

# Weekend Packages

Includes all meals from dinner Friday to lunch Sunday, accommodation, classes and gala dance.

## Class Choices

### LESS EXPERIENCED DANCERS

Ideal for those seeking to enhance their grasp of fundamental steps and formations while being introduced to more advanced ones.

### MORE EXPERIENCED DANCERS

Designed for proficient dancers with a thorough understanding of RSCDS steps and formations, capable of dancing with minimal walkthroughs.



## Musicians

### ATLANTIC FIRTH

The group consists of Alastair Macdonald (accordion), Karen Steven (fiddle), Ian Clark (guitar), and John Mitchell (piano). They play together for various kinds of Scottish events including SCD, Contra and Highland dance.

## Teachers

### HEATHER COWAN

FALKIRK, UK

Heather has danced in Forres, Edinburgh, London and Glasgow. She has taught for many years at the RSCDS summer and winter schools and spring fling.

### CECILY SELLING

PHILADELPHIA, USA

Cecily has been teaching for many years, and has taught workshops across North America and Japan. Cecily has also tutored candidates for the RSCDS exams and has served as a “practice examiner” for other branches.

For full biographies and pictures see the website: [rscdsottawa.ca](http://rscdsottawa.ca)

# Scottish Country Dance Retreat

June 14 - 16, 2024





# Cammac Music Centre

The Main Lodge, situated on the picturesque shores of Lake MacDonald, comprises 40 rooms. Several of these rooms boast private bathrooms, while all rooms are equipped with a washbasin. Access to all four floors is facilitated by an elevator.

Adjacent to the Main Lodge, the Lake House provides an additional 19 rooms, offering a slightly more rustic accommodation experience and shared washrooms.

Guests can enjoy the expansive cafeteria, complete with a veranda that overlooks the serene lake, where hearty and health-conscious meals are served. Vegetarian options are readily available upon request.

For our dance classes and events, the multipurpose concert hall serves as the primary space. Featuring a high ceiling, exceptional acoustics, and a top-quality dance floor, it provides an ideal setting. When not in class, enjoy the great tennis court, swim, canoe or go for a hike!

## Address

85 Chemin Cammac, Harrington, QC, J8G 2T2

The Cammac Music Centre is located on the shores of Lake MacDonald, near Highway 327, roughly midway between Lachute and St-Jovite. It is approximately 1:45 minutes from Ottawa and 1:30 minutes from Montreal.

# Schedule

## Friday June 14

- 4:00 - 6:00 pm Registration and welcome
- 6:00 - 7:00 pm Dinner
- 7:00 - 9:00 pm Combined class
- 9:00 pm After party

## Saturday June 15

- 7:30 - 8:00 am Essentrics stretch class
- 8:00 - 9:00 am Breakfast
- 9:00 - 10:20 am Less experienced class
- 10:40 - 12:00 pm More Experienced class
- 12:00 - 1:00 pm Lunch
- 1:00 - 2:20 pm Less experienced class
- 2:40 - 4:00 pm More Experienced class
- 5:30 - 6:00 pm Reception
- 6:00 - 7:00 pm Dinner
- 7:30 - 7:45 pm Grand march
- 7:45 - 11:00 pm Gala Dance

## Sunday June 16

- 7:30 - 8:00 am Essentrics stretch class
- 8:00 - 9:00 am Breakfast
- 9:30 - 12:00 pm Combined class
- Teachers' class
- 12:00 - 1:00 pm Lunch & goodbyes

# Dance Program

- |                        |                            |
|------------------------|----------------------------|
| EH3 7AF                | The Machine Without        |
| The Buckie Loon        | Horses                     |
| MacDonald of the Isles | The Piper & the Penguin    |
| The Raven's Dance      | Asilomar Romantic          |
| The Falls of Rogie     | The Wild Geese             |
| John McAlpin           | Da Rain Dancin'            |
| Best Set in the Hall   | Butterscotch and Honey     |
| The Highland Rambler   | Beach Dancer               |
| <i>Intermission</i>    | The Deil Among the Tailors |
|                        | Waltz                      |

# Registration Form

Name  Pronoun

Address

City  Province

Postal Code  Phone

Class Choice: Less Experienced   
More Experienced

Teachers Class: Yes  No

Dancer Room Choice:  
• Double \$400   
• Single \$450

Non-Dancer Room Choice:  
• Double Main Lodge \$300   
• Single Main Lodge \$350

Preferred roommate (if any)

Payment type:  
• Cheque (Payable to RSCDS Ottawa Branch)  
• E-transfer (treasurer@rscdsottawa.ca)  
• International participants can contact the treasurer to pay by Paypal.

Vegetarian Menu: Yes  No

Allergies   
Register online at [rscdsottawa.ca](http://rscdsottawa.ca)  
or mail to:  
Emily Porter, 7 Stonemeadow Dr.  
Ottawa, ON K2M 2C8  
emporter@gmail.com