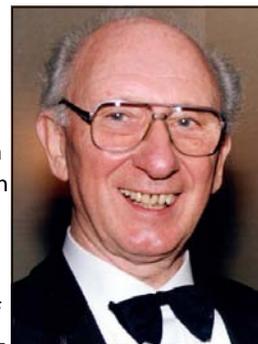




## Remembering Iain Macfarlane

30 September 1925 - 24 April 2016



### From the Chair...



Deirdre MacCuish Bark

Our dance season draws to a close for the summer.

Gala Day saw a gathering of sixteen-Toronto groups share their dance experience. From Level 3's *Hebridean Weaving Lilt*, through Rosedale's youthful dancers, finishing

with Teachers dancing *Ruby Rant*, we had a fun afternoon, ably organised by Teresa Lockhart.

The West Toronto Ball gave us an energetic and enjoyable evening, and it was the first experience of a ball for many newer dancers.

Sadly, April saw the death of Iain Macfarlane, who was Chair of RSCDS Toronto 1963-65. Iain was born on Scalpay, Isle of Harris, Scotland in 1925. At that time in Scotland, you could not register a child's name in Gaelic, so he was known as Iain (the Gaelic form of John) but his registered name was actually Donald John Morrison Macfarlane. On all official documents, you had to give the English equivalent.

My father, who was also Donald John, was born in Harris in 1911 and is named only in English, as were his siblings. It is said that two boys, Donald and John, went out in a boat to gather kelp (seaweed) in the mid 1800s, and were drowned. The name combination dates from that time.

The Registrars often used their own interpretation of a Gaelic name. My MacLean forebears' name was Slaine, which became Selina or Salvia and on one occasion Saliva, in a 19th century census!

This name issue caused problems when pensions came in after WWI, with Gaelic speakers having to prove their age and needing to identify their anglicized birth certificates

Even in the 1950s, when my sister and I attended school in Harris, Morag is on the Register as Marion Ann, whereas I am given my own name.

Although our regular classes are finishing, we still have Dancing in the Park and some local summer dancing. Further afield are the summer schools, from TAC in Quebec to the RSCDS in Scotland. The Chair of the RSCDS, Jim Healy, will attend TAC, where you can ask him all your questions!

Have a safe summer!  
Slàinte.

*Deirdre*

Donald John (Iain) Morrison Macfarlane was born in Scalpay, Scotland, a 2.5 square mile island in the Outer Hebrides. He arrived in Canada with an extensive background in teaching Scottish country dance. His goal was principally to dance, but he expanded his talents in numerous ways in Toronto. He taught the Calvin social group for 22 years and always welcomed new dancers. Isabelle MacPherson took her class of beginners downstairs to join Iain's social class for the first dance following the tea break each week. Marian and I were beginners at the time. We had learned a formation within a dance with Isabelle, yet putting it together in a social class setting was profoundly different. Iain would physically demonstrate how a step was to be performed and while I did not know the difference between a Pas de Basque and a Coupé, I was impressed by his explanation and smitten with his flight and grace on the dance floor. He would customarily end his class by teaching a Highland dance step to anyone who wanted to try it.

He served as chair of the Toronto Branch from 1963 to 1965, initiated the Geneva Park weekend for dancers that continued over three decades, and composed *New City Hall*, a dance written for the opening of Toronto's New City Hall on September 13, 1965. When he was a member of the Hamilton Branch, the first Canadian Branch to join the Society in 1954, he composed two strathspeys with Gaelic names: *Moran Taing* (Thank you), and *Brochan Lom* (Smooth/Thin Porridge), devised for a teachers' workshop in Hamilton on March 20, 1970, to work on the Rondel, which was new at that time. He wrote: "The dance was also demonstrating the fact that some strathspeys are what we called Highland tempo, hence the use of the tune *Brochan Lom*."

He taught Branch and Candidate classes, organized the first Toronto Children's Festival, and gave the Tartan Ball its current name. He encouraged newer dancers to attend the Tartan Ball mainly to observe and to dance only three dances he ensured they learned. In those days, dances at the Tartan Ball were announced by name only; there was no briefing. Iain was a meticulous adjudicator and teacher and was in demand throughout Canada and the United States. In 1992 he was awarded the Society's Scroll of Honour.

Furthermore, he became president of the St. Andrew's Society and chairman of MOD Ontario, an organization dedicated to promoting Scottish Gaelic music and literature. He was a native Gaelic speaker, a characteristic that was evident at his memorial service where Anne Thompson-King sang *Bu Chaomh Leam 'Bhni Mireadh* (a Highland Minstrel song), and Rhoda MacRitchie recited *Psalm 23* in Gaelic. Piper Rory Sinclair played *Dark Island*, an Outer Hebridean tune written by Ian MacLaughlin.

In business, Iain was manager of the Guardian Insurance Company. In retirement, he volunteered for many years at St. Michael's Hospital and participated in Meals on Wheels.

He was the caring husband of Cathie (MacVicar) for over 55 years, a man beloved by friends, neighbours, and Scottish dancers alike.

The Reverend Dr. Malcolm Sinclair spoke eloquently about Iain in his eulogy as he quoted from *Hebridean Altars: The Spirit of an Island Race*: "The generous man is sure of heaven. . . come in brother and let the night go by". We remember his passion for Scottish dance, his practical creativity, and his generosity and ability to elevate the lives of those who knew him. For these memories, *Moran Taing*.

... Donald E. Holmes



# Special Events



A Dance Party to Honour our Patron's 90th Birthday

**Saturday, June 11 1:00 p.m. - 3:30 St Leonard's Church Hall**  
 Won't you join the celebration? St Clement's invites you to enjoy an afternoon tea dance honouring our beloved Patron, HM Queen Elizabeth, on her 90th year. *Everyone is encouraged to come well-hatted or fetchingly fascinated.* Entry: \$10. A programme royale is on the website. There will be tea and scones. Space is limited so reserve your spot with [teresa.lockhart@rogers.com](mailto:teresa.lockhart@rogers.com) 416 759 9845.



## White Heather Ball

**Saturday, June 18 General Sikorski Hall, Oshawa**  
 Highlands of Durham dancers invite you to the White Heather Ball. Music by Scotch Mist. Cocktails at 6 p.m. Dinner at 7 p.m. Dancing at 8:30 p.m. Dinner and Dancing: \$75; Dinner only: \$40; Dancing only: \$40. Info and tickets from Marjorie Mason 905 649 3532 (evening) or [marjorie@weetartanshop.ca](mailto:marjorie@weetartanshop.ca), Port Perry:

905 985 6573 Practices: Port Perry Legion: 7:30 p.m. June 2, 9, & 16.



## Orillia Scottish Festival

**Saturday, July 16 ~ 1:30 p.m.**  
 Couchiching Park, Orillia

Dancers of all ages... join us in the mass dancing of the opening ceremonies. Sign up as a 4-couple set from your dance group or come on your own and be matched up to form sets. We'll do three short simple dances for the several thousand spectators. Honoraria are given for each full set (4 couples) from a SCD group. Parade at noon. Opening Ceremonies 1:30. The Argents' Annual Potluck and BBQ is open to all dancers and friends; immediately following closing ceremonies. Info: Linda Argent 705 487 5868 [largent@jcl-tech.com](mailto:largent@jcl-tech.com)

St Andrew's of Brampton is 50!

## St Andrew's of Brampton is 50!

**Saturday, October 22 ~ 7:30 p.m.**  
 Chris Gibson Rec Centre, 125 McLaughlin Road, Brampton (map on our website).

In the fall of 1966 Marjorie Coulter started a dance group in Brampton, and so we are approaching our 50th birthday. We hope you will come and help us celebrate at a dance. Music will be by Laird Brown and Don Wood, and the programme (by Paul Maloney, of course) will be posted on the website. Cost is \$15 at the door, and yes, there will be refreshments. For information contact Ann Campbell 905 459 5213 [ann.campbell@rogers.com](mailto:ann.campbell@rogers.com)



## 50/50 Draw

Proceeds from 50/50 draws at Monthly Dances support Dancing In The Park. At the AGM Dance Rob Lockhart won \$95.

# The Dancing Achievement Award

## Assessment Day



L-R: Maureen Richardson, Valerie Fisher, Barbara Taylor, Theresa Malek, Nancy White, Halyna Sydorenko, Camille Walters, Jane Yearwood, Janet Morris, Kathy Bralten, Jean Noble, Moira Korus.

Some dancers were likely catching a few extra Zzzs the morning of the West Toronto Ball, while eight of us were up bright and early to be assessed at the Advanced Level exam of the DAA — the RSCDS Dancing Achievement Award. Training for the DAA during these past few months was open to anyone wishing to develop their personal dancing at the advanced level.

Our teacher, Moira Korus, taught up to 12 participants at six two-hour classes. Videos of our dancing were studied and excellent individual feedback was provided by Moira, as well as coaches Barbara Taylor and Gavin Keachie.

Before the exam, lead assessor Jean Noble reminded us all to "have fun". We did – and we think she did too. After the reel *Castle in the Air* finished she exclaimed: "So that's how the dance is supposed to look!" Turns out only days earlier she'd been dancing the same dance in a set that had all but fallen apart. Other personal stories arose. Rosedale youth Jane Yearwood shared that Jean was her grandmother's first SCD teacher, and her grandmother was Jean's first student. And on entering Rosedale Presbyterian Church on exam day, our second assessor Maureen Richardson recalled that she started dancing there at age 8 and teaching at only 17.

All of the participants wish to thank the teachers for pushing us to extend our limits, making us better dancers – individually, as partners, and in a set. And hats off to Cameron Coneybeare for putting together all the music clips and for being our DJ on exam day. The DAA may well become an annual undertaking so, for all of you who are up for a delightful and enriching challenge, stay tuned.

...Halyna Sydorenko and Nancy White

## Fish Hooks! How do I do that?

When I danced with Montreal branch in March the teacher briefing a dance referred to 'fish hooks'. What's that?!

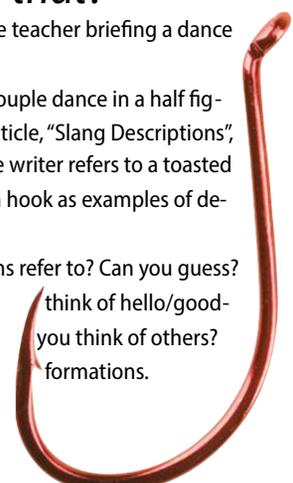
I guessed it meant, perhaps, the pattern first couple dance in a half figure of eight. In a happy coincidence there is an article, "Slang Descriptions", in the current issue of *Scottish Country Dancer*. The writer refers to a toasted sandwich, herringbone reels, a lozenge, and a fish hook as examples of descriptive slang.

Do you know what formations these slang terms refer to? Can you guess?

We do use slang descriptions in the GTA. I can think of hello/good-bye, teapots, and in-and-out-the-windows. Can you think of others? Perhaps you have your own names for common formations.

Send us your ideas.

...Carole Bell



# Dancing in the Park 2016: The tradition continues!



2016 DITP Programme by Moira Korus

## Week 1 June 7

The Highland Fair	6 x 32 J	Book of Graded SCDances
The Music Makars	8 x 32 R	Goldring, RSCDS Book 33 / 1
The Silver Tassie	8 x 32 S	Drewry, Bon Accord Book
▶ Festival Interceltique	5 x 32+8 R	Ian Brockbank, Four Dances 2008
Orpington Caledonians	8 x 32 R	John Brenchley, Book 49
Longfield Reel	8 x 32 R	James Lamb, Second Graded Book
▶ Charlestown Chaser	4 x 32 R	See & Eaton, Second Graded Book
Mr. Gallamore's Strathspey	4 x 32 S	Elaine Brunken, Moments In Time
The Isle	8 x 32 J	RSCDS Graded Book
Memory Lane	8 x 32 R	G MacKinnon, Ena Smith Memorial Book
Extras		
Domino 5	5 x 32 R	D Haynes, Second Book of Graded SCDs
Balquidder Strathspey	8 x 32 S	RSCDS Book 24

## Week 2 June 14

The Greenbelt Jig	8 x 32 J	Elaine Brunken, Moments In Time
Milton's Welcome	8 x 32 R	John Bayly, Book 33
Aging Gracefully	8 x 32 S	Carlyn Bromann, Book 47
▶ Gypsy's Thread	4 x 32 R	Unknown devisor
The Duke Of Atholl's Reel	8 x 32 J	Skillern, RSCDS Book 16
Bill Clement MBE	8 x 32 J	John Wilkinson, Book 47
Lord Elgin's Reel	8 x 32 S	RSCDS Book 26
▶ The Grassmarket Reel	5 x 32 R	Tim Wilson, 5 Dances 2009
Chasing The Eclipse	3 x 32 S	Gallamore, The Highland Road Collection

## Week 3 June 21

Cell Phone Jig	8 x 32 J	Gary Knox, Strathspey, Message 22026
Davy Nick Nack	8 x 32 H	Bob Campbell, Glasgow Assembly
The Braes Of Mellinish	8 x 32 S	RSCDS Book 25
▶ The Haymakers	4 x 48 J	RSCDS Book 2
Flowers Of Edinburgh	8 x 32 R	RSCDS Book 1
The Machine Without Horses	8 x 32 J	John Rutherford, Book 12
▶ The Dashing White Sergeant	6 x 32 R	RSCDS Book 3
The Golden Years	8 x 32 S	Nora Sutherland, Book 48
Postie's Jig	4 x 32 J	Ray Clowes, Ormskirk Book 5
The Highland Rambler	8 x 32 R	Roy Goldring, Leeds Silver Jubilee

## Week 4 June 28

EH3 7AF	8 x 32 J	Roy Goldring, Book 40
The Clansman	8 x 32 R	Derek Haynes, Book 32
Seann Truibhas Willichan	6 x 32 S	RSCDS Book 27
▶ Bridge Of Athlone	4 x 48 R	Ceilidh Round the Steeple
The Pawling Porch	8 x 32 R	Elaine Brunken, Moments in Time
Hedwig's Reel	8 x 32 J	Stella Phillips, 2nd Book of Graded Dances
The Waratah Weaver	4 x 32 J	Elma See, 2nd Book of Graded Dances
Amhuinnuidhe* Castle	8 x 32 S	Deirdre MacCuish Bark, Coast to Coast
The Chequered Court	8 x 32 J	Duncan Brown, RSCDS Book 42
Swiss Lassie	8 x 32 R	Rosi Betsch, RSCDS Book 39

▶ = Audience participation invited

\* Pronounced ave-an-soo-e

## Edwards Gardens ~ Tuesdays in June ~ 7 p.m. to Dusk Music by Scotch Mist

Come, join in the fun, and remember to bring a friend. This is one of our most popular outreach events. All are welcome: dancers, would-be dancers, and spectators alike. We appreciate your participation and support. There is no official charge, but your contributions to the donation box help keep the tradition going.

We dance on The Green (behind the barn), at Edwards Gardens (Leslie & Lawrence Ave. East), weather permitting. If rain threatens June 7, a cancellation notice will be posted on our website by 4:00 p.m. For the other three evenings, the Rain Location is the Church of the Ascension, 33 Overland Drive. Again, check the website at 4:00 to confirm the venue.  
... Dave Drewette, Convenor DITP



It's an end-of-summer tradition. This is our seventh annual Dufferin Grove outreach event. It's a great night to attract new dancers and to enjoy one of Toronto's most community-oriented and busy downtown parks. The park is a quick 5-minute walk south from Dufferin subway station. Drivers can park free at Dufferin Mall across the street.

We dance on grass in the northwest corner, next to the park building. Keith and Deirdre Bark will play recorded music and brief easy, fun dances aimed at crowd participation. This is outreach so there's no fee.

The dance coincides with the weekly Organic Farmers Market, which ends at 7 p.m., so come early and pick up some fresh organic produce. There are also vendors selling snacks and drinks.



Dance in beautiful, breezy Seeley Hall at Trinity College. Various Guest Teachers from the GTA. Details on [dancescottish.ca](http://dancescottish.ca) and on the Trinity website: <http://www3.sympatico.ca/barber.malcolmson/>  
More info: Paul Barber: [paulbarber48@gmail.com](mailto:paulbarber48@gmail.com)

## The 2016 AGM Dance



The AGM dance brought our 2015-16 Monthly Dance season to a close. Thanks to a short meeting, we completed the evening's dance programme. Don Bartlett & The Scottish Heirs provided great music and the 91 dancers attending had a wonderful evening of dancing.

Dates for the new season are not yet finalized with Crescent School but will be posted on the website and in the September *Set & Link*.

We encourage those of you who don't attend the Monthly Dances to give them a try; we have a strong nucleus of regulars who are more than willing to help you through the dances.

Enjoy your Summer, and we will see you in the fall at the first monthly dance.

... Forbes Duncan, on behalf of the Monthly Dance Committee



I would be most remiss if I neglected to submit an article on this particular dance during such a celebratory period of time for the Duchess of Edinburgh, or as she has been known for many years, Her Majesty Queen Elizabeth II. Celebratory in that she has just observed her 90th birthday.

In the world of Dancing Scottish, *The Duke and Duchess of Edinburgh* officially came to light 20 years ago as an inclusion to *RSCDS Book 39*. Yet the record seems to show that this 40-bar reel had actually been

devised back in 1948 in recognition of the wedding of the Duchess on November 19, 1947 to Lieut. Philip Mountbatten of the Royal Navy. At that time of course, she was known as Princess Elizabeth, and Philip had just renounced his own Greek and Danish royal titles.

In honour of their wedding, her father, King George VI, re-created the Duchy of Edinburgh, naming the newlyweds HRH Princess Elizabeth, Duchess of Edinburgh and her husband HRH The Prince Philip, Duke of Edinburgh. King George died five years later at the age of 57 and she became Queen. Perhaps an advantage of advancing years is that I well remember watching her coronation at an English pub in my home town of Derby. The coronation was on the "telly" as we called it, and I did not have one at home in those days.

The co-devisors of this dance were Allie Anderson and Florence Lesslie. They are believed now to be both deceased in New Zealand although it is unclear whether they were New Zealanders when the dance was devised.

At least among Royalists, it might be a burning question, albeit academic, as to whether HM Elizabeth II is still able to carry the secondary title as Duchess. After a little research, I learn that there are numerous points of view, both for and against the question. I also

learn that Royal watchers are quite a sensitive lot who look upon such issues very seriously. Can one be a Queen and a Duchess at the same time? Or for that matter, be both a Prince and a Duke? The rankings of lesser members of the nobility can be even more complicated. In diminishing order of importance from Dukes, there are Marquesses and Earls, and Viscounts and Barons and Baronets. And that's only the males of nobility. Their spouses' titles are even more complex. Did you know that Mrs. Marquess is a Marchioness and that Mrs. Earl is a Countess? It is to boggle the mind! So I say ... enough already!

Here's something we should recirculate. I remember that on the 60th anniversary of Queen Elizabeth's Coronation four years ago, there was cause for some special celebration at the RSCDS Toronto Association. To wit, our very own Carole Skinner, teacher of the Petronella social group, and an accomplished deviser of Scottish country dances, created a dance called *Lilibet's Strathspey*. The dance was submitted to Buckingham Palace to the delight of the Queen herself, who, as we all should know, has been the Patron of the Royal Scottish Country Dance Society as an international entity since 1947. Lilibet was a term of endearment used by King George for his daughter Elizabeth. Well done, Carole!

To conclude, here is a reminder that the St Clement's social group will host a special "Happy & Glorious" Tea Dance Saturday June 11 to celebrate the 90th birthday of HM Queen Elizabeth II. See page 2, and the website for details. In my view, *Lilibet's Strathspey* should be a component of that event, in addition to *The Duke and Duchess of Edinburgh*.

...Barry Pipes,

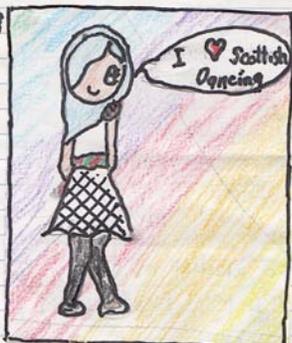
[mccallum.pipes@rogers.com](mailto:mccallum.pipes@rogers.com)

Carole Skinner received this letter from Buckingham Palace, thanking her for the dance *Lilibet's Strathspey*.



Dear Editor... RE: QUEEN VIC KIDS FEEL THE BEAT.

Scottish Country dancing is an amazing hobby. I have been dancing since I was in Gr. 2. I am in Gr. 4 now. I enjoy learning dances of other culture. It is fun dancing in the foyer every week and performing in front of an audience. I have danced Virginia Reel, Kingston Flyer, Meet New Friends and The Happy Meeting. This is my favourite. It has a figure of eight.



by: Amanee, M. Gr. 4 Room 405

I love Scottish country dancing. It's one of my favorite things to do. I have it at school but I still also love to do it at home and show my parents! My favorite part about it is that I always learn something new. I want to say a huge thank you to Miss Genbsa & Mrs. Hoenhaus for helping me in my dancing for the past 2 years!



This vividly-imagined trilogy is a compelling narrative on Scottish culture and nationhood woven into the story of three Stewart kings named James. Critics have hailed the series as "a towering achievement" that's "better than Shakespeare". Presented by the Luminato Festival at a new theatre inside the iconic Hearn Generating Station, Toronto Port Lands. 10% discount for groups of 10.

[www.luminatofestival.com/festival/2016/James-Plays](http://www.luminatofestival.com/festival/2016/James-Plays)

# 'Twas was a frabjous Gala Day. .



Gala Day was both inspirational and fun.

It was billed as "a day for social groups and classes to dance to the best of their ability and to gain enjoyment from a well-executed dance – a day to show off!"

It was more than that: it was a *celebration* of Scottish country dancing.

Saturday, May 7th, the spirit of the dance was shared by 116 active participants, and demonstrated by 16 teams. The dances were as varied as the outfits (kilts, traditional white dresses with sashes, colourful skirts and tops, and Hebridean skirts with shawls).

It was very interesting to watch the dances, to see some formations show up in several dances and feel the difference. It was as if every group had a unique personality or *joie de vivre* yet everyone was celebrating Scottish country dancing. Each group chose a different dance and the variety was striking. Even the staging was fascinating, ranging from traditional longwise sets to square sets, to 5 couple dances, to 3 dancers performing.

The demos also inspired everyone to dance! Everyone was invited onto the floor for six well-known dances that were briefed with a quick walk-through. The audience comprised participants and friends and family of participants.

The event ended with light refreshments – served to encourage the social in Scottish country dancing. The variety of goodies was awesome with many dancers providing homemade family favourites that quickly became everyone's favourites.

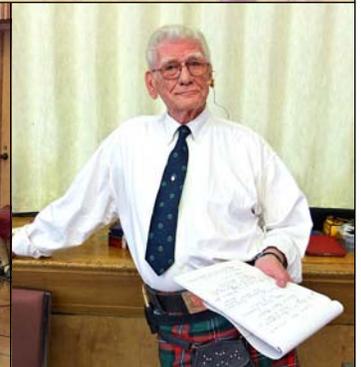
Many, many thanks go out to the Gala Day Committee that made the Gala Day celebration possible. Teresa Lockhart organized the day, Theresa Malek assembled and cued the teams onto the stage, Keith Bark with assistance from Cameron Coneybeare ran music, Marie Duncan was kitchen chief, Jean Lindsay greeted and collected entries, and Rob Lockhart shot video. Special recognition is due to compère Barry Pipes, who shared interesting sidelights while announcing the teams.

Our teachers worked with their groups to pick and to practise interesting dances and they indeed "kindled enthusiasm and infused dancers with the spirit of the dance". Gala Day couldn't happen without the eager dancers. Some gave up visits to their cottage, some were so nervous their hands were shaking, some went shopping the night before to get the "proper" skirt. Some new dancers were way outside their comfort level – and they excelled. Teamwork, joy, and spirit – it was an afternoon that will not be forgotten!

A DVD of the Gala Day performances will soon be available so dancers can share with friends and family. Proceeds from DVD sales will go to Dancing In The Park. Details will be on the website.

Gala Day happens again in 2018. Start planning what dance your group will perform and plan to attend a remarkable event!

... Lyn Barsevskis



# The Season in Review, from an Education & Training Perspective



**Association Classes** — Both newcomers and more experienced dancers participated in the various Toronto Association Classes. Many of these dancers also attended Monthly Dances, the Tartan Ball, Toronto Workshop, West End Workshop, West Toronto Ball, and other special events and dance activities in the GTA.

**Gala Day** — This showcase of dance, highlighting dance groups in the GTA, is held every other year. Saturday May 7, at St. Leonard's Church, 116 dancers participated. There were 16 teams, and general dancing for all between performances.

**Youth Ball** — Another successful Ball for the young people of the Toronto Association was held on April 16 at Cummer United Church. The 36 attendees, including both young people and volunteers, enjoyed a delicious dinner and delightful programme of dance to the music of Don Bartlett. The young dancers were well-prepared, and a grand time was had by all. Thank you to all for their generous support.

**Dancing Achievement Award ~ a new initiative for Toronto** — Moira Korus, assisted by Barbara Taylor and Gavin Keachie, prepared a number of dancers to have their dancing abilities assessed at the Advanced Level. The commitment of time was significant. Eight dancers were adjudicated the morning of Saturday, May 14, at Rosedale Presbyterian Church. Assessors Jean Noble and Maureen Richardson marked each dancer on dancing technique, accurate execution of formations, and correct presentation of one jig, one reel, and one strathspey, randomly selected from 10 prepared dances. It was a very positive experience for all, and Toronto can be proud of the quality of dance instruction available, and the dedication of dancers wanting to raise the standard of their own dancing.

**Teachers' Panel** — The Panel met twice this season, with a third meeting scheduled in June. The Guidelines for Devising Monthly Dances and the levels in which the various formations should be taught were updated. For the 2016/2017 season, the committee put forward names of teachers for Association Classes and confirmed devisors for the Tartan Ball and Monthly Dance programmes and for the weekly Dancing in the Park programmes.

**Thank you** — It takes a very dedicated group of teachers, convenors, and volunteers to provide Toronto Area dancers with quality instruction and enjoyable dance experiences. As this dance season draws to a close, I would like to thank Glenna MacDonald, Moira Korus, Teresa Lockhart, and their committee members for their generous and gracious commitment of time and effort in co-ordinating the highlights listed above, and helping me fulfill my responsibilities to the Board and to the dancing community under the recently created Education & Training portfolio.

... Sincerely, Maureen Richardson, Director of Education & Training

## John Clark Awarded Life Membership

The immediate Past Chair of the RSCDS Toronto Association, John Clark, receives an Honourary Life Membership award from current Chair, Deirdre MacCuish Bark, at this year's Annual General Meeting. John received the award in recognition of his "many years of service" to the TA. John joined the TA Board in 2006. Over the years he served as Membership Director and Vice-Chair before becoming Chair in 2013.



### Helen Porter Hurd

7 Feb. 1929 - 7 May 2016

Helen Hurd, daughter of composer Quincey Porter and violin soloist Lois Brown, was born in Paris. She was an active volunteer in several organizations, and a Scottish country dancer. She was married for 67 years to Reverend Doctor John Hurd, founder of the Trinity social group.

We extend sincere condolences to her family.



### William David Mungo James Murray, Earl of Mansfield

7 July 1930 - 21 Oct. 2016

The Earl of Mansfield was Honorary President of RSCDS for 30 years, having been proposed for the position by Miss Milligan in 1977.

(See *Scottish Country Dancer*, April 2016 for a full obituary.)

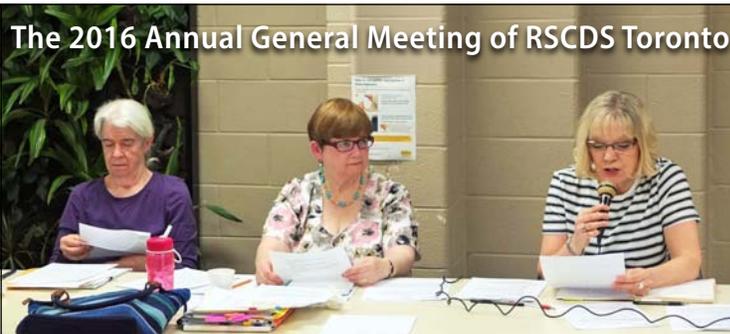
## Remembering the Earl of Mansfield



It was a pleasure to read in the latest *Scottish Country Dancer* about the life of the Earl of Mansfield, Hon President of the Society for nearly 30 years. One sentence struck a chord: "It has even been said that he taught the Society how to conduct a meeting ... by precept and example." While my husband Ron was Vice Chair and Chair of RSCDS Toronto, we would go to the AGMs in Scotland. I have never forgotten one meeting which was likely to prove long

and contentious. We groaned at the prospect. But it was not so. We were amazed at the Earl's deft handling of a difficult situation. The meeting was conducted in masterly, unemotional fashion with speed and efficiency. The meeting broke up calmly and we continued on to the evening dance. I have had great respect for him ever since.

... Carole Bell



The 2016 AGM was thorough but brief thanks to Chair, Deirdre MacCuish Bark, and Secretary, Nancy White, who led members efficiently through the agenda. The April 30 meeting was sandwiched between two enjoyable sessions of a dancing at Crescent School. Members heard a short account of the work of the Board over the past year and then voted in favour of several motions.

In addition to accepting revisions to the TA's Procedures Manual, the AGM also voted to accept a membership fee increase of \$4. This increase is the result of a £2 increase in 2016/17 membership fees approved by the Society in Edinburgh in November, 2015. The background to the fee motion noted that the last two fee increases approved by Scotland were not passed on to members of the Toronto Association.

... Wayne Ellwood, Communications

# Workshop Weekend in Japan



Workshop participants tried a typical Japanese dance  
Video and pictures: <http://tinyurl.com/h3zdbdo>

**The weekend school in Nikko was just amazing!** Of the 169 participants, 60 were from 9 other countries. We enjoyed classes taught by Yoshiki Oyama and Pat Houghton. The musicians were James Gray (piano) and Kana Otake (Fiddle). This was my first weekend school and I danced three nights in a row. I think we danced more than 60 dances over the weekend. Since I'm a new dancer, every day I saw new formations and dances. To be honest, I was a bit overwhelmed.

The ball was unforgettable. The Japanese dancers are very enthusiastic and *so serious* about dancing beautifully. The harmony of the musicians and dancers was just extraordinary! This was the first time to dance with my mother (who was one of the organizers of the event). We had such a great time together!

We also had a chance to learn one of the Japanese traditional dances (picture above). I thought it was funny to watch Scottish country dancers attempting a Japanese dance so seriously!  
... Hiroko Sasaki



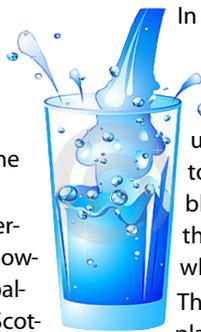
Hiroko Sasasaki with her mum and Pat Houghton

## Two Ds : Dehydration and Dancing

The prompt to write a few words about dehydration and our favourite activity came from a friend's past and recent experience with dehydration, a recent article in the *Globe & Mail's Life & Arts* section of May 12, 2016, and the urging of the editor of this fine publication.

It is interesting to note that water accounts for 50 to 70 percent of an average person's weight and that fat tissue has a lower percentage of water than lean tissue. Water intake must balance water loss. Profuse sweating, which can be caused by Scottish country dancing, especially in hot weather and /or in a hot room, can increase water loss through evaporation. Failure to compensate for water loss can result in dehydration. In other words, dehydration occurs when more fluid is lost than is taken in and the body does not have enough water and other fluids to carry out its normal functions.

Symptoms of mild to moderate dehydration include increased thirst, dry mouth, tiredness, decreased urinary output, dry skin, headache and dizziness or lightheadedness. However, thirst is not a reliable gauge of dehydration in older adults; the sense of thirst becomes less acute as we age. In addition, older adults are at increased risk of dehydration because their body fat is higher, their prescription medications may increase urinary output, and they may avoid drinking fluids because of poor bladder control or urinary frequency.



In a healthy adult, mild to moderate dehydration can be treated by drinking more fluids. Other interventions include placing the person in an air-conditioned environment, in the shade or near a fan, removing excess clothing, and using a wet towel to cool the body. But avoid exposing the skin to excessive cold such as ice packs or ice water which can cause blood vessels in the skin to constrict and thus decrease rather than increase heat loss. Excessive cold can also induce shivering, which will raise body temperature.

The best approach to dehydration is to prevent it in the first place. In November 2014, Dietitians of Canada posted *Guidelines for Drinking Fluids to Stay Hydrated*, which recommends that men and women over 19 years aim for a fluid intake of 3 litres (12 cups) and 2.2 litres (9 cups), respectively, over a day. "Fluids include water and other beverages such as milk, juice, broth or soups, coffee and tea. Water is one of the best fluid choices, but it is a myth that you need 8 cups a day to stay healthy." — Keep dancing and stay hydrated!

[www.dietitians.ca/Guidelines-staying-hydrated](http://www.dietitians.ca/Guidelines-staying-hydrated)

[www.merckmanuals.com/waterbalance](http://www.merckmanuals.com/waterbalance)

[www.emedicinehealth.com/dehydration](http://www.emedicinehealth.com/dehydration)

[www.mayoclinic.org](http://www.mayoclinic.org)

... Glenna MacDonald

## Upcoming Events: NEAR

June 7, 14, 21, 28 ~ **Dancing In The Park** ~ Edwards Gardens 7 p.m. to dusk. Music by Scotch Mist.

June 11 ~ **Happy & Glorious Dance Party** ~ St Leonard's Anglican Church, 1:00 - 3:30. Tea & Scones. Reserve your space with [Teresa.Lockhart@rogers.com](mailto:Teresa.Lockhart@rogers.com).

Cost: \$10 Info: 416 759 9845

June 18 ~ **White Heather Ball** ~ Sikorski Hall, Oshawa. Music by Scotch Mist. Cocktails at 6:00. Tickets: Marjorie Mason: [marjorie@weertartanshop.ca](mailto:marjorie@weertartanshop.ca) 905 985 6573

July 16 ~ **Orillia Scottish Festival** ~ Come alone or in a group to dance in the Opening Ceremonies (1:30 start). Couchiching Park. Info: Linda Argent 705 487 5868.

Oct. 22 ~ **St. Andrew's of Brampton is 50!** Come and celebrate with us. 7:30 p.m. at Chris Gibson Rec. Centre, 125 McLaughlin Road, Brampton.



### Membership Priority: Renew Early

Our RSCDS Toronto membership year ends September 30, and most of us renew, somewhat leisurely, through September and October. However, changes at the Society in Scotland make Oct 14 a crucial deadline. The number of delegates (i.e. votes) allotted to each Branch for the Society's AGM in Perth will be determined by total branch member numbers as of October 14.

We want our voice to be heard in Perth. It is therefore very important that each of us renew TA membership by September 30th. Thank you for your cooperation!

... Wayne Fraser, Membership Director



**Yes, we did it!**

Three generations of the Henderson family, Stella, her daughter Lorna, and granddaughter Skylar (10) celebrate completing the CN Tower climb.

Times were: Lorna, 25 mins 37 secs;

Skylar, 25 mins 39 secs;

Stella, 25 mins 42 secs.

Thanks to the generosity of her dancing friends, Stella collected \$345 for the World Wildlife Fund.

## Upcoming Events: FAR

June 24 - 26 ~ **Midwest Scottish Weekend**. Teachers: Sandy Gallamore and Janice Laycock. Music by Mara Shea and Dave Wiesler. At picturesque, historic Beloit College in Minnesota. <https://sites.google.com/site/midwestscottishweekend>

June 24 - 30 ~ **Prague Scottish Country Dance Week**. Five days of intensive dancing. Teachers: Ron Wallace and Muriel Johnstone on piano. Optional sight-seeing tour to southern Bohemia. <http://www.dvorana.cz>

June 11 ~ **Kitchener/Waterloo 40th Anniversary Ball**. Music by Scotch Mist in the Grand Ballroom of the Crowne Plaza Hotel, 105 King Street E., Kitchener. Further info: Susan McTavish (519) 743-4143.

July 3-8 ~ **The Thistle School**. Teachers J'ina Middleton, and Cate and Scott Reid — Hamilton area teachers well known to Toronto dancers! Musicians: multi-talented Dr Pete Campbell and Mary Ross of Victoria BC, winner of the 2015 Bobby Brown Memorial Scholarship from TAC. This is a bucket list experience for your Scottish country dance career. Info: (202) 966-3595

Aug 15 - 19 ~ **Scotch on the Rocks**. The Keppies invite you to enjoy a week in Wolfville, Nova Scotia. Explore dancing, rocks, landforms, and history with Duncan and Maggie keppie@eastlink.ca

Sept 16 - 18 ~ **Scottish Weekend at Timber Ridge, WV**. Teachers: Jamie Berg (Norway), Rebecca Blackhall-Peters (BC), Sandy Gallamore (VA). Music by James Gray.

[www.scottishweekend.org](http://www.scottishweekend.org)

Oct. 7 - 10 ~ **Scots Gathering in Canmore, AB**. Unleash your inner Scot. Teachers Ron Wallace and Elaine Brunken. Music: Mary Ross and Ron Krug. Musicians Workshop with Calum MacKinnon. Highland dance with Wendy Wilson. Other classes include Whisky Tasting, How to Wear Highland Wear, Intro to the Bodhran, Bagpiping, Drawing Celtic Knots, Gaelic, and many more options and events.

[www.calgaryscots.org](http://www.calgaryscots.org)

More events, near and far at:

[www.dancescottish.ca](http://www.dancescottish.ca)

### RSCDS Toronto Association Board of Directors

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## Royal Scottish Country Dance Society Events

### St Andrews Summer School

17 July 2016 to 14 Aug. (opt for any of 4 weeks)

Dance with folk from around the world in beautiful St Andrews. Top teachers and musicians. Week 3 is Young Dancers' week, which this year also features a pilot Junior Summer School for 8-11 year olds.

[www.rscds.org/article/summer-school-2016](http://www.rscds.org/article/summer-school-2016)

### AGM Conference Weekend

November 4-6; Perth, Scotland

Yes, there's a meeting (all members welcome), but there's also a lot of dancing. Typically, at the wrap-up ball 600 people take the floor.

[www.rscds.org/article/87th-agm-conference-weekend-2016](http://www.rscds.org/article/87th-agm-conference-weekend-2016)

### TAC Summer School

July 31 to August 7

Bishop's University (near Sherbrooke, QC)

Teachers: Mary Murray (BC), Bill Williamson (Scotland), Fred DeMarse (CA), Janet Walker (PA).

Musicians: Kathy Fraser-Collins, Ian Muir, Laird Brown, Don Wood, Judi Nicolson, Fred Collins

Info: [www.tac-rscds.org](http://www.tac-rscds.org)



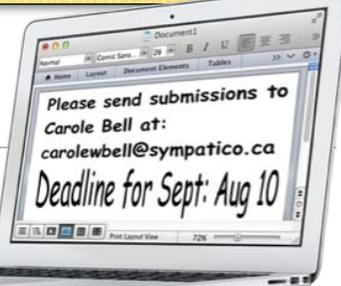
Scotland's National Tourism Organisation

[www.visitscotland.com](http://www.visitscotland.com)

### 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](mailto:nawhite15@gmail.com)



Please send submissions to  
Carole Bell at:  
[carolewbell@sympatico.ca](mailto:carolewbell@sympatico.ca)  
Deadline for Sept: Aug 10