoy and have knowledge of Scotland's heritage of dance and music.

Long service to the Society, while being taken into consideration, might not in itself merit the award. Nominations for the awards should reach the Secretary of the Society by 31 March for an award in November of that year.

For more information please go to rscds.org
or contact Vicki Downey secretary@rscdsvancouver.org

ALOHA WINTER WORKSHOP IN HAWAII

15 - 17 February 2013

We invite you to join us in Honolulu for a weekend of dance lessons and social dancing, including a ceillidh and live music. The band is The Humuhumunukunua'pua'a and Strathspey Society Band and guest instructors are Bruce Herbold, David Newitt and Patti Cobb.

Registration deadline is January 15 2013.

rscdshawaii.org

2012 Annual General Meeting

The AGM was held at the Scottish Cultural Centre on Friday, September 28 to coincide with our Ceilidh Dance so that members could also enjoy the music of Calanais and participate in some energetic dancing with youthful partners. We had a quorum but it was close, traffic delaying our final three attendees. With a membership of 253, this should not be such a struggle! Once again all Board and Club reports were published on the RSCDS Vancouver website and posted for attendees to read at the meeting. Unfortunately some Board and club representatives were not in attendance to present the highlights of their reports or answer questions from the floor. As usual there were queries on the financial statement and Stewart Cunningham provided clear, concise answers.

We are grateful to Jean and Ed Wagstaff for their diligence in providing a slate of candidates who were all duly elected to the vacant positions. Paul Lowe will continue to sit on the Board as past-chair and we welcomed two new members – Gerry Stensgaard and Sue Sochasky - see your Board Directors and appointments on page 2.

It was a busy year with successful socials hosted by the Branch, Burnaby, our Children's classes, Deep Cove, Delta Borderers, Fort Langley, Glenayre, Gleneagles, the West End and White Rock clubs. Burnaby celebrated the 40th anniversary of the founding of the club at their spring dance and the dance devised by Rosemary Coupe for this event was included in the RSCDS Diamond Jubilee publication of new dances.

The Demonstration team continues to delight audiences and is one of our main publicity tools. RSCDS Vancouver also had a booth at the Zoomer Show and BC Highland Games plus participation in the Celtic and Canada Day Parades through downtown Vancouver. We need some more people to participate and louder music to ensure more visibility. Cathrine Conings is planning our publicity for next year and welcomes help and suggestions. Dancing in the Park attracts audience participation but generates few new dancers. This year we were fortunate to have live music on four nights from the Vancouver Pipe Band, Vancouver Fiddle Orchestra and Mary Ross. This would not be possible without the monies left by our several benefactors.

The meeting was wrapped up relatively quickly and some lively discussions continued over the refreshments. Thanks to all who attended and showed support for the Board. This is your Branch – do not miss this once a year opportunity to have your 'say'.
Jennifer Shearman

Pearl's Welcome Back Social



photo Stuart Somerville

The West End Fall Frolic

On September 1st there was much flag waving outside the West End Community Centre in Vancouver. Passers-by were offered flyers on Scottish Country Dancing and arriving dancers were directed to free parking. It was all in aid of the West End Club's second annual Fall Frolic.

Denise Cunningham and Duncan MacKenzie called the dances to music by the great Winnipeg duo, Ken Natrass and Ron Krug. This was the first dance of the season and everyone was eager and enthusiastic. An amazing array of goodies brought by the dancers capped off the occasion.

As many club members were away over the summer, special thanks go to Denise for all her work in organising the dance.
Francis O'Farrell



photo Kerry McDevitt



photo Rose Powell

All For The Love Of Scottish Dance.

Sandra Crosby has been preparing dancers for appearances at the PNE's Neighborhood Family Stage for more years than she cares to remember. With only a few days to rehearse and shake off some dancers' rust, Ms. Crosby was excited to see her "kids" and anxious to discover what they had retained from the previous year of dance. She was pleased to find that they were quickly back into the swing of things and as welcoming of the new year of dance as Sandra was to teach them.

The Inverglenn Scottish Dancers range in age from three years to thirty years. Classes are held at the Scottish Cultural Centre on Hudson Street in Vancouver on Mondays (604.605.0890), as well Ms. Crosby holds beginners classes on Tuesdays at the Kerrisdale Community Centre in Vancouver (604.257.8100). Abbotsford Classes are Wednesdays and Thursdays at The Inverglenn Scottish Dance School's home studio (604-850-1605). inverglennscottishdancers.com

This Fall the dancers will be performing October 27 at the Scottish Cultural Center as part of the Marpole Dance Festival. November 17 they will be holding their annual bazaar and performance at the Garden Park Towers in Abbotsford, before returning for a seventh year to the Kerrisdale Seniors Centre for a Scottish Christmas on December 8. Many of the dancers will wrap up the fall session by attending the Gleneagles Ball held at the Vancouver Hotel in December and there are rumors of a tour of Scotland in the summer of 2013.

report and photo Chris Herbert



vancouver dancers filmed for television

A Time to Dance

by Eileen Mackenzie

When I decided to ignore self-imposed roadblocks, I discovered an exciting, inexpensive and varied world of dancing in Metro Vancouver. Many dance classes, clubs, and venues eagerly await new members. To start dancing, all one needs is a desire to learn, some brainpower, a relatively mobile body and a smile.

My own love affair with dancing began several years ago. At age 53, when preparing for retirement, I asked myself several questions: What did I want to do with my unstructured time? How did I want to challenge myself? I knew I wanted to be a lifelong learner. I also knew that I wanted an activity that challenged me emotionally, spiritually, socially, intellectually and physically. Financially, since I would be on a pension, it had to be inexpensive. Why not retire to dancing? It seemed to fit my criteria.

I began by scouring the community events section of the local newspaper where I spotted an ad for Scottish Country Dancing in Coquitlam. After several lessons, I knew I would never dance alone again. Partner dancing was for me!

Duncan MacKenzie of the Royal Scottish Country Dance Society says, "It's never too late to join. It's great exercise for both mind and body, and you will find some very nice people as classmates. Once you have the basics down, then everything starts to fall into place."

Men are really needed here. Women quite often dance as a man. Couples need to know that it is proper etiquette to share your partner.

Soon after joining SCD, I discovered the rich community spirit that characterizes Scottish ceilidhs. Held monthly at the Scottish Cultural Centre these dance parties are simply joyous. All ages are welcome and everybody dances. "Don't come if you don't want to have fun," says Duncan.

excerpt reprinted with permission Senior Living Magazine September 2010

I wrote this article about the many different kinds of dance venues for seniors here in the Lower Mainland. It was printed in Senior Living Magazine which promotes and features active lifestyles for people over 50. The TV show Senior Living on Location is an extension of the magazine and when the producers contacted me last year about doing the show, they chose to explore Scottish Country Dancing.

I invited all dancers to the Wednesday night Programme Class at the Centre on November 2, 2011. Lots of people showed up and we had quite a few men so most women were able to dance with a real man. With Jean Wagstaff as our teacher, we were filmed as we practiced dances for the Lady Aberdeen Tea Dance. Our men looked dashing in their kilts and we women looked lovely as always, and we filled up the Ceilidh Room at the Centre. Some of us were interviewed by the director between the dances. We have been eagerly awaiting the results of the video shoot but have had to wait a whole year for issues concerning funding and sponsors to be resolved.

To all fellow Scottish dancers who have been patiently waiting and enquiring about the air date, our time to shine has finally arrived. Our Scottish segment will be shown on CHEK TV's Senior Living on Location on Sunday, November 4, 2012 at 2:30 pm. We are looking forward to enjoying this episode entitled Hobby Diversion.

The director warns that since the schedule is subject to change, the best place to look for updates is: <http://www.seniorlivingmag.com/episodes>

This website will also be where the video for each segment will be posted online after the story has been aired on CHEK TV. So you can share it with all your friends later.

Eileen Mackenzie

fun, fitness, and friendship at fort worden

Fort Worden is one of three navel bases built 100 years ago to defend the entrance to Puget Sound, commanding some of the best views and vantage points in the region. When military defenses changed from ocean to sky, Fort Worden was decommissioned and designated a State Park in 1957. The remaining buildings now provide facilities for workshops and conferences.



Above: Stuart Somerville, Lindsay Carter and Bruce Edmonds at the tea party
Left: Muriel Johnstone and Barbara Moritz
photos Stuart Somerville

In 1975 the Seattle Branch of RSCDS organized the first dancing weekend at Fort Worden establishing a tradition still going strong 38 years later.

A short relaxing ferry ride brought us to the picturesque town of Port Townsend. Before the Friday Night Dance we settled in to our housing. The fort boasts a selection of accommodation from dormitory to officers' quarters. We had the opportunity to attend three dance sessions on Saturday. The afternoon was spent relaxing, reviewing ball dances, walking the sandy beach or rejuvenating our feet in the ocean in preparation for the ball. On Sunday, we gathered for a fun morning of dances led by our teachers.

This year classes were taught by Muriel Johnstone, Scotland, Gordon Robinson, Victoria, Linda Henderson and Ron Wallace, California. Music was provided by Mary Ross on accordion, Elke Baker, Calum MacKinnon and Brian Crisafulli on fiddle, plus Lisa Scott on piano. On Sunday morning, to everyone's delight, Muriel, herself an accomplished musician, left the dance floor to play beside Lisa at the keyboard.

A group from Vancouver, B.C. occupied two officers' houses and various rooms elsewhere. On Saturday afternoon, we hosted a tea party replete with cucumber sandwiches (sans crusts), table linens and vintage tea service. Stuart Somerville and Bruce Edmonds were pressed into service as butlers. They played their part with aplomb and to the gentle strains of a palm court concert we hosted an event destined to become part of the Fort Worden experience.

Patricia Hollingdale

Dancing in Beaune France

Every four years the Paris Branch of the RSCDS hosts an amazing weekend workshop and ball. They choose sites from around France that will provide culinary, wine and historical experiences. After I attended this year's workshop in April, I can understand how it takes four years to put together an event that lives up to its fantastic reputation!

The structure of this weekend is similar to many others I have attended. Our class of about 150 attendees was taught by Bill Zobel and music was provided by Muriel Johnstone and Keith Smith. Muriel and Keith as many of you know are an amazing duet; their music is out of this world and their interactions are priceless. They set the stage for a fun evening of dance.



photo left Hospices de Beaune

photo right Sandy and Frances Caruth who attended the weekend in Beaune, with Muriel Johnstone, Bill Zobel, Keith Smith and friends

We had many opportunities to socialize with each other. Our meals of lunch and dinner lasted at least 2 hours; allowing great conversations with others at the table. Luckily for the English speaking people most of the attendees did speak English. Thanks to Facebook we continue to share photos and stories of the weekend. And speaking of our leisurely meals; the food served was fantastic. Both the taste and presentation were as I expected of modern and classical French food. And our wine glasses were never empty!!

The highlight of the weekend was the formal ball. As we stayed outside the medieval town of Beaune we were bussed to the site of our dinner preceding the ball. Dancers dressed in their ball attire were marched through the town by a piper. At that moment our group became the entertainment for the townspeople; they lined the streets and looked out their windows to see a parade of kilts and gowns pass before them. I was thrilled; am I really here?! It was one of those memorable lifetime experiences!!

We were led to the Hospices de Beaune where we had a private tour of this well preserved example of the architecture of the Middle Ages. Our formal dinner was served in one of their vaulted rooms decorated with a beautiful collection of tapestries. Upon entering this cave like room we were served champagne and canapes of the French classical style where each canape was decorated like a picture and then glazed with aspic; they were almost too pretty to eat. Dinner was as beautiful as one could imagine; each course was specially decorated to compliment the food.

Over two hours later the time was 9:30 pm and we were escorted back to the dance hall where we started the ball at 10:00 pm and danced till 1:00 am including encores. How I managed to dance after that meal I'll never know but we all were full from food and drink and managed to dance throughout the night. We were all swept away by the magic of the evening and floated through the dances.

I look forward to four years from now; I hope to be able to return to France to attend another Paris Branch weekend. For now; au revoir.

Donna Weidenfeller - source RSCDS San Francisco Branch 2012
photos Katherine Porter and Sandy Caruth

health benefits of scottish country dancing

The claim that individual participation in adequate amounts of regular physical activity can improve health and prevent disease is well established. The scientific evidence is based on many studies; epidemiological, clinical, and physiological. In the UK a working party of the Royal College of Physicians, convened in 1989, examined this evidence, recognised its importance, and based a series of recommendations on it. In 1996 a consensus development panel on physical activity and cardiovascular health convened by The National Institutes of Health recommended that all Americans should engage in regular physical activity at a level appropriate to their capacity, needs and interest.

Frequent and regular aerobic exercise has been shown to help prevent or treat serious and life-threatening chronic conditions such as high blood pressure, obesity, heart disease, Type 2 diabetes and some forms of cancer. It also improves mental health, helps prevent depression and helps to promote or maintain positive self-esteem. Weight-bearing exercise has been shown to reduce the risk of osteoporosis. Regular exercise increases the level of chemicals in the brain, notably serotonin, which improve mood and so can reduce stress, anxiety and depression. It can benefit those who have been bereaved and reduce the risk of Alzheimer's disease and other forms of dementia. Regular exercise also helps with weight control.



A major priority for Public Health is to embed physical activity in the lives of many more people. The medical profession and especially GPs have a major role in promoting physical activity in the general population. People can engage in regular physical exercise in many ways, so which is the best activity to choose?

Scottish Country Dancing has been shown to be superior to other forms of exercise in building levels of fitness. A Canadian study found Scottish Country Dancing to be more beneficial than folk or square dancing. It can contribute to the prevention of Alzheimer's disease and dementia, perhaps due to the complex interplay of cognitive skills needed to memorise steps and formations and co-ordinate with others, and because dance music engages the mind. The social component of Scottish Country Dancing develops a sense of community and an enjoyment factor, which encourages continued participation and, therefore, long term involvement in the physical activity. Also the social relationships that develop in those who take part in Scottish Country Dancing are linked to good health, longevity and a positive attitude.

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The above research summary is part of a marketing pack issued by the RSCDS to implement their new Health Strategy. This was formally launched at Glasgow Caledonian University on 9 October 2012 within the framework of the 8th World Congress on Active Ageing which was held in Glasgow in August. The 2008 GCU study on the impact forces of pas de bas, printed in the Scottish Country Dancer in April 2009, was also presented at this prestigious conference.

photo Stuart Somerville

the unicorn scottish country dancers

The Frigate Unicorn was built in England in 1824 but was never used for battle. It was brought to Dundee, Scotland in 1873 and used as a naval training ship. It has always been roofed over and is now the best preserved ship of that era and the 6th oldest such ship in the world. It is currently a tourist attraction and used for community events.

The Unicorn Dancers started their club for fun and to try to put some life into the old ship. They also raise funds for its future preservation. The thirty regular members are a mix of experienced dancers and beginners, who aim to dance with the elegance and style of an RSCDS club and the joie-de-vivre of a reeling group. They meet on board every Wednesday evening throughout the year with short breaks in high summer and over Christmas. They have a glass of wine at the break and all visitors are welcome. This report is from one of their members.



The Unicorn in Dundee Harbour



The Fairy Mountain - Schiehallion

A year or so ago our dance master, Roderick Stewart, introduced us to the joys of the Schiehallion reels. At first some members of the group rebelled at the intricacies of these delicate and complex formations but, as we warmed to it, we started to think about the possibility of climbing the mountain and doing the dance in walking boots and anoraks. Thus we got the idea for Extreme Location Dancing.

Before we go on I should tell you a little about the club members. Our average age must be well over 50 and, although we have a couple of complete Munroists in our group, most members are not mountaineers and some of them, your author for one, are only held in any sort of physical shape by our weekly dancing meets. So climbing the 3547 ft Schiehallion was likely to be a challenge for some. Well, a few training walks in the wet summer of 2009 were arranged and by mid-September we were feeling confident, but certainly not over confident.

One sunny Sunday morning we met at the Braes of Foss car park at the foot of the mountain for a quick briefing session followed by the ascent complete with digital video cameras, a car battery, amplifier and loud speakers, along with a set or two of bagpipes in case the technology were to fail. You might ask if a mountain is a sensible place for a dance. Well a couple of us had done a recce and spotted one or two flat places where a set or two could be danced with little chance of anyone falling off any edges or any need for ropes. I jest, ropes and Schiehallion are not normally mentioned in the same subject - the mountain, whilst relatively high for Scotland, does not have any serious precipices.

The day chosen for the walk could hardly have been better, a light breeze at car park level, lots of blue sky and relatively warm. A few clouds scudding around the summit suggested that the day should not be taken too lightly but, as we left our cars, we felt that this first attempt at Extreme Location Dancing would be a success, and so it turned out. Our first dancing spot was at around 2,500 feet on the way up. We felt that we should have a preliminary run through before the summit attempt, just in case some colleagues did not make it all the way to the top. The dancing went well, if a little ungracefully, and our two sets felt fairly satisfied with their initial work.

Then it was off to the top where two of our group serenaded Schiehallion with the pipes. As they played, the mist lifted, a hang glider floated by and various other parties reached the top and took in the now magnificent view. It was a moment to be savoured, Scotland at its most romantic and most beautiful, and all of our party made it to the top.



Dancing Schiehallion on Schiehallion

We started the return and within about half a mile or so we came across another dancing spot, still on the summit plateau, where we did the Schiehallion Reel again and linked it in with some of our other favourites, Johnnie Walker, J. B. Milne and the like. All this was high above Loch Rannoch and with views stretching from the Cairngorms to the West Coast.

Back down at the car park, about 6 hours after we had left, we toasted our success with a range of beverages and thought about other challenges: Mrs Milne of Kinneff in Kinneff, Culla Bay in Culla Bay, or The Wind on Loch Fyne on a sailing boat on Loch Fyne.

But our Unicorn group is made up mainly of residents of Perthshire, who claim Schiehallion as their own and of Fifers who insisted upon Fife Ness as the site of our next, slightly less extreme, location dance.

And so it was one very wet Sunday in November But that is another story. We have since enjoyed many dances at the appropriate locations. For videos of these expeditions see the Unicorn Scottish Country Dancers' website at frigateunicorn.org

John Palfreyman

calendar of events 2012-2013

| | | | |
|-----------|---|----------|---|
| 26-27 Oct | Bellingham Workshop and Ball | 22 Feb | Duncan's Ceilidh SCC |
| 2-4 Nov | San Francisco Asilomar Workshop | 2 Mar | Burnaby Dance |
| 10 Nov | Bellingham Monthly Dance | 9 Mar | Bellingham Monthly Dance |
| 12 Nov | Vancouver Branch Lady Aberdeen Tea Dance | 10 Mar | White Rock Spring Workshop |
| 24 Nov | Caledonian Society St Andrews Ball | 17 Mar | Vancouver Celtic Parade |
| 24 Nov | Delta Borderers' Dance | 22 Mar | Duncan's Ceilidh SCC |
| 27 Nov | Fort Langley St Andrews Social | 23 Mar | Heather Ball at Gizeh Shrine Centre with Gordon Shand |
| 30 Nov | Duncan's Ceilidh SCC | 30 Mar | Seattle Workshop & Dance |
| 1 Dec | Vancouver Branch Children's Christmas Party | 6 Apr | Glenayre Dance |
| 8 Dec | Bellingham Monthly Dance | 13 Apr | Bellingham Monthly Dance |
| 9 Dec | Gleneagles Ball | 13 Apr | Vancouver Children's Workshop & Tea Dance |
| 10 Dec | Vancouver Branch Party & Ceilidh Night | 13 Apr | Nanaimo Workshop & Tea Dance |
| 11 Dec | Glenayre Christmas Party | 15 Apr | Vancouver Party & Ceilidh Night |
| 28 Dec | Vancouver Branch Betwixt And Between Social | 20 Apr | Deep Cove Spring Social |
| 4 Jan | Duncan's Ceilidh SCC | 22 Apr | Vancouver Branch Spring Special Classes Start |
| 12 Jan | Bellingham Monthly Dance | 26 Apr | Duncan's Ceilidh SCC |
| 14 Jan | Vancouver Branch Classes Winter Session | 27 Apr | Gleneagles Spring Dance |
| 19 Jan | Vancouver Branch Burns Supper | 4 May | White Rock May Dance |
| 26 Jan | Burns Night Tam O'Shanter Dancers | 11 May | Bellingham Monthly Dance |
| 1 Feb | Duncan's Ceilidh SCC | 18 May | Seattle 35 th Anniversary Emerald Ball |
| 8-10 Feb | Edmonton Branch Workshop & Ball | 26 May | Fort Langley Whisky Tea Dance |
| 9 Feb | Bellingham Monthly Dance | 3 Jun | Vancouver Branch Spring Party |
| 16 Feb | Love To Dance Scottish Workshop & Tea Dance | mid-June | Vancouver Dancing in the Park - starts |
| 16 Feb | Toronto Branch 50 th Tartan Ball | 22 Jun | BC Highland Games USCS (Date to be confirmed) |

St. Andrew's Day 2013

In an attempt to qualify for the Guinness Book of World Records, RSCDS members worldwide are invited to participate in dancing The Kandahar Reel during the 24 hours of 30 November 2013. Events are still to be arranged but we are encouraged to start learning the dance and including it in any programme on that date.

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THE WHITE COCKADE

ONLINE VERSION

Publication of the White Cockade is the first of September, November, January, March and May. Annual subscription is included in your \$50 RSCDS Branch membership fee.



Inverglen Scottish Dancers

photo Dean Cochrane

Please send subscriptions and changes of address to Patsy Jamieson, Membership Secretary, RSCDS Vancouver Branch, c/o Scottish Cultural Centre, 8886 Hudson Street, Vancouver BC V6P 4N2 or email membership@rscdsvancouver.org

Thank you to all our members who contributed to the November 2012 issue by responding to requests for reports, articles and photos.

[As always, your contributions are very welcome.](#)

If you would like to write about a recent event or announce an upcoming event, please do! Short dance reports need only about 100 - 150 words.

Longer articles have about 400 - 450 words.

Photos are always needed.

A minimum of 1 - 2 MB each is required for printing.

There are 3 more issues for the 2012 - 2013 season.

Deadlines are

10 Dec for Jan/Feb issue

10 Feb for Mar/Apr issue

10 Apr for May/Aug issue

Email to editor@rscdsvancouver.org

rscds tartan