



## Inside this edition.....

- Page 2** Flowers of the Forest  
West End Workshop  
English Country Dancing  
Children's Class
- Page 3** **Programmes for:**  
February Monthly Dance  
March Monthly Dance
- Page 4**  
Origins of Strathspey, Part 2 \_  
Next Rant Editor
- Page 5**  
Canadian Clan 2010  
Gala Night,  
NOTICE OF:  
**Annual General Meeting**
- Page 6**  
Ball Application
- Page 7**  
Workshop Application
- Page 8**  
Recipes for left-over Haggis

## 2009 Monthly Dances

- March 7<sup>th</sup>, held at MacNab. Music by Don Bartlett and the Scottish Heirs **7:30pm start.**
- April 4, 2009, **RSCDS Hamilton Ball** held at The Scottish Rite. Music by Bobby Brown and the Scottish Accent

## Blair Ball

Saturday, March 28<sup>th</sup>, 2009

Waterloo Regional Police Association  
Banquet Hall

1128 Rife Road, Cambridge

Music by Bobby Brown and the  
Scottish Accent

\$55. dancers; \$30. non-dancers  
Cocktails 5 p.m.; Dinner 6 p.m.

Dancing from 8 p.m.

Contact: Liz Reckers

193 Wedgewood Drive

Cambridge, N1S 4P7

519 740-3789

[reckers@sympatico.ca](mailto:reckers@sympatico.ca)

## Chairman's Message

Happy new year to all the members of the Hamilton Branch and readers of the Rant. I hope you've all survived the busy month of January and the many Burns celebrations. This year seemed to be more hectic than usual with the observance of the 250<sup>th</sup> anniversary of the poet's birth. The Branch Demonstration team, under the direction of Anne Miller, gained us some valuable exposure. Thanks to all who rehearsed hard and braved some of the worst of the winter weather to show the public what dancing is all about.

The eight members of this year's Candidates' Class have also been working hard, led by master teacher John Middleton. Their written exam is this month and practical tests on the first weekend of May. It is now time when "stooges" are needed to provide the budding teachers with dancers on which they can practise their skills. If you are interested in stooging please contact the editor or speak to John Middleton.

I commend to you the up-coming monthly dances, the Ball and the Workshop, all of which are happening in the next two months. **Please note the early start for the March Dance**, so we can encourage our youngest members to "join the dance".

It's also not too early to start planning for Gala Night and the A.G.M. We've decided to try a pot-luck for the latter event to enliven the final dancing occasion of the year. It is to be a true "pot-luck", i.e. no special planning or assignment of dishes. Just bring your favourite in sufficient quantity for your attending family.

See you at the February Dance.

John Dinsmore, Branch Chairman

## DANCE TIP for the SET

**The Sailor** 8x32 R Bk 24

This dance has often appeared on programmes lately.

Problem: At end of bar 6, the 1<sup>st</sup> W faces down between 2<sup>nd</sup> C, and 1<sup>st</sup> M faces up between 3<sup>rd</sup> C, ready to join hands and set. 1<sup>st</sup> C often arrive late and not ready to comfortably join hands for the set on bars 7 and 8.

Solution: On bars 3 and 4, dancing couple join nearer hands with corners and set on sides. From this position, the dancing couple is expected to cast round their first corner in 2 bars, 5 & 6, and finish facing W down, M up. To do this comfortably most dancers when setting on the side need to start casting on the second setting step (bar 4) to get around and into the facing position.

Do you have any dance problems which cause issues in the set? Send immediately to Pierre Arnold who will find a solution from a qualified teacher. [pw.arnold\(atsign\)sympatico.ca](mailto:pw.arnold(atsign)sympatico.ca) (905) 648 2519



## Flowers of the Forest

**Gene MacKinnon**

Gene MacKinnon, our friend and teacher from Guelph died on December 29, 2008.

A long time friend of the Hamilton Branch, Gene devised such dances as *Memory Lane* and *The Royal Wedding*. The first of these was written to honour Ena Smith (Culm) who was the wife of the Branch's first chairman, Bob Smith. Gene will be missed.

## March 21 2009. West End Workshop & Tea Dance

Teachers: Alan Twigg, Ian Souter and Ian Paterson.  
Musicians: Bobby Brown, Laird Brown, Don Bartlett.  
Location: Turner Fenton Secondary School, North Campus, 7935 Kennedy Road, Brampton (just west of Hwy 410). Cost: \$45 for the day with hot lunch, \$12 for the Tea Dance only.

Applications available via e-mail from Anna Rielly, or online through RSCDS Toronto Association website [www.rscdstoronto.org](http://www.rscdstoronto.org) (click on What's On). Contact Anna & Tom Rielly 519-927-5502 or [t.rielly@rogers.com](mailto:t.rielly@rogers.com)

## Sassanach Country Dancing Anyone?

During the fall I came across a notice in the Carnegie Gallery in Dundas advertising English Country Dancing at the Dundas Lions Community Centre (10 Market Street). Ann and I paid them a visit and found a small but enthusiastic group started by Les Francey and Lynn McIntyre who were inspired to create more dancing opportunities for themselves.

Since January we've continued to attend dance practices which are held Thursdays from 7 –9 p.m. Dancing is to a mixture of recorded and recorder music, the recorder being played by Les. The dances are a mixture of new and old in the English Playford tradition.

The group is small and friendly so if you'd like a bit more dancing of a little different kind do come and join us. Classes are \$6. per night and you can get more information at [www.hamiltonenglishdance.ca](http://www.hamiltonenglishdance.ca).

**Stewart Patch**

## Calling All Young Dancers

Every Saturday morning, Scott and I arrive at Chalmers Presbyterian Church on Hamilton's mountain brow to greet two happy groups of young dancers. It's a lovely location which overlooks the lower city, the bay, and Toronto on a clear day.

The first class, which arrives at 10 a.m., consists of 4 dancers, 2 of whom have just been dancing since the fall and are making great progress! The second class has 10 older dancers, all previous students of Ann Malley's.

Over the summer I actively collected and purchased as many resources, CDs, and R.S.C.D.S. dance books as I could, and many thanks go to several of our Branch teachers who stepped in to be most helpful and generous. But nothing quite prepares you enough for the challenge of teaching a dance class for the first time. I am most grateful for a sweet, attentive and cooperative group of young people who attend! I rely on Scott to handle the music so I can concentrate my efforts on working with the students. Each week is a meaningful experience for us and hopefully for the children too. Thanks to Alicia Manson for stepping in during my absence and to Anna Lipp for volunteering her time on occasion.

On December 13<sup>th</sup>, we had our Guest Day to celebrate the end of the first term and the beginning of the holiday season. The children's performance of a few dances combined with a couple of audience participation dances kept everyone entertained and all enjoyed hot apple cider and sweet treats.

Having one term now under our belts, we look forward to the new term which begins on January 24<sup>th</sup> and some upcoming events such as Family Night and Gala Day. We'd love to welcome any new dancers aged 6 and up who'd like to come and join us. Visit our website at [rscdshamilton.org](http://rscdshamilton.org) for all the details and a Happy New Year to you all!

**Cate Reid**



## February MONTHLY DANCE

February 7, 2009

MacNab Presbyterian Church

Music by Bobbie Brown & the Scottish Accent

1. Joie de Vivre	8x32 bar	Jig	Bk 39/2
2. Round Reel of Eight	1x88 bar	Reel	Bk 27/7
3. Monymusk	8x32 bar	Strathspey	Bk 11/2
4. Napier's Index	8x40 bar	Jig	Bk 45/8
5. Aileen's Reel	8x32 bar	Reel	14 Social Dances Roy Goldring
6. Sugar Candie	8x32 bar	Strathspey	Bk 26/9
7. Trip to Bavaria	4x32 bar	Reel	Collins
8. Mrs Stewart's Jig	8x32 bar	Jig	Bk 35/1
9. Lets Have a Ceilidh	4x32 bar	Reel	Glasgow Assembly
10. Asilimar Romantic	8x32 bar	Strathspey	San Francisco 2
11. Just as I was in the Morning	8x40 bar	Jig	Bk 19/3
12. Davy Nick Nack	8x32 bar	Hornpipe	Glasgow Assembly
13. Wind on Loch Fyne	3x32 bar	Strathspey	Dunedin
14. Irish Rover	8x32 bar	Reel	Cosh

## March MONTHLY DANCE

March 7<sup>th</sup>, 2009

MacNab Presbyterian Church

Music by Don Barlett and the Scottish Heirs

1	Nice to See You	4x32 R	Bk 40/3
2	Blue Bonnets	8x32 J	Bk 3/5
3	The Saint John River	4x32 S	Centennial Book
4	The Machine Without Horses	8x32 J	Bk 12/12
5	Petronella	6x32 R	Bk 1/1
6	Hope Little's Strathspey	3x32 S	Gr. & Soc. #2
7	Round Reel of Eight	88 R	Bk 27/7
8	The Mad Hatter	8x32 J	Slip Knot Coll.
9	Rakes of Glasgow	8x32 S	Bk 11/11
10	Domino Five	5x32 R	Derek Haynes
11	Catch the Wind	8x32 R	Island Bay Coll.
12	12 Coates Crescent	4x32 S	Bk 40/5
13	Tribute to the Borders	8x32 J	RSCDS Lflt. #11
14	Mairi's Wedding	8x40 R	Cosh



## Part 2 - Origins of the Strathspey

By Pierre Arnold

The strathspey music is unique to SCD with the 'snap'. That's the short note before the long note, and in various combinations of the long note before a short note (dotting) which gives the distinctive sprightly yet elegant rhythm. The tune, "Scotchman's Dance" featured dotting and was published in 1690. The tune "Hey Tuttie Tatie" (Scots Wha Hae) has a snap and is traceable to the 1500s. And also the tune, "The Auld Man's Mare's Deid" is traceable to the 1600s. The origin of the snap evolved, some may say controversial. Fiddles and bagpipes can exact the snap quite easily, and so did the Hebridean singers with their syncopated work songs, and then there are theories of the snap being tied into Gaelic language and the rhythm of ancient verse. The snap is sometimes found in reel and jig tunes. In my view, the snap was always there in the aforementioned origins; the fiddlers of Strathspey gave the snap birth and identity.

There is no manuscript or print to identify Strathspey style of music before ~1750, and there are no collections of Scottish music of any kind before ~ 1700. The first appearance of the word, "strathspey" occurs in 1749. At this time a few Strathspey-Reels were published just after this. A Strathspey-Reel became known as a Strathspey in 1775 when Daniel Dow published his collection from Edinburgh. This is the printed-proof so far available to us. It is quite conceivable that the snap was the latest fad among the fiddlers of Strathspey district; each fiddler passing the fad onto the next with measured importance long before the Edinburgh publishers got a hold of it.

We know that Cumming's publication in 1780 consisted of some Strathspeys handed down to him from his forefathers who were all musicians. Some of the tunes are named with an alternative Gaelic title. Angus Cumming probably spoke Gaelic. Four generations of Cumming fiddlers would take some of Cumming's music back to 1700.

From the dancing viewpoint, it was not until after 1830 that the dance called Scotch Reel was performed in Strathspey style. The Foursome Reel was developed possibly by the musicians' partiality for writing medleys, that is, Strathspeys followed by Reels. In the beginning however, one tune would be used and played slowly and then it would speed up to Reel tempo. There are not many tunes suited to this. Some of our older members may recall Stan Hamilton demonstrating a slow strathspey tune developing into reel time.

To complicate matters, there are other classes or types of "strathspeys". The rhythm of the Highland Fling and Sword Dance are known as Highland Schottische. There is the Slow Strathspey sometimes referred to as Pastoral. Lastly, but not least, are the reels played by the piper in strathspey style such as Corn Rigs, these are tunes ending in pom pom pom, similar to hornpipes.

### Next RANT EDITOR

Next Issue: April

Dead Line: March 20, 2009

Editor: Email: [john.dinsmore@sympatico.ca](mailto:john.dinsmore@sympatico.ca)

Phone: 905 945-5744

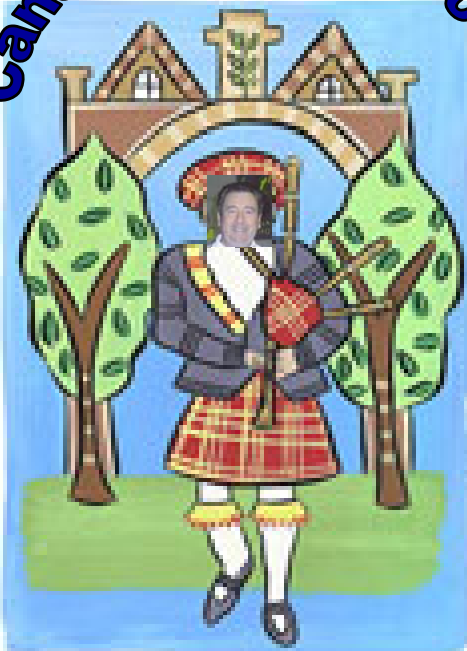
Photos and articles wanted: Please send anything you have to the editor in time for the next Rant.

### COMING EVENTS OF INTEREST

- Rob Roy the Musical, Elgin Theatre, Toronto March 24 – April 19, 2009
- SUMMER SCHOOL 2009, St Andrews, 19 July – 16 August, Application forms available from the Branch secretary or the editor. Attend one week or more.
- Toronto Tartan Ball, Feb 21, Fairmont Royal York, [istark@sympatico.ca](mailto:istark@sympatico.ca)
- Aloha Winter Weekend in Hawaii, February 13 – 15, [www.rscdshawaii.org](http://www.rscdshawaii.org)



## Canadian Clan 2010



### Canadian Clan 2010

St. Andrew's Summer School, U.K.

We feel it would be so much fun to put together a group of serious Party People.....no, I mean serious Dancers to attend one week of St. Andrews Summer School, in Scotland 2010.

We would simply pick one week (out of the 4 that are held annually during the last two weeks in July and first two weeks of August). Once we pick the week we will let you know where we plan to stay and try and get us into the same building. Everyone will make their own travel arrangements and book their own place at the workshop.

So, save you siller, maintain your feet and look forward to something a little different as "The Canadian Clan" plan to visit St. Andrew's in 2010.

"The Clan Committee".

Archie Stewart (Chief)  
Lauren Woods  
Kathleen Noble

## Gala Night

It's not too early to start thinking about Gala Night. We'll hold it this year on Wednesday, May 6<sup>th</sup> at MacNab Church. Here's your chance to show off your dancing and to see what other classes in the Branch and surrounding area have been doing during this dancing year.

Teachers and class members should be thinking about suitable dances they can demonstrate to the rest of us. Catherine Reid is the co-ordinator of this event. More details will be published in the next Rant.

## ANNUAL GENERAL MEETING

The Branch Annual General Meeting will be held this year on Saturday, May 9<sup>th</sup>.

It will start with a pot-luck dinner at 6 p.m.

The meeting will begin at 7:30 and will be followed by dancing to "The Best of the Bands". Mark your calendars.

# RSCDS HAMILTON BRANCH BALL – 2009

Saturday, April 4, 2009  
Scottish Rite  
4 Queen Street South  
Hamilton, Ontario

Tickets  
Dancers: \$55.00  
Non Dancers: \$45.00

<i>The Happy Meeting</i>	<i>8X32 bar Jig</i>	<i>Jubilee Jig</i>	<i>8X32 bar Jig</i>
<i>The Dancing Bees</i>	<i>8X32 bar Reel</i>	<i>Argyll's Strathspey</i>	<i>8X32 bar Strathspey</i>
<i>Neidpath Castle</i>	<i>8X32 bar Strathspey</i>	<i>West's Hornpipe</i>	<i>4X32 bar Reel</i>
<i>Blue Bonnets</i>	<i>8X32 bar Jig</i>	<i>Follow Me Home</i>	<i>8X32 bar Jig</i>
<i>The Spirit of the Dance</i>	<i>8X32 bar Strathspey</i>	<i>Bonnie Stronshiray</i>	<i>8X32 bar Strathspey</i>
<i>Mairi's Wedding</i>	<i>8X40 bar Reel</i>	<i>Reel of the Royal Scots</i>	<i>8X32 bar Reel</i>
	<i>Quarrie's Jig</i>	<i>8X32 bar Jig</i>	
	<i>Robertson Rant</i>	<i>80 bar Strathspey</i>	
	<i>Montgomerie's Rant</i>	<i>8X32 bar Reel</i>	
	<i>St. John River</i>	<i>4X32 bar Strathspey</i>	
	<i>Pelorus Jack</i>	<i>8X32 bar Jig</i>	
	<i>Mrs. Macleod</i>	<i>8X32 bar Reel</i>	

---

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

No. of Tickets \_\_\_\_ x \$55.00(Can)= \_\_\_\_

Cash \_\_\_\_ Cheque \_\_\_\_

No. of Tickets \_\_\_\_ x \$45.00(Can)= \_\_\_\_

Special Diet Request

Please reserve a table for 8/10 \_\_\_\_\_ Hospitality Required

For tickets contact: Sheila Richards  
34 Forestview Drive  
Dundas, Ontario L9H 6M8  
Tel. No: (905) 627-9697  
Email: [ronshei@cogeco.ca](mailto:ronshei@cogeco.ca)

Please make cheques payable to RSCDS Hamilton Branch Ball



# HAMILTON BRANCH ADULT WORKSHOP AND DANCE

Our annual Workshop is being held on Saturday, March 14th, 2009  
from 12:00p.m. to 5:15:p.m. at

**Westdale Secondary School, 700 Main St. W., Hamilton, Ontario.**  
(directions on reverse of this sheet for exact location)

We will follow the successful format of previous years with teaching at two class levels, followed by a short tea dance. Workshop music is to be provided by **Don Bartlett and Laird Brown.** Our workshop is still 'foot friendly' so nervous or fragile dancers need not fear. We dance as friends, old, new or yet to be; Friends Together. You will be surprised at the skills you learn.

## POSTURE, HANDS, PHRASING AND FORMATIONS

We encourage dancers of all ages and abilities to attend.  
Good fun, painless dancing and improvement promised.

Registration 12:00 p.m.    Warm-up and Introductions 12:30 p.m.    Classes start  
1:00 p.m.  
Tea Dance 4:15 p.m.-5:15 p.m.

Please choose the class level most suited to your ability.

- Level 1    Less than 3 years' dancing experience**
- Level 2    More than 3 years' dancing experience**

**Fees are \$25.00 per person**

**Teachers: Carole Skinner and Ian Paterson**

Great instruction, Great Social and a Great Time

**Detach the form below and mail your cheque to the Registrar A.S.A.P**

Maureen Isnor, 16 Stroud Rd. Hamilton, On., L8S1Z6

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Class Level Preferred \_\_\_\_\_ Fee Enclosed \_\_\_\_\_

E-Mail \_\_\_\_\_ Tel. # \_\_\_\_\_ Your RSCDS Branch \_\_\_\_\_

Please make cheques payable to RSCDS Hamilton Branch Workshop



## Recipes for Left Over Haggis

Recently, , as a result of an otherwise-successful potluck dinner, we ended up with a large quantity of leftover haggis. Question:- what were we to do with it? They say, "When life gives you a lemon, make lemonade." We decided to follow the same line of thinking

### Haggis Omelet

There's nothing like the smell of haggis first thing in the morning; makes me bolt right out of bed and to the kitchen. A haggis omelet also makes an excellent lunch dish. You'll need:

- 3 eggs
- 1/3 cup milk
- 1/4 cup haggis, cooked
- mozzarella cheese, grated
- salt, pepper and other spices

Beat the eggs until whites and yolks are well-combined. Whisk in the milk and mix in the haggis. Add salt and spices, to taste. Cook as any omelet: in a greased or non-stick frying pan over medium heat.

When the omelet is cooked all the way through (the top is no longer liquid), sprinkle the mozzarella onto it and fold the omelet.

Matt suggests enjoying the omelet with toast and ketchup. As a lunch dish, you may want a slightly more substantial side dish, such as rice or pasta.

### Scottish Tacos

This fine dish will have you saying, "Yo quiero Haggis Bell!" Here's what goes into it:

- haggis
- salt, pepper
- hard or soft taco shells
- lettuce, shredded
- tomato, diced
- green pepper, diced
- cheddar cheese, grated
- salsa

Re-heat the haggis in the microwave or on a frying pan. Add salt and pepper, to taste. For more of a Mexican flavour, add chili powder. Prepare the tacos as you please; I usually put in the haggis, tomato, green pepper, lettuce, salsa, and cheese in that order, because I think it helps keep the ingredients neatly contained within the taco shell while I eat it. Order of assembly is your prerogative, though, so be creative... Make a run for the highlands!

Paul Miller