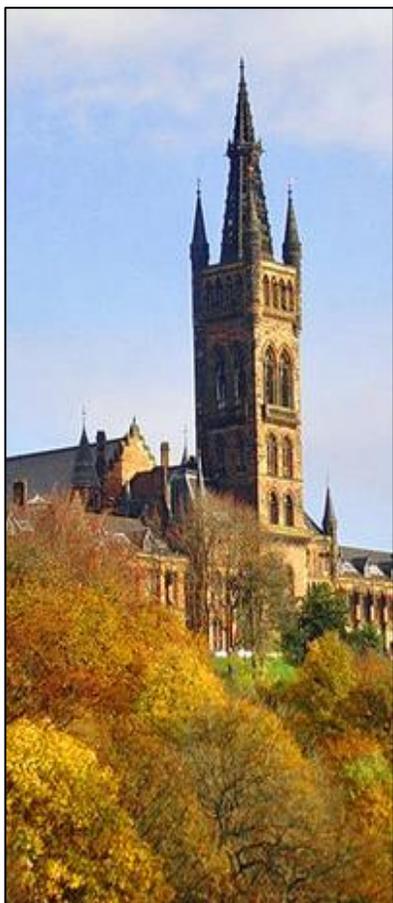




*RSCDS
HAMILTON
RANT
NOVEMBER 2017*

A WEE BIT OF SCOTTISH HISTORY

Scotland's Largest City



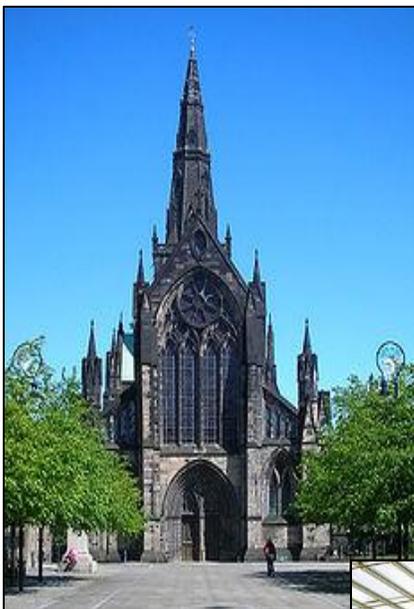
With a population of just over 600,000 people Glasgow claims the title of Scotland's largest city. Located on the River Clyde, it is famous for its Victorian and art nouveau architecture. It was a small town in the west of Scotland until the start of the Industrial Revolution, when shipbuilding and manufacturing caused the city to grow significantly. The first cargo of tobacco from Virginia offloaded in Glasgow in 1674, and led to a boom in trade with the colonies until American independence.

Shipbuilding on the Clyde proudly produced ships like the 'Queen Elizabeth' the 'Queen Mary' and the 'QE2'. It is rather sad to drive past the shipbuilding area today and see very little activity.

The first settlers arrived in the 6th century to join Christian missionary Kentigern – later to become St Mungo – in his newly founded monastery. Later on, William the Lionheart gave the town an official charter in 1175.

Today it is a bustling metropolis with many fine buildings and parks. It boasts four cathedrals of different denominations and four universities. It is said that what Glasgow "*lacks in beauty*", it makes up for by being one of Britain's most interesting cities.

[The University of Glasgow is the fourth oldest university in the English-speaking world and one of Scotland's four ancient universities. It was founded in 1451.](#)



The history of [Glasgow Cathedral](#), also called the **High Kirk of Glasgow** or **St Kentigern's** or **St Mungo's Cathedral**, is allegedly located where the patron saint of Glasgow, [Saint Mungo](#), built his church. The tomb of the saint is in the lower crypt.

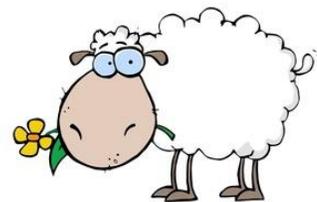
Scottish country dancing, as we know it today, was regenerated in Glasgow when Miss Jean Milligan and Mrs. Ysabel Stewart of Fasnacloch were instrumental in forming the Scottish Country Dance Society in 1923.

Glasgow today is one of the larger branches in our Society and there are many dances associated with it such as, *Glasgow Country Dance*, *Glasgow Highlanders*, *Glasgow Lasses*, *Cluthra* and *Rouken Glen*.

Glasgow is also home to [The National Piping Centre](#) on McPhater Street, as well as the [Kibble Palace Botanical Gardens](#).



"Oh no! I've left my bagpipes in the oven!"



Scottish Quiz

1. Which city is known as the '**Fair City**'?
2. Where is "**The Heilanman's Umbrella**"?
3. What are '**riggs**'? (as in Corn Riggs)
4. Where is '**Arthurs Seat**' located in Scotland?
5. Which city in Scotland did the first Prime Minister of Canada come from?

Answers are on the last page.

Our teachers tell their stories

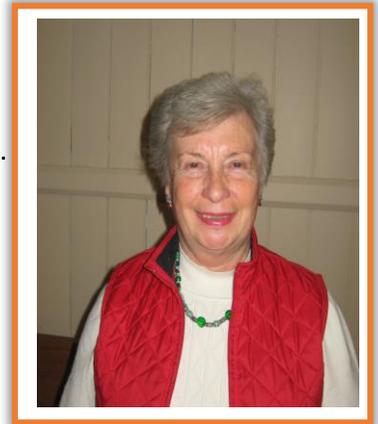
J'ina Middleton

My life in dancing began at the tender age of five in Scotland. My parents would take my sister and me out to dance class as there was no babysitting in those days. We were taken up on the floor and pushed and pulled and pulled to where we had to be – in fact, it's a wonder I continued. I did join the children's group on Saturday mornings and danced in Brownies and Girl Guides as well. My mother took me into Glasgow on Wednesday nights to Scottish Country dances. I loved it as I was asked to dance with some smashing men in full Highland dress - - it was wonderful!

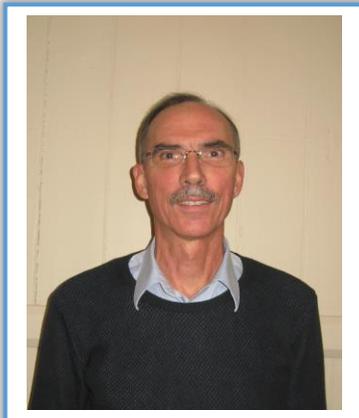
Our family eventually emigrated to Canada and, of course, joined the Hamilton Branch and the White Cockade. At that time, the White Cockade was mostly old-time dancing with only the odd Scottish dance. I joined the Hamilton Dem Team and danced at Hamilton's first Highland Games. The team danced in numerous demonstrations over the years. Jean Anderson, Bobby Brown's sister, was the demonstration teacher at the time.

After a couple of years I met John, the love of my life, and we were married in 1962. John was already a teacher. We had our daughter, Rhonda, and started her dancing at an early age. I used to teach her the steps going up and down the apartment building corridor. She soon started dancing with June Shore. June twisted my arm and I became a teacher also and from that day on, John and I travelled around North America and beyond teaching workshops. Invitations to teach took me to Japan twice. John and I started going to North Carolina together to teach at their dance week 24 years ago and I still continue the tradition every year.

I have enjoyed my life in Scottish Country dancing and intend to keep going; it's a great workout for body and soul.



Hugh Morrison



Born in Kingston, Ontario, I was enticed to learn Country Dancing a year after when my parents started dancing in Ottawa with the Ardbrae Dancers. For many years, the Ardbrae Dancers met at his local high school, just a five-minute walk from home. My mother was a teacher of the group, and my father loved the pas de basque coupé.

After high school, I studied physics at the University of Waterloo, and worked co-op terms in Ottawa, all the while dancing with the local groups. In Ottawa, I met Deb and we were married before my last year at Waterloo. We moved to Hamilton to pursue my doctoral studies in physics at McMaster University. I obtained a job with Ontario Hydro and moved to Oakville for one year before moving to Burlington.

I obtained my RSCDS Teaching Certificate in 1989, and took it with me to Japan for a 19-month work visit where we danced with the Tokyo Scottish Blue Bell Club at their balls and workshops. Back in Canada, we took our three children to the children's class in Hamilton. Over the years, I have taught the Teenagers class, the Basic Class, the Dundas Class, the parents at the Children's class, and the Advanced class, and a workshop. Deb and I now dance with the advanced class and demonstration team.

Some of my favourite memories of dancing are:

- the music played by Stan Hamilton and his Flying Scotsmen at the early Ardbrae Balls,
- the ball at Kitchener-Waterloo to celebrate the 50th anniversary of the RSCDS,
- teaching a workshop in Japan with the Tokyo Scottish Blue Bell Club,
- teaching parents at their children's class,
- helping teacher candidates with their dancing, and
- devising Hamilton ball programs.

Tartan Tales

Clan Murray



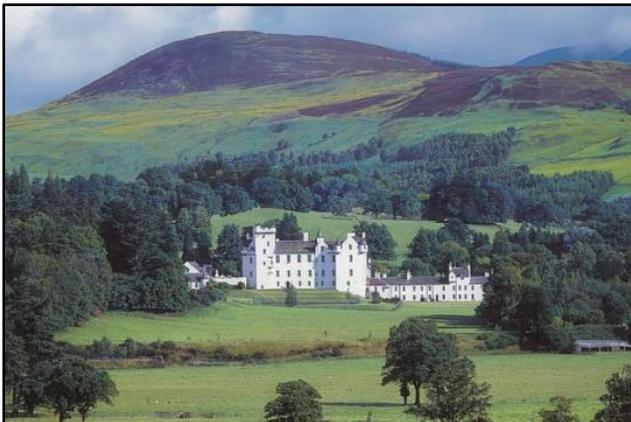
An illustration of a Clan Murray Chieftain by [R. R. Mclan](#) published in 1845.

This is one of the more influential clans in Scotland. The chief of the main branch of the Clan is the 12th Duke of Atholl, a South African named Bruce Murray who inherited the title from his bachelor predecessor a number of years ago.

The Clan seat is the magnificent Blair Castle, just north of Pitlochry in Perthshire. Because of its central critical location, it has been the scene of many battles over the centuries and in the Jacobite Risings of 1715 and 1745, clan members fought on both the Government and rebel sides. The ballroom in the Castle is spectacular and was the scene in 1996 and 1997 of two splendid balls hosted by the Hamilton Branch and attended by many of our Canadian dancers and friends.

Clan Murray has the unique distinction of possessing the only private army in Europe and the Western World. When Queen Victoria visited Scotland in 1844 she had a bodyguard of Murray men and was so impressed she permitted the Duke to have his own regiment of soldiers. They parade in front of their Clan Chief every May and they look splendid in their Murray tartan kilts with their pipe band playing and their Colours flying.

Dances associated with this clan include 'The Duke of Atholl's Reel', 'Argyll Bowling Green', 'Argyll is my Name', etc.



Blair Castle, Perthshire



Blair Castle Ballroom



Scottish Country Dancing Adventures in Indonesia 1987 - PART 2

Written and submitted by Charlie Atkinson

Part 1 gave an account of the SCD event during the Saturday “Scotland in Concert”. For the Highland Gathering or Highland Games held on the Sunday afternoon of 14 June 1987, I had volunteered to act as a Marshal at one of the gates to the stadium and sports field with the intention of finding some shade to avoid the hot afternoon sun. This tactic was working well when suddenly, a messenger ran up to me and demanded that I report immediately to the main organizer in the grandstand. It appeared that the Java Society had somehow failed to plan for the SCD competition to be held in mid-afternoon and now the host organization had no entry. I was asked to get a team together and prepare for the competition to be held only about 40 minutes later. The competition dance was the “Reel of the 51st Division” (Victory Book [13] No.10) with an all-men set as in the German prison camp where the dance was devised. Fortunately, I knew the dance well, having danced it in numerous demonstrations. The next 30 minutes were a blur of scouring the grandstands for possible team members until 7 were recruited, then finding the same kind soul to again lend me his kilt and accessories which meant that he had to change out of them, then gathering the team in the large spacious men’s basement locker room for a walk-through. I think we managed 2 quick walk-throughs before the call came to go on stage and, as the first man, I led the group out onto the stage in the blazing June sunshine. I had insisted to the team that no matter what happened, everyone had to keep smiling, do the best steps that they could manage and I would talk the dance through constantly. Happily, the dance was completed without any major mishaps and we all returned, greatly relieved, to the cool of the basement under the grandstand. After changing out of the now very damp kilt for shorts and T-shirt, I returned to my post as a Marshal at a gate.

Near 4 o’clock in the afternoon the messenger reappeared gasping. “Get back on the field immediately, our team has won third place.” I couldn’t believe it. There were about 7 teams in the competition with well-practised entries from neighbouring countries such as Australia, New Zealand, Japan, Hong Kong, Singapore and Malaysia. I had not seen any of the other competitors’ dancing so I simply assume that the happy demeanour of the Java Society team, laughing at a few fumbles, had counted for a few extra points, because there is no way that our performance and technique could have been described as precise and polished. Perhaps we were the most authentic representation of a rag-tag group of POWs dancing in army-issue boots. I still have my Bronze Medal tucked away. Incidentally, the “Reel of the 51st Division” is attributed to J.E.M. Atkinson, a British officer in the German prison camp.



Fun facts about our fair city

Did you know...

Ernest Smith, a local fruit farmer, was disgusted with the cost of having his fruit transported to market. So, in 1882, he started his own company to ship his produce directly to the wholesalers and cut out the middleman. The company, E.D. Smith, is still in existence today in Winona but is now owned by Americans.

Archie's Harmonica

Archie Cameron loved to play his mouth organ. He first learned to play when he was nine years old when he and his three friends, Fatty Matheson, Spottie Sinclair and Ginger Morrison all bought "moothies" and taught themselves to play all the old Scottish tunes.

Archie continued playing, even after he emigrated to Canada and worked in the steel mills. That was many years ago and now he is a resident in a Seniors Home. However, today was a very special day for him. Some Scottish country dancers were coming to entertain all the old folk and he was looking forward to seeing them and hearing all the old Scottish tunes again. As a surprise for the dancers he would play along with them. Half an hour before events were due to begin he took his place in the front row of seats, close to where the dancers would be, he touched his pocket to make sure his beloved mouth organ was in place and waited.

The dancers entered the room, they looked so magnificent. The ladies, dressed all in white with tartan sashes and the men resplendent in their kilts were a sight to behold. Archie was so moved it almost brought tears to his eyes. As they whirled and spun, reeling, smiling and dancing, Archie almost forgot to take out his harmonica and help them. However, eventually, he reached into his jacket pocket, and withdrew his "moothie" and began to play. He didn't know the tunes they were dancing to, but, surely, that didn't really matter, so he played "*Annie Laurie*" followed by "*Stop yer Ticklin, Jock*". "*The Northern Lights*" came next. He was having such a wonderful time. The evening was living up to all his expectations, so he played louder and faster almost drowning out the music being played by the dancers. They kept glancing in his direction, no doubt pleased with his musical contribution to the evening, which encouraged him to add some special little effects to the pieces he was playing.

Eventually the entertainment drew to a close and as the old folk clapped to show their appreciation, Archie rose to his feet and bowed. This had been such a spectacular evening for everyone.

However, when it was all over and they were having coffee and cake, he could not understand why the leader of the dancers, dressed so smartly in a Royal Stewart tartan kilt, was so very rude and made a remark to him about what he would do to him and his mouth organ if they ever met again. It was so anatomically impossible!



 **THINK** POSITIVELY
 **EXERCISE** DAILY
 **EAT** HEALTHY
 **WORK** HARD
 **STAY** STRONG
 **WORRY** LESS
 **DANCE** MORE
 **LOVE** OFTEN
 **BE** HAPPY

The Health & Wellness Corner

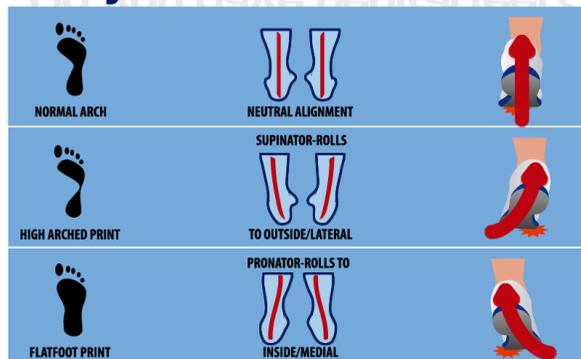
One nice September Sunday afternoon, I decided to “get into my running shoes” and walk to Fortinos to pick up something for dinner, instead of “getting into my car” and driving to Fortinos. It’s been a very long time since I walked any distance – or danced for that matter, so it was not an exerting walk, but a nice steady 20 minute walk. I took stock when I got to the store, and other than having to adjust a lace, everything was fine. But maybe the 20 minute return trip was too much for my out-of-shape body, as I got a “stitch” in my left ankle a few minutes after starting for home. It wasn’t sore – just a “stitch”. Some people may solve the problems of the world while out walking, but there was nothing pressing on my mind that day, so I decided to think about what could be causing my “stitch”. I started by focusing on my feet and how they landed on the sidewalk. I noticed that as my left foot landed on the pavement, it landed slightly on the outside of my heel. And this reminded me of an August week spent in Nova Scotia a couple of years ago with two very good friends at “Scotch on the Rocks”.

Every morning, at the start of each day’s class, Maggie Keppie took us through our warm up exercises. She always make sure we were warmed up by increasing our blood circulation (see the April RANT), but she also walked us through an “awareness exercise” each day. The one day I was reminded of while out walking, was an awareness of on how our feet landed when we walked. She encouraged us to focus on our feet and walk forward paying attention to which part of our heel landed on the floor. She wanted us to focus landing “centred on our heel”, not on the outside or the inside, but ‘centred’. She had us roll from side to side on our feet, focusing on our heels until we found ‘the centre’. From there she had us roll through our heel to the ball of our foot – again focusing on landing on the centre of the ball. Then rolling through to our toes and pushing off to bring the next foot forward, keeping the same focus. She was helping us to walk properly, but that flowed to landing properly when we Scottish Country dance. Some of the benefits of this exercise were – to keep from turning an ankle, to help keep knees and hips aligned, and because being centred on the ball of our foot would give us the most leverage forward...that **spring** in our skip change of step that keeps our teachers so happy.

So I focused. Let me tell you that is not as easy as it sounds! No doubt my body and joints are out of alignment these days. No doubt I’m out of shape. And no doubt I’ve created some bad habits from not focusing...I was able to correct my step most of the time – OK, *some of the time* – and before I knew it I was home! Just like dancing, focusing on foot work takes all my focus and time goes by very quickly. And while I’m dancing I forget about the problems of the world.

So give it a try. Next time you are going out for a nice walk, before you put your shoes on, roll your foot from side-to-side and think about the finding the centre of your heel. Then when you start walking, focus on how you are landing on your foot – are you landing on the outside of your heel and the outside of the ball? Or the inside? Or do you have a perfectly neutral alignment? Try to focus on landing on the centre of your heel and rolling up to the centre of the ball of your foot. Then bring it onto the dance floor. Maybe you’ll even get rid of some “stitches” of your own.

Do you have neutral feet?



PHOTOS



If you haven't made it down to a [Dancing on the Dock](#) evening in August yet, you are missing out – on many things! Of course there is Scottish Country music and Scottish Country dancing, but these evenings are so much more than that. There is the view of Hamilton harbour with sail boats coming and going. There is always a breeze off the water and the sun sets over the water while we're dancing. We invite non-dancers up from their chairs to join us. You can sit on the grass on a lawn chair or blanket and socialize with dancers and strangers who stop to watch us and tap their toes to the music.

The Hamilton branch rents the gazebo at Hamilton's Pier 8 every Wednesday night in the month of August from 6:30 until about 8:30 and most nights a groups wanders into Williams Fresh Café for an after-dance drink or snack. It is a very enjoyable and relaxing evening and I encourage anyone who has not been to bring a friend or a neighbour and a chair and plan on joining us next year!

Beginner
"Boot
Camp"
Workshop
in October



**Congratulations to Heather and her committee on the huge success of last Sunday's 1867 Dance!
The event was so renowned that we were honoured, and graced by the presence of Her Majesty,
Queen Victoria as well as by Canada's first Prime Minister, Sir John A. MacDonald!
Tickets sold out and the afternoon was great fun!**

Photos are courtesy of Rick McKenzie



Prime Minister and Queen Victoria



Superb music and musicians!



The beautiful Scottish Rite



Quadrille Demonstration

You can see more or Rick's photos of this event at:

https://www.facebook.com/groups/121001911900609/?multi_permaLinks=125686851432115¬if_id=1510008731963090¬if_t=like



For more information on all events listed below, please go to the **all-new** Hamilton Branch website at: www.rscdshamilton.org. *Events*
Your branch website contains programs, information and registrations for all Hamilton events.
The Hamilton Branch website also includes website links for other area branches.

HAMILTON BRANCH

Event: Friday Afternoon Social Dances

When: **January 26 and March 30, 2018**
Time: 1:30 to 3:30 pm
Where: Melrose United Church. 86 Homewood Ave., Hamilton (on the corner of Locke & Homewood)
Cost: \$5.00 at the door. All welcome – members and non-members

Event: *NEW!*** Friday Evening Social Dances**

When: **Friday, November 24, 2017 and February 23, 2018**
Time: 7:30 to 9:30 pm
Where: MacNab Presbyterian Church. 116 MacNab Street S., Hamilton
Cost: \$5.00 at the door. All welcome – members and non-members

Event: Christmas Dance – Tickets available now

When: **Saturday, December 2, 2017**
Time: Door Opens at 7:00 / Dinner 7:30 to 8:15 / Dancing 8:30 to 11:30 pm
Where: MacNab Presbyterian Church. 116 MacNab Street S., Hamilton
Tickets: RSCDS Member dancer \$25.00 / Non-member dancer \$30.00 / All non-dancers \$10.00
Music by: Laird and Donny
Registrar: Elaine Lawrence

Event: Betwixt & Between Tea Dance

When: **Saturday, February 3, 2018**
Time: 1:30 to 4:30 pm
Where: Livingston Activity Centre. 18 Livingston Ave., Grimsby
Music by: Don Bartlett

This is the 3rd year for this very successful afternoon Tea Dance presented by SCD Grimsby, RSCDS Hamilton and RSCDS St. Catharines. Tickets aren't available yet, but watch for them and get yours early!

***MARK YOUR CALENDAR* for the Hamilton Branch Spring Dinner and Ball!**

When: Saturday, April 7, 2018
Where: The Scottish Rite
Music by: Scotch Mist

HAMILTON BRANCH CLASS INFORMATION

The last week of classes before Christmas break is week of DECEMBER 11, 2017.
The 2018 spring dance season begins week of JANUARY 8, 2018.



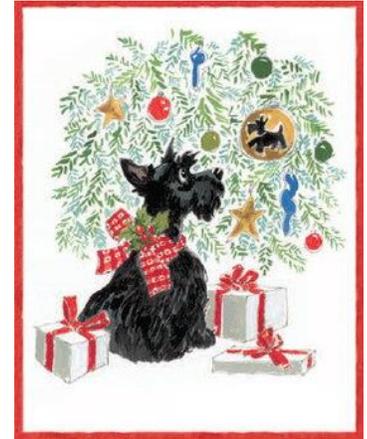
In the Surrounding Area



YOUR CHRISTMAS & NEW YEARS DANCE PLANNER

- HAMILTON** Saturday, December 2, 2017
- ST. CATHARINES** Saturday, December 9, 2017
- LONDON** Saturday, December 16, 2017
- TORONTO** Saturday, December 16, 2017

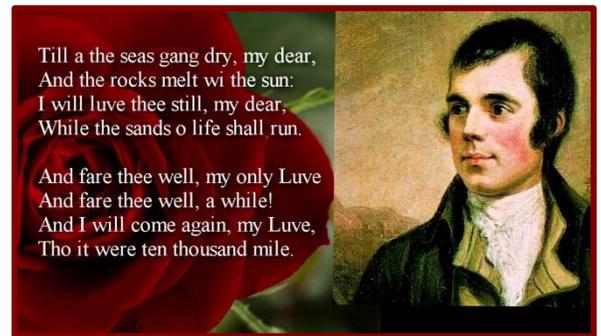
- ST. CATHARINES** Sunday, December 31, 2017
- LONDON Hogmanay** Sunday, December 31, 2017



❖ For more information on these events, visit other branch websites by going to the **Hamilton Branch website** www.rscdshamilton.org
 Contacts and Links / Other Branches

FOR THOSE OF YOU WHO REALLY LIKE TO “PLAN AHEAD”... ROBBIE BURNS NIGHT will be celebrated on SATURDAY JANUARY 27, 2018

- Locations advertising so far are:
- Oakville
 - Buffalo
 - London



A note to the long term branch members who remember Gillian Martin.

We recently found out Gillian passed away. Gillian Martin was a member of the Branch in the 1970s -1980s prior to moving out west to be with her family. She danced in the Advanced Class and was very active in Branch affairs and was a very keen member. Her two sons, in their younger days danced in the Branch Children's class and maintained their dancing into their teenage years. Although, we lost touch with her once she moved out west, she will be missed by some of the senior Branch members.





The following items are for sale by Shirley Marshall. You can reach Shirley at marmaduke68@hotmail.com if you have any questions or would like to see any of these articles.



Men's diced hose
I would like \$75 for these.



Child's kilt. The waist is 22" to 24"
and the length is 17".
I'm asking \$20 for this kilt.



Man's kilt with matching hose to sell together for \$300. The kilt has only been worn two or three times and will fit a tall slim man. Approx. measurements - waist 30" to 32". Total length is 26" but length from the waist is 23".

A Message from your RANT Committee

This is the last RANT publication in 2017.

We have enjoyed putting these newsletters together for you, and no sooner is one published, we are already working on the next one. We very much appreciate all your feedback, photos and contributions. Your contributions make the newsletters more interesting and personal for your fellow Hamilton dancers and readers. We can't always get your articles in the next edition, but they will be included as space permits, so please keep them coming!

Watch for the next edition in late January or early February 1, 2018.

If you haven't checked out the Hamilton Branch website for a couple of months, we really recommend you do so asap! It has been revamped by Brenda Bjarnason and her committee and they have done a great job! Lots of pictures, lots of colour - and lots of well-organized information. Good job!

Sincerely,

Your RANT Committee,

Manager and Editor: John Walton (jwalton15@cogeco.ca)

Design and Layout: Lynn Taplay (lynntaplay@gmail.com)

SCOTTISH QUIZ – ANSWERS

1. Perth
2. Central Station, Glasgow
3. Strips of fields
4. Edinburgh
5. Glasgow

