

Chair's Message



I hope that you all enjoyed the beautiful weather over the Thanksgiving weekend. We have so much to be thankful for — not least of which is our wonderful Scottish Dance community.

On October 5 the Board met with the social group and association class teachers and contacts. This is one means of keeping two-way communications open. Plans for the year were discussed and many helpful suggestions were given. A report of the meeting will be sent to your social group. We will also be visiting your groups to give a *short* presentation. If you have any concerns, please raise them.

The September monthly dance with Don Bartlett & The Scottish Heirs was an excellent evening, with guests from as far away as Edinburgh. M.C. David Booz asked the dancers to clear the floor between dances — and everyone did! What a treat! It really helped people mix. And of course, there was the excitement of the passport draw. (Winners were listed in the October newsletter.)

Congratulations to the Tayside group on its 25th Anniversary. The celebration was a lovely evening. Best wishes for the next 25 years.

We also have a new social group in the northern part of our territory (see page 4). We wish them well.

I hope to see you at the Toronto Workshop and dance on November 8.

Jane

Picture This — Drawing Mnemonics

... Donald E. Holmes

What success can a beginner dancer who is a senior citizen expect from Scottish Country Dancing? Indeed, how does any beginner, of whatever age, who has never tried SCD remember dances? Some dancers highlight verbs on crib sheets; others use the IKEA method — no words at all — just simple drawings of the pattern they will dance; some rely on the commonly accepted diagrams of F.L. Pilling; and, finally, others always try to dance safely in fourth place! Some of us long-time dancers still ask these questions without having a fully satisfactory, definitive answer.



Dick Simon, artist

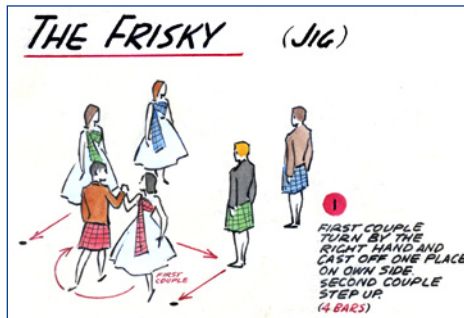
Dick Simon, was a 66-year-old gentleman who started dancing at Hillcrest in 1976 with his wife Mary and daughter Lynne. He diagrammed Scottish Country dances for his own benefit, to help him learn. The result is that his diagrams help other visual learners remember how a dance goes.

Remembering dances is equally difficult and daunting for the beginner, but diagramming them so they could be readily accessible to many dancers was easy for Dick. He was an Editorial Assistant with the Toronto Star for 45 years (1930-1975) and he illustrated stories for The Toronto Star Weekly.

Dick excelled at various genres. He especially liked drawing animals; he was a portrait artist who drew ordinary folk as well as famous people; and he was a deft cartoonist. He sketched actual events “on-the-spot” for police investigations and once produced a detailed drawing in 14 steps showing the sequence of events in a \$2.8 million robbery of a Brink’s armoured truck by five men in Montreal. In summary, visualizing people moving in sequence was a natural talent he used to good effect when he took up dancing.

One of his drawings — a sketch of Scottish Dance partners turning by the right hand — is on the cover of *The Canadian Book of Scottish Country Dances* (December 1977) by John Drewry (see page 5). That book contains the popular dance, *Salute to Miss Milligan*, a tribute to her work marking the Golden Jubilee of the RSCDS. The book also contains *Glavya*, for which Drewry created and introduced the “Espagnole” progression.

Dick Simon was a fine artist in both oil and watercolour and exhibited his work at Edwards Gardens (now Toronto Botanical Gardens). His legacy to us is his meticulous symbolic representations of dances. His illustration of *Corn Rigs* appears in our anniversary book: *RSCDS TORONTO ASSOCIATION: Golden Jubilee, 1957-2007*. He was editor of the Toronto Branch newsletter from 1979-1981. He died October 5, 2004, at age 95.



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The sketch (top) was drawn by Dick Simon. He learned dances by drawing them on large posters. The hieroglyphics are from Pilling's wee green book. Pilling portrays the entire dance symbolically and concisely — but with no compelling artistry.

Wanted: A Dance Cartoonist

If you can draw cartoons, we want you! Humour is always welcome, but drawings have other valuable functions in marketing. Good dance photographs are notoriously difficult to get — and photos are specific, whereas drawings are symbolic, and thus universal. If you can draw, speak to any member of the Communications Committee (see pg 6). Your talents could enhance our communication and advertising.



December Monthly Dance

Date: Saturday, December 6, 2008
Time: 7:30 - 10:00 p.m.
Place: **Crescent School**
 2365 Bayview Avenue
Music: Don Bartlett & The Scottish Heirs
Hosts: • Erin Mills (Friday) • Glenview • South Simcoe

Joie de Vivre	8x32J	Bk. 39/1
The Soldier's Joy	8x32R	Bk. 2/6
The Birks of Invermay*	8x32S	Bk. 16/2
The Dhoon	4x32J	Childrens/1
Strathglass House	8x32S	Bk. 13/9
See You Again	6x32R	Let's All Dance
Interval		
Hooper's Jig*	8x32J	MMM2
Dalkeith's Strathspey*	8x32S	Bk. 9/6
Bea's Delight	8x32R	Bk. 43/7
The Rothersey Rant	4x32J	Birmingham
St. John River	4x32S	Canadian Centennial
The Reel of the 51st Division	8x32R	Lft. 1

Extra

Rabbie's Reel 4x32R Bk. 40/7

All dances will be briefed and walked.

* Tartan Ball Dances

Sunday Classes

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

Sundays, 2-4 p.m. at Broadlands Community Centre, 19 Castlegrove Boulevard, North York. Cost is \$5/class for members, \$8/class for non-members (pay at the door).

Note: Previously, the cost of these classes was incorrect as published. The correction has been made in this issue.

November 16 - Blair Gerrie - *Jean Atwood dances*
 November 23 - Moira Korus - *Three couple dances*
 December 7 - Paul Maloney - *Derek Haynes dances*
 December 14 - Carole Skinner - *Carole's favourites*

For info: Alice Chase (416) 410-7078 chase_al@hotmail.com

Ceilidh Classes

EVERY FRIDAY IN NOVEMBER is Ceilidh night! The dancing is fun, and easy, and a great way to acquire experience for events such as the St. Andrew's Ball, Burns Suppers, family weddings, etc. *Dancers, bring a friend* — all are welcome, including those 'with two left feet.' Teacher, Teresa Lockhart, will lead you through the fundamentals, and popular dances such as *Gay Gordons* and *Dashing White Sergeant*. At St. Leonard's Church, 25 Wanless Avenue (Yonge & Lawrence). Dancing starts 7:30pm sharp. Cost is \$8, at the door; \$24 for the series (a saving of \$8) if you pay up front). Questions? Contact Deirdre MacCuish Bark 905-822-1707, or Carole Bell 416-221-1201.

Special Events

Fiona Grant, Guest Teacher

Erin Mills Group

Friday, November 7, 2008

The Erin Mills Group invites you to attend their class, when Fiona Grant (Bristol, U.K.) will be the featured Guest Teacher. Nora Sutherland will share the teaching on that evening.



Toronto Workshop

Saturday, November 8, 2008

Toronto French School

The day will consist of 3 sessions, a group class, and the evening (Nov. Monthly) Dance. There will be vendors to entice you and a wonderful lunch. Teachers are: Fiona Grant – Bristol, England; Claire Collier – Lewiston, New York; Fiona Philip – Mississauga, Ontario. Musicians: Bobby, Laird Brown and Don Bartlett. **Info:** www.rscdstoronto.org



Teachers' Workshop

Sunday, November 9 @ 1-3 p.m.

This workshop is for Teachers and Candidates only.

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



St. Andrew's Ball Practices

Glenview: Wednesdays, Nov. 12 & 19 @ 8 -10 p.m.

Donalda McDonald will, over two weeks, teach the dances on the program. \$5 for Glenview members; \$6 for non-members. At our new location, Glenview Presbyterian Church. See the Glenview website or call Ian Clunie, 416-486-6582.

Trinity: Thursday, November 27 @ 8 -10 p.m.

Trinity will devote an evening in Seeley Hall to practice selected dances on the St. Andrew's Ball Scottish Country Dances programme. More info: paul.barber23@sympatico.ca



Calvin Christmas Dance

Tuesday, December 9, 2008 @ 7:30 p.m.

Calvin Social Group invites all dancers to join us at Calvin Presbyterian Church Hall, 26 Delisle Ave (Yonge and St. Clair). Get into the holiday spirit with the live music of Don Bartlett. Cost is only \$10 and includes refreshments. Contact Ken Adamson 416-763-0073 or ken.adamson@sympatico.ca



Glenview Christmas Dance

Wednesday, December 10, 2008 @ 8 -10 p.m.

Dance to the music of Fred Moyes at Glenview Presbyterian Church, 1 Glenview Ave. Dance followed by finger food buffet. Tickets \$15 at the door. Contact Ian Clunie, 416-486-6582. More info at www.glenviewscd.org

Special Events

Erin Mills Christmas Dance

Friday, December 12, 2008

Making your Christmas plans? Tickets (briefsheets) at \$15 each available for the Erin Mills Dance. Music by "The Reel Thing". Light refreshments included. Contact the Hamiltons at 905-566-9599 or g.s.hamilton@sympatico.ca



Erin Mills Hogmanay Ball

December 31, 2008

At Port Credit's beautiful, historic Clarke Hall.

Reception at 7:30 p.m. Dancing from 8 p.m. until shortly after midnight to the music of Bobby Brown & The Scottish Accent. There will be a complimentary Wine and Punch bar all evening. Further refreshments will be available mid-evening. \$60 per person. Join us for this Erin Mills tradition. Contact Keith R Bark 905-822-1707 barkk@rogers.com



Glenview Hogmanay Dance & Ceilidh

December 31, 2008 @ 8 p.m.-12:30 a.m.

Rosedale Presbyterian Church

Music by Fred Moyes. Dance followed by finger food buffet and ceilidh at Rosedale Presbyterian Church. Tickets \$15. Contact Ian Clunie, 416-486-6582 or www.glenviewscd.org



Highlands of Durham Hogmanay

December 31, 2008

Latham Centre, Port Perry

All types of dancing including Scottish Country. Midnight Buffet. Tickets \$25. Contact Marjorie Mason, 905-649-3532, mmason@bellnet.ca or Stewart Bennett, 905-985-6573, stewart@theweetartanshop.ca



Highlands of Durham

Robbie Burns Dinner & Dance

January 17, 2009

Scugog Community Centre, Port Perry

Traditional roast beef dinner and entertainment. All types of dancing to favourite Scottish music. Tickets \$50. Contact Marjorie Mason, 905-649-3532, mmason@bellnet.ca or Stewart Bennett 905-985-6573, stewart@theweetartanshop.ca



West End Workshop / Tea Dance

Saturday, March 21, 2009

Classes morning & afternoon, with a hot lunch. Afternoon break followed by the Tea Dance. Teachers: Alan Twigg, Ian Souter and Ian Paterson. Contact Anna Rielly 519-927-5502 or t.rielly@rogers.com

Convenors

Margaret Anne Hunter: Youth Convenor



I was a highland dancer from the age of 4 but it wasn't until 1983 that I took a Scottish Country Dance class at the Winnipeg School for Celtic Studies. I was hooked and when I returned home to Toronto I took a class with Bob Millar and joined East York and then Newtonbrook groups.

In 1993 I became a teacher and taught Eglinton Assembly social group and Newtonbrook children's class. I continue to

teach at Tayside and Newtonbrook and have enjoyed the challenges of being the Youth Convenor.

I have now retired as a nurse in Obstetrics and have moved to a downtown condo where I can indulge my love of theatre, ballet and

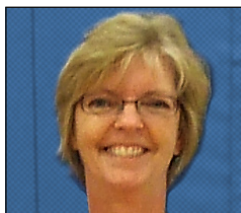
Letters to the Editor

October's Set & Link, described a process for Scroll of Honour nominations. Chair Jane submits the following clarification.

Dear Editor:

Any member can *propose* a candidate for the Scroll of Honour but only RSCDS Branches can *nominate* a person. Candidates need not be teachers, though it is usually teachers or musicians who are so honoured. It is up to the proposer to accumulate the supporting documentation. This is given to the Secretary of the Toronto Association. The Board then decides whether to put that name forward. If so, the nomination, with documents, is compiled and sent to Scotland by the Secretary.
... Jane Robinson

Dear Editor:



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

I want to say a great big thank you to the Executive, to Teresa Lockhart for guarding the completed passports so carefully (and putting magnets on mine!), to TAC Sound, and to the musicians for donating the gift of music for the Passport Challenge prize. What a way to celebrate the weekend! Of course, now I'm going to have to fly to B.C. to spend the TAC Sound gift certificate.

I think the whole Passport Challenge was a great idea — a lot of people really embraced it and obviously threw themselves into it wholeheartedly. It was amazing to see how many dance events we actually attend in a year (would have been more if the weather had cooperated for a couple of monthly dances and for Dancing in the Park).

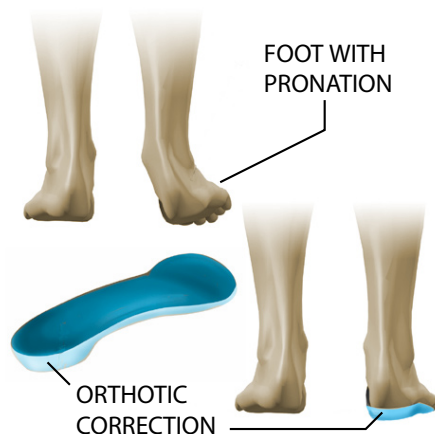
Kudos to everyone involved, and thanks again.

... Arlene Koteff

50-50 Draw
A 50-50 draw will be held at the November Monthly Dance. This is a fund-raising opportunity to support Dancing in the Park.

Keeping Feet Fit & Avoiding Dance Injuries

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



The first part of this article was published in the October Set & Link.

Having the right shoes can also be of great importance in preventing problems. Sizing is of course important, as too large a shoe will cause excessive motion of the foot

and lead to blisters; too small may cause deformity and inflammation, especially in the toes. One specialty shoe, the Hullachan*, seems to have been designed especially for Scottish dancing. Its creator, a Scot named Craig Coussins, has incorporated a number of innovations, including a straight last (allows the foot to shape the shoe) and extra thickness in the toe box for durability without the use of seams. Heels are accommodated by using elastic to conform to the wearer's size. Medial arch accommodation is done with a generic "one size fits all" scaphoid pad – no claims or evidence are put forward to support this method. Finally, instructions regarding proper lacing of the shoes are given (see www.hullachanpro.com/lacing.htm). Proper lacing techniques avoid difficulties with the extensor tendons and Achilles tendon.

A number of foot problems may occur with dancers. Perhaps the most common is blisters, caused by ill fitting shoes. To reduce the sheer force of the shoe against the skin, products such as Second Skin or Bandaid Blister Block can be used. Calluses, which form at pressure points, are usually present in the ball of the foot. Debridement, along with accommodative padding, will relieve symptoms.



Ingrown nails can result from nail deformity or improper cutting, along with the trauma of dancing. If chronic, a minor surgical procedure is warranted. Metatarsalgia, caused by pounding action on the ball of the foot, may require rest or special pads for relief.

Of more serious nature are disabilities related to tendinous or soft tissue inflammations. Plantar fasciitis, which usually manifests in the heel area, can be quite painful and difficult to treat. Orthotics may be required, but usually a period of abstinence from the dance floor will be necessary in severe cases. Achilles tendonitis can be treated with stretching exercises, ice and heel lifts. Another serious, and often chronic, problem may involve ankle sprain, usually on the lateral side of the foot. This class of injury should cause the sufferer to think RICE - Rest, Ice, Compression, and Elevation. Analgesics such as ASA and ibuprofen are indicated in many cases, as they are also anti-inflammatory. Consulting a professional is always a good idea if chronic or severe pain is present.

Scottish Country dancing is fun, and for most, a healthy form of exercise. Nevertheless, proper preparation to avoid injuries is a must. Always remember that pain is something to be heeded, not tolerated, and be ready to seek outside help when necessary.

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

* The Hullachan-Pro dance shoe is available locally at Winnie's Workshop, Highland Dancing Outfits and Accessories, 59 Wareside Rd., Etobicoke, Ont., M9C 3B5, 416-620-0703

A New Group: The Aurora-Newmarket Scottish Country Dancers

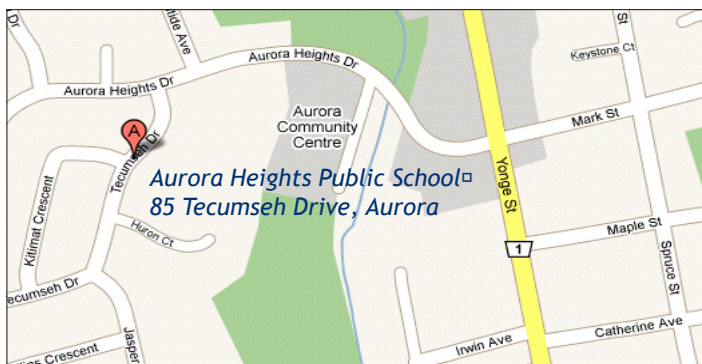


Maureen Richardson

Cross Steele's Avenue northbound, and you enter 905 country (according to Ma Bell, that is). Among 905ers are any number of Scottish Country Dancers who have had limited local opportunities for social dancing, at least until October 21, 2008 when a new group started up in Aurora to provide Scottish Country dancing on Tuesday evenings from 8:15-10:15 p.m.

Its formation results from the dedicated efforts of Aurora resident Mary-Frances Turner, who has long been eager to provide a more accessible local Scottish Country Dance group for dancers in communities such as Aurora, Newmarket and Stouffville.

Mary-Frances secured a location at Aurora Heights Public School, 85 Tecumseh Drive, Aurora, and was also delighted to get the support of well known Scottish Country Dance teacher,



Maureen Richardson, who lives not too far away in the community of Schomberg.

With Maureen's expert capabilities and Mary-Frances' dedication, we have no doubt that this new group will quickly be a magnet for Scottish Country Dancers throughout York Region. For the time being, they will be known as the Aurora-Newmarket SCD until, as Mary-Frances believes, a more unique and creative name can be devised.

For further information: Mary-Frances Turner 905-727-5505.

...Barry Pipes

What's In A Name? *Inverneill House*

For sale! Elegant 5 bedroom Victorian country house set in about 7 acres of private grounds located 2 miles or so just south of Ardrishaig on Loch Fyne.

For a mere 475,000 quid? Close to a million dollars Canadian give or take! This caught my eye when seeking real estate opportunities in Argyll. But isn't there a Scottish Country Dance by that name? Of course! It's a somewhat tricky reel out of RSCDS Book 35 that just happens to be on the November Monthly Dance program.

And why is it so important? Well, back in the late 1400s, the 1st Earl of Argyll, Colin Campbell, acquired the Inverneill estate. And in the hands of the Campbells it stayed until 1955, when it was sold, the last owners being Olive and Una Campbell. The Misses Campbell happened to have another sister, by name Ysobel, who had married and became Mrs. Ysobel Stewart. Now that rings a bell! Could Ysobel, nee Campbell, be Mrs. Stewart of Fasnacloich? Bingo! No wonder there is a dance named *Inverneill House*, to commemorate her earlier homestead.

As many of us know, Mrs. Stewart of Fasnacloich and the iconic Jean Milligan were co-founders in 1923 of the Scottish Country Dance Society. At that time, Mrs. Stewart was also Chief Commissioner of the Girl Guides



INVERNEILL HOUSE: *The 7-acre grounds of Inverneill include an impressive walled garden with its turreted crowns which sweep out in front of the house. The garden immediately to the rear is laid to grass and has a natural pond with its resident heron. The rest of the grounds are planted out with mature trees and a fabulous collection of rhododendrons, azaleas and other exotic shrubs. . . . Source: www.housespotters.com*

for Argyll. In 1955, she emigrated to South Africa to get respite from rheumatism she suffered due to the inclement climate of the North West Highlands of Scotland. In 1963, Ysobel died at age 81, over 10,000 kilometres from her Argyll family home, Inverneill House.

. . . Barry Pipes

A Volunteering Community



Tom Clark

With the membership form, many members of the Toronto Association put their names forward in one or more areas offering to be volunteers. Thank you. In due course, the volunteer committee hopes to acknowledge more personally your offer of help. The Toronto Association is run by volunteers. That bald statement really doesn't do justice to the enormity and variety of work done.

People voluntarily work through long meetings of the board. Others arrange workshops. Volunteers organize and oversee a season of monthly dances. Some put on Dancing in the Park. Some assemble the newsletter. Others do demonstrations. There are volunteers helping the social groups. There are volunteers helping beginners and out of town visitors at dances.

These activities are not meant to be life commitments – there is meant to be turnover. This is why it is important to have a number of people who are interested in helping in different ways on standby. That is what happens when you fill in the volunteer form when you renew your membership. You indicate an area in which you are willing to volunteer. You go on standby! That is very much appreciated. The names go to the convenor leading the area where you said you might help. When someone fulfils a time commit-

ment or moves out of town and a space appears, you may be called on to join in the volunteering for a term, or you may not. If you are asked, please consider a "yes." Remember it is not for ever, and it can be fun.

A volunteering community remembers to say "Thank you" for the time and the service given and it accepts that human beings bring foibles as well as gifts. Later this year we will call on all of you to think about people who deserve recognition. That can be by an article in the newsletter or a form of award. With appreciation and understanding in a volunteering community there are always people ready to take a turn.



. . . Tom Clark

Director at Large, Social Group Liaison/Volunteers



Dick Simon's Cover
One of Dick Simon's volunteer efforts was this elegant drawing for the cover of The Canadian Book of Scottish Country Dances.

Upcoming events: NEAR

- NOV. 7. **Erin Mills class** with Fiona Grant (pg 2).
 NOV. 8. **Toronto Workshop & Monthly Dance.**
 NOV. 9. **Teachers' Workshop.** (See page 2.)
 NOV. 12 & 19. **Glenview St. Andrew's Ball practices.** (See page 2.)
 NOV. 15. The RSCDS Toronto Association Demo Pool dance at **Illuminite.** (See below.)
 NOV. 16. Special class, **Jean Atwood Dances**, at Broadlands. (See page 2.)
 NOV. 18 & 25. **St. Andrew's Ball Practices** at Moss Park Armoury. SCD practices start at 7:30pm. More info: www.standrews-society.ca
 NOV. 23. Special class, **Three-Couple Dances**, at Broadlands. (See page 2.)
 NOV. 27. **Trinity St. Andrew's Ball practice.** (See page 2.)
 NOV. 29. **St. Andrew's Ball** at the Royal York Hotel. \$125 per person. More info: www.standrews-society.ca
 NOV. 30. **Demo pool practice** at Broadlands.
 DEC. 7. Special class, **Derek Haynes Dances**, at Broadlands. (See page 2.)
 DEC. 9. **Calvin Christmas Dance.** (See page 2.)
 DEC. 10. **Glenview Christmas Dance.** (pg 3.)

 DEC. 12. **Erin Mills Christmas Dance.** See page 3.
 DEC. 14. Special class, **Carole's Favourites**, at Broadlands. (See page 2.)
 DEC. 31. **Erin Mills Hogmanay Ball.** (See pg 3.)
 DEC. 31. **Glenview Hogmanay Dance and Ceilidh.** (See page 3.)

 DEC. 31. **Highlands of Durham Hogmanay.** (See page 3.)
 JAN. 17. **Highlands of Durham Robbie Burns Dinner.** (See page 3.)
 MARCH 21. **West End Workshop/Tea Dance.** (See page 4.)

Illuminite

November 15: Join members of the RSCDS Toronto Association Demo Pool who are dancing from 1 to 2 p.m. at Illuminite, a free, fun-filled celebration at Yonge-Dundas Square (12 p.m. to 7:30 p.m.) For details about the event, see www.wintermagic.ca/illuminate.



Upcoming events: FAR

- DEC. 28 - JAN. 5, 2009. **New Zealand Branch Summer School**, Christchurch, NZ. Information: www.rscdsnz.org.nz or contact Doug Mills at doug.mills@rscdsnz.org.nz
 FEB. 26 - MARCH 3, 2009. **RSCDS Winter School 2009**, Pitlochry. Info: Jill Petri at HQ, Scotland: jill.petri@rscds.org
 MARCH 20-22, 2009. **RSCDS Tokyo Branch 25th Anniversary Weekend** with Ball on Saturday. Venue: Hotel Kagetsu-en, Hakone spa area approx. 2hrs from Tokyo. Teachers: Alex and Kate Gray. Cost: Approximately \$400 Canadian for classes, ball, accommodation and meals. Contact: Mrs. Noriko Nishimoto, the Branch secretary at bonaccord24wood@kfybiglobe.ne.jp
 APRIL 9-13. **Barcelona International Dance Competition for Dance Schools/Companies**, Spain. Info: <http://web.tiscali.it/barcawardance>
 APRIL 24 - MAY 3, 2009. **Budapest & Vienna Branch Joint Jubilee Celebration.** A combo of touring and dancing. Teachers: Graham Donald and Susi Mayr. Musicians: Muriel Johnstone and Keith Smith. Info: www.rscdsvienna.org/jubilee2009 and/or www.bstkl.hu/bal2009

WANTED:

A 1986 West Toronto Ball dance booklet

Do you know anyone who might have this booklet and would be willing to donate it to complete the set for the archives?

Please contact Barbara Taylor at 905-271-1598.

Cookbook Reprints



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

Demo Pool Practices

Sunday, November 30 and Sunday, January 4 at Broadlands Community Centre from 2 - 4 p.m.
 Any interested dancer contact Deirdre MacCuish Bark, 905-822-1707



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notice . . .

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