



The Virginia "Reel" News



October 2013

www.richmondscottishcountrydancers.org

New dancers: If at any time you feel the class is not for you, please let the teachers know as class lesson plans are structured to address the level of all dancers.

At the end of the six weeks the teachers may decide the new dancer/dancers are not progressing to the level to which they can be absorbed into the current class. If the new dancers wish to continue with the group, it is with the understanding that they will be asked to sit out when a dance is not suitable for their participation.

In class

Please check for information papers

New Dancers

Welcome, we are delighted to have you. If you have not already given us your information, please ask Carol, (our treasurer) for a registration and membership form. We need a contact number in case of time or venue changes.

Please note: To address the concerns of dancers, all Richmond classes and dance events are "Fragrance free".

All Dancers - If you know before any following Tuesday that you will not be attending class, please let me know at 804-282-5482 or 804-405-2725 or Sandy 804-678-8927

Class Dress Code

There is no mandatory dress code but I prefer ladies to wear a skirt or dress. If it is cold, wear leggings with your skirt. Gentlemen, it's nice to see kilts in class, not mandatory but one dances better if one dresses for dancing.

Please, check the newsletter for upcoming dates. Some dancers do attend out-of-town dances or dance events and at times it is useful to know they will be out-of-town and not available.

October Birthday Congratulations

6	Tina
12	Juli

Member at large

Margaret Murphy is "Member at Large" for the group. This means Margaret represents the group so please approach her if you have items you wish the board to discuss. Margaret is also our Webmaster, if you are having a problem with our website, please let her know.

Upcoming Events

October 19 **Richmond Highland Games & Celtic Festival**
Ceilidh on the Field – Richmond SCD

Dancers who have tickets for the ceilidh dancing: Craig, Sandy, Laurel, Malcolm, Peg, Rochelle, Sherri, Sumner, and Susan. Please join us at 5pm on Saturday on the Highland Dance stage at 5pm
There are discounted tickets if purchased early. Susan has offered to pick up tickets so let her know how many you want.

October 26 **Richmond Hallowe'en Dance Party – Church of the Epiphany 2-5:30**
Musicians: John Turner/fiddle & Susie Petrov/piano

Programme: Mrs. Stewart's Jig-The Byron Strathspey-The Flowers of Edinburgh-Asilomar Romantic-Maxwell's Rant-The Tattie Bogle-The Braes of Breadalbane-The Highland Road-Joie de Vivre-The Peat Fire Flame-The Silvery Knot-Roaring Jelly-The Black Black Oil-Monymusk-Fair Jenny's Jig-The Falls of Rogie

Hallowe'en: The earliest observation of Hallowe'en was a Celtic celebration of appreciation of their ancestors. Samhuinn, which extended from 31 October to 2 November, was a time Celtic Druids set aside to free themselves from the constraints of their highly structured society. The people would show their lack of inhibition by wearing strange clothing and playing pranks, while children would knock on neighbours' doors asking for treats. What was most important to the Druids was the belief that on these days contact could be made with departed spirits and guidance or inspiration, is received. Therefore, the dead were not feared, but celebrated as loving guardians and guides. Unfortunately, the days of Samhuinn were renamed by early Christians to be Hallowe'en, All Hallows and All Souls Day. **Come to the dance and celebrate Hallowe'en with us.**

- October 25-26** **Reel Scottish Weekend Dance & Workshop, Charlotte, NC**
Musicians: **Marian Anderson's Scottish Dance Band**
Teachers: **John & Ruby Wilkinson**
Programme Friday: EH3 7AF-St. Andrew's of Brampton-The Gentleman-Pelorus Jack-Staircase in Styria-Panmure Gardens-The Chequered Court-MacLeod's Fancy-Inverneill House-Neidpath Castle-Mrs. Stewart's Jig-A Trip to Bavaria-Snow on the Roof-Broon's Reel (The Duke of Perth)-Liquid Assets-Sueno's Stone-Miss Gibson's Strathspey-Best Set in the Hall-John of Bon Accord-Peggy Spouse MBE-IPFTA-Scott Meikle-Caddam Wood-Kelloholm Jig-The Peat Fire Flame-Anna Holden's Strathspey-Napier's Index-Midnight Oil-Asilomar Romantic-Bees of MaggieKnockater-Flowers of Edinburgh—The De'il Amang the Tailors
- Saturday:** Liquid Assets-Sueno's Stone-Miss Gibson's Strathspey-Best Set in the Hall-John of Bon Accord-Peggy Spouse MBE-IPFTA-Scott Meikle-Caddam Wood-Kelloholm Jig-The Peat Fire Flame-Anna Holden's Strathspey-Napier's Index-Midnight Oil-Asilomar Romantic-Bees of MaggieKnockater-Flowers of Edinburgh—The De'il Amang the Tailors
- November 2** **41st Jeannie Carmichael Ball – West Point Military Academy, West Point**
Musicians: **"Parcel of Rogues"**
Programme: Saturday **Good Hearted Glasgow-Maxwell's Rant-Argyll Strathspey-Crazy Aunt Wendy-The Falls of Rogie-The Border Weavers-Ladies' Fancy-Sugar Candie-General Stuart's Reel-Jubilee Jig-Shifftin' Bobbins-The Gentleman-Best Set in the Hall-Mrs. MacLeod-Broadway-Ann Arbor-The Blue Mess Jacket-The Montgomerie's Rant**
Sunday **Findlay's Jig-Starlight-Miss Gibson's Strathspey-The Duke of Atholl's Reel-1314-Mairi's Wedding-Hooper's Jig-Maurice-The Sailor-Let's Have a Ceilidh-MacDonald of the Isles-The Reel of the Royal Scots**
- November 8-10** **Argyle Weekend – Alexandria, VA**
Teachers: **Ron Wallace & Elaine Brunken**
Musicians: **Paul Anderson- & "Waverley Station" – David Knight/fiddle, Liz Donaldson, piano & Ralph Gordon, bass & Cello**
Programme: Friday A Trip to Glasgow-Fair Donald-Flowers of Edinburgh-The Bees of MaggieKnockater-The Braes of Breadalbane-Mr. Michael Bear's Reel-The Lady Wynd-Glasgow Lassies-Angus MacKinnon's Hornpipe-Mrs. Stewart's Jig-Delvine Side-The Highlandman Kissed his Mother
Saturday A Wee Nothin'-The Lass of Richmond Hill-The Silver Tassie-Best Set in the Hall-Hame Came Our Gudeman-The Fireside Reel-Argyll Strathspey-The Graduation Reel-Joie de Vivre-The Castle of Mey-The Robertson Rant-The Frisky-Portnacraig-Miss Gibson's Strathspey-Fair Jenny's Jig-The Reel of the Royal Scots
- November 23** **The Greensboro SCD 30th annual Ball**
"Dancing through the Decade" Costumes encouraged
Musicians: **"The Bobbys" – Mara Shea, Nora Garver, Pat Talbert/fiddle & Peter Campbell/keyboard**
Programme: EH3 7AF-Mary Erskine-The Falkirk Lass-Sleepy Maggie-The Last of the Lairds-John McAlpin-West Highland Line-Miss Ogilvie's Fancy-The Highland Rambler-Pelorus Jack-Alison Rose-Petronella-Best Set in the Hall-Chasing the Eclipse-Montgomerie's Rant-Quarrie's Jig-The Reel of the 51st Division
- December 7** **Alexandria Christmas Walk Dance**
Musicians: 2:00 p.m., The Durant Center, Alexandria, VA
Programme: David Knight/fiddle and Dave Wiesler/piano
TBA
- December 14** **Richmond's Christmas Dance Party, Church of the Epiphany**
Musicians: **David Knight/fiddle & Melissa Running/piano**
Programme: The Dillsburg Jig-Miss Gibson's Strathspey-Happy Returns-Dunsmuir Strathspey-Trip to Gretna Green-The Black Mountain Reel-A Hame in the East-Mrs. MacLeod-EH3

7AF-Catch the Wind-Adieu Mon Ami-A Capital Jig-Blooms of Bon Accord-The Gentleman-Best Set in the Hall-The Reel of the 51st Division

February 8
Musicians:
Programme

Valentine Tea Dance , Durham, NC – sponsored by Durham & Chapel Hill SCD groups
Mara Shea & Ted Ehrard / fiddlers & Dean Herrington/piano
Saturday 2-5 followed by soup supper

The Happy Meeting-A Trip to Bavaria-Orwell Lodge-The Flight of the Falcon-Bratach Bana-City of Belfast-The Reel of the 51st Division-The Peat Fire Flame-The Best Set in the Hall-The Highland Rambler-The Sands of Morar-Blue Bonnets-The Fiddling Preacher-Chasing the Eclipse-Maxwell's Rant-The De'il Amang the Tailors

March 22, 2014
Musicians:
Programme:

Richmond's St. Patrick's Day Dance, Church of the Epiphany
"Terpsichore" Elke Baker/fiddle & Liz Donaldson/piano
TBA

June 14-15 2014
Musicians:

"Silver Thistle Ball" - Ashland, VA
"Tullochgorum" – Barbara McOwen. fiddle-Terry Traub/piano & Robert McOwen/ bass

Our Dances: The Tattie Bogle by Derek Hayes

A **tattie-bogle** (also cried a **tattie-boodie** or **craw-bogle**) is an auld Scots name for a scarecrow . This is traditionally a **human** figure dressed in auld claes, used tae discourage **birds** sic as **craws** frae disturbin' crops. No anerly dae craws eat the recently cast seed, but they gaiter nichtly, stairtin wi groups o' a hauf dizzen that then jyn thegither tae form a group o' 20 tae 30 an so on till the flock is raiter lairge an noisy. It is thair prattick tae return tae the ae place ilka nicht.

Etiquette in class and at socials

1. Do not miss classes, unless really important
2. During classes there is only one teacher
3. If you do not understand any instructions, ask the teacher for clarification, not the other students
4. Be on time, if you are late, you will miss something you will need later
5. Try not to dance only with your spouse. Mix with other dancers. If you are experienced, remember when you were a beginner and give a helping hand.
6. At workshops, it is advisable to attend classes at your lever. You will feel much more comfortable if you do not exceed your limitations and you will learn more quickly. **If in doubt as to what class, ask your teacher.**
7. At socials, do not form sets until the MC announces the dance.
8. Always join the set at the bottom. Do not walk through a set that is already formed.
9. Never leave a set once you have joined it.
10. The first man of each set should count the couples in the line to help form sets
11. Never join a line once it has been counted, unless asked to do so
12. Listen quietly to the talk-through and watch very closely if the first couple is to walk the dance through
13. Do not look at the floor when dancing but smile at look at your fellow dancers
14. At the end of the dance, thank your partner and fellow dancers in your set
15. If you find a dancer in your set is not quite sure of the dance, speak to them, "over here" or "face me" **Never push or pull them (I was taught the mantra is "do not handle the dancers").**
16. If a dance is announced for "experience dancers only", please do not join in if you are not experienced or Do not know the dance. Do not ask a new dancer to join the set. This is very unfair to them and also to those already in the set

(Editor's note)

- For # 3 the converse is also true. Other students let someone learn from the teacher while in class – don't throw out a million instructions to the hapless student
- An addition to # 8: Always join the set with a partner. Do not stand there without having asked someone to dance. One, you will mess up the counting of the set and two you may cause someone who has taken the time to find a partner to not be able to join.) From "the White Cockade" newsletter

Most of us take balance for granted and without realizing it, activities in our youth helped develop and enhance our balance. Before video games we were rolling down hills, spinning, then falling on the ground to see the sky dizzily spin around, swinging, hanging upside down, handstands, etc. but as we age, we don't do these activities, certainly not frequently (unless you have grandchildren!)

Maintaining balance requires co-ordination of input from multiple sensory systems, including the vestibular, somatosensory, and visual systems. Balance is required in so many of our activities and balance training in stroke patients has been supported by medical literature. Populations, such as the elderly, children with neuromuscular diseases, and those with motor deficits, also have been studied and shown to result in improvements in postural sway and improved "one-legged stance balance".

What activities can you do to help maintain your balance?

Sit in your office chair and spin around, can you do it looking at the ceiling, with eyes closed, etc. Swing a ball in front of your eyes. Can you do some of the activities mentioned earlier? In a vision therapy programme, prism glasses, which change space are used to work on balance. Depending on how they are set, they can make the room visually appear slanted or tilted, while the feet (somatosensory) feel the floor as flat and the inner ear knows the body is vertical. Thus we can improve balance by training the visual system through different experiences. Balance is crucial for our dance steps, most especially for the pas de bas, by using the "stand on one leg for as long as possible and then the other leg" activity, we can improve our balance not just for dance class but for our whole life. **Thanks to Dr. A. Gregory Toler's newsletter to his optometry patients. With his permission I have excerpted this article and added the bits about how balance is necessary for us to dance.**

Snippet! Scottish Trivia Did you know?

Did you know that Peter O'Toole could play the bagpipes? He played them for his first film role as the son of Rob Roy in the 1959 Disney version of Robert Louis Stevenson's *Kidnapped*. This film is considered to be the most accurate rendering of the story and was filmed in the Highlands of Scotland.

In 1895, Loch Lomond froze over and one could walk all the way across? During that time, the lowest temperature ever recorded in Britain was -17 degrees at Braemar.

Highland children once used the Scottish Thistle as a "sweetie"? The bulbous, purple head of the plant was cut, placed on a flat stone and burst open with another stone. The inside was sweet and chewy. Thistle tea was said to relieve depression!

The Central American country of Belize is named after a Scottish pirate who roamed the Caribbean? Belize is the local Creole dialect for "Wallace." Wallace was the name of a buccaneer who became a national hero after rescuing slaves in the area and setting them free.

Source "The Caledonian Courier"

Scottish humour

Sandy and his friend Angus lived in identical tenement flats in Glasgow. One night at the pub Sandy mentioned he had just papered the kitchen. Angus said, *"I've been wanting tae dae that! How much paper did ye get?"* "Seven rolls," said Sandy. A week later they met again and Angus says, *"Here you! I had two and a half rolls of paper left over frae my kitchen."* "Aye", says Sandy, *"So did I."*

The wind that blows so fiercely at the top of the famous Waverley Steps leaving the main railway station in Edinburgh has given rise to this description of an Edinburgh man:
He can be recognised by one particular mannerism - whenever he turns a corner, he puts his hand up to his hat.

An old Scots minister, stressing to his congregation the wisdom of repentance, remarked: *"Yes, my friends, unless ye repent, ye shall all perish, just as surely as I'm gaun tae ding the guts oot o' that muckle blue flea that's lichtit on my Bible."* As he was about to strike, the fly got away, whereupon the Scot struck the book with all his strength and exclaimed:

"My frien's, there's a chance fur ye yet!"