



RSCDS Hamilton RANT

APRIL 2017 EDITION

A Wee Bit of Scottish History

“Run faster, run faster, the tides coming in” urged Ian Charleson to the other runners as they raced along the pristine sand and away from the incoming waters of the cold North Sea. This was the opening scene in *“Chariots of Fire”* and the athletes were running towards the beautiful, old Scottish town of St. Andrews.

Situated on the east coast of the Kingdom of Fife, this ancient capital of Scotland has an Abbey, built in 1160, where later, John Knox preached his first sermon, and a Castle, built in 1200 by the Bishop of St. Andrews containing a highly unusual “bottle” dungeon. Both structures are now in ruins, but are still well worth visiting. Another important establishment is the prestigious University of St. Andrews. It is the oldest university in Scotland, established in 1413 and is the third oldest university in the English speaking world. Prince William and his wife were students there prior to their marriage.

But perhaps most people know St. Andrews as the golfing capital of the world and golfers dream that one day they will have the honour of playing there, possibly on the Old Course. The first recorded documents concerning golf were in 1552 and since then the game, as everyone knows, has spread to all corners of the world.

Similarly, Scottish country dancing has circumnavigated the globe and the RSCDS Summer School is held annually in the University. It has become the “Mecca” of the dancing world where attendees experience some of the finest teaching, music and dancing there is. Friendships are made with people of many different nationalities who all participate in the past-time we enjoy so much.

All dancers should plan on visiting this lovely old town of 16,000 people in Fife and enjoy taking part in Summer School. Put it on your bucket list.

Dances associated with this beautiful place are St. Andrews Fair, St. Andrews Castle, St. Andrews Links, Kilrymont amongst many others. Ask your class teacher to do some of them.

Our teachers tell their stories

Claire Collier

I fell in love with Scottish Country Dancing while a graduate student at the University of Wisconsin and was soon dancing three times a week. After completing my graduate degree, I accepted a job based on where there was Scottish Country Dancing and moved to Tarrytown, NY. I immediately joined the Westchester Scottish Dance Group, danced with the New Jersey class of the New York Branch, and was a member of the Loch Leven Scottish Country Dancers performing team for over 10 years. When I moved to the Buffalo area, I joined the Hamilton (Ontario) Branch and have danced there for nearly 25 years. Since receiving my full certificate in 1996, I've taught the introductory, social, and advanced classes in the Hamilton Branch and currently teach the intermediate technique class. I've also taught in the Buffalo Branch and St. Catharine's Branch as guest teacher, and have taught workshops in Oakville, Toronto, London, Windsor, and Hamilton.

To help promote Scottish Country Dancing, I've served on the executive of the Teachers' Association (Canada), an international organization of Scottish Country Dance teachers, as treasurer, corresponding secretary, and membership secretary; have served as membership secretary and teachers' council chair of the Hamilton (Ontario) Branch; and am the former chair of The White Cockade.

When I introduced my parents to Scottish Country Dancing, many years ago, my mother said "If all your friends are like the dancers here in Madison, you'll have good friends your entire life." She was right and I have.

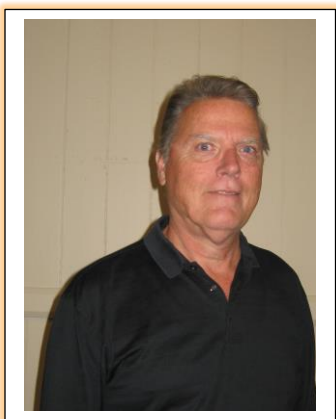


Scott Reid

I was born and raised in Hamilton, Ontario. The family moved to Burlington where I taught a variety of technical subjects at the high school level for 32 years. I am now enjoying the retired life, living in Dundas. Catherine and I have four children, two married, one engaged and one on the verge (they hope). We also have one grandson.

I didn't begin dancing until later in life and have never looked back. I received my Pre-lim certificate in 2009 and my full teaching certificate in 2011. I began co-teaching an introductory class in Hamilton that fall.

For the past few years, I have enjoyed teaching Scottish Country Dancing in Hamilton at all levels and am presently teaching a level 2 -3 Social Class with my wife, Catherine. I also teach the Level 3 Monday night class on a rotation basis. I was a featured teacher at the Toronto West End Workshop (2015), RSCDS London, Ontario Workshop (2016), the Tartan Tea Weekend in Picton (2016) and guest teacher at Thistle School in North Carolina (2016). I am also a past Chairman of the R.S.C.D.S. Hamilton branch.



💡 **THINK** POSITIVELY
 🏃 **EXERCISE** DAILY
 🍏 **EAT** HEALTHY
 💪 **WORK** HARD
 🦸 **STAY** STRONG
 😊 **WORRY** LESS
 💃 **DANCE** MORE
 ❤️ **LOVE** OFTEN
 😄 **BE** HAPPY

The Health & Wellness Corner

LET'S GET READY TO DANCE!

The
 difference
 between



LIMBERING UP

WARMING UP



And

STRETCHING

There is an important difference between *warming up* and *stretching*. Many people incorrectly consider stretching as warming up.

A **Warm-up** is one of the most important elements of any exercise or dance program. A warm-up is low-level activity which is completed prior to more strenuous exercise and before stretching.

As cold muscle tissue is prone to tear or strain, the objective of the warm-up is to raise total body temperature and muscle temperature to prepare the entire body for more vigorous activity, which helps to prevent injury. A warm-up also prepares the cardiovascular system, respiratory system and nervous system for a higher level of activity by gradually increasing the demand on these systems.

Warming up means getting the heart pumping faster to increase the blood flow for 5 to 10 minutes. before your activity, which for us, is dancing! You can warm up simply by:

- Keeping a brisk walking pace (definitely "to the music")
- Take longer strides while you walk... stretch it out
- Lifting your knees higher as you walk (but not too high if you're wearing a kilt)
- Marching – on the spot or moving and swinging your arms or pumping your arms

LIMBERING UP

After you've warmed up for 5 or 10 minutes to the pre class or dance music, you are ready to **limber up** those creaking joints. Our teachers usually give us 5 minutes of limbering movements before class; at a dance you can take a few minutes to do them yourself. Place a hand against a wall for balance if need be.

Familiar limbering movements include:

- Ankle circles, both directions
- Pointing and flexing the feet, going through foot positions
- Figure 8's with the knees and through the hips
- Arm circles
- Shoulder shrugs, forward, backward and up and down
- Turning head from side to side

Now you're ready to DANCE, DANCE, DANCE!

And after you DANCE?

Finally, it's time to...

Take time to **stretch** all the muscles that supported you while you were dancing.
Stretch your feet, your calves, hamstrings and thighs.
Stretch your back, shoulders and neck.



Injuries ...An appropriate poem by Pat Bat! *Contributed to the RANT by Paul Miller*

I pulled a muscle last night in class
I've a great big bandage to prove it.
It's not too bad if I keep it still
But it gives me hell when I move it.

It's rather lucky that my twisted knee
Is almost entirely well,
But I'll have to look after the ankle
That's recently started to swell.

My instep is nearly better,
And the pain in my toe's getting less,
But the ligaments round the back of my heel
Are rather a nasty mess.

I had a few days of concussion
From an error in Postie's Jig.
It was only a hairline fracture
But the bump was uncommonly big.

My shoulder has never been quite the same
Since my partner got out of hand
And twizzled me wildly in Hamilton Rant
And I ended up in the band!

Oh, it's lovely to do Scottish dancing,
But to my eternal sorrow
I've decided it's just too rough for me
So I'm taking up Rugby tomorrow

Tartan Tales



Clan MacKenzie

This clan originally came from the area north of Inverness around Strathpeffer and the Black Isle. They became a very powerful group in medieval times and expanded their territory considerably. They fought at the Battle of Bannockburn in 1314 with Robert the Bruce and became involved in most major conflicts in Scotland over the next 500 years. Their influence stretched from the east coast of Scotland across the Highlands to as far as the Outer Hebrides.

The clan seat is the magnificent and picturesque Eilean Donan Castle situated in Loch Duich. This castle was large and powerful up to the time of the Jacobite Rebellion when the MacKenzies supported the rebel cause. Government forces reduced the castle to rubble and it was later rebuilt in the twentieth century to its present state.

The clan has several tartans but the main one has a background of the Black Watch tartan with an overlay of red and white stripes. Names associated with this clan include: Cross, Iverson, Kenneth, Kynoch, MacRae, MacIvor and MacMurtry.

There is a legend that, at the time when witches were persecuted, an ugly old crone, believed to be a witch by the clan Mackenzie, cursed the clan as she was being punished by them. The curse was that the females in the clan would only ever bear daughters and that the name MacKenzie would disappear forever. This has not come to pass – YET!

We are very fortunate to have a McKenzie in the Branch. Diana McKenzie is our Branch secretary and you will often see her on the dance floor. Introduce yourself to her if you do not already know her as she is very approachable and would be pleased to make your acquaintance.



MacKenzie Tartan



Eilean Donan Castle on Loch Duich



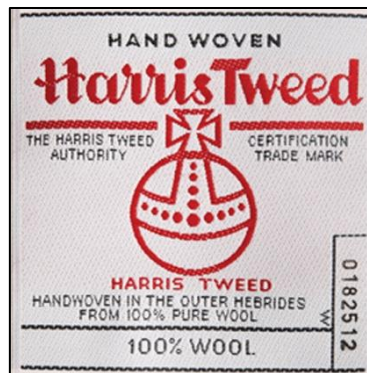
...The Champagne of Fabrics

As the North Atlantic thunders onto the shore and the rain drives almost horizontally at times, the Gaelic speaking Scot is oblivious to the weather outside as he sits at his loom concentrating on the work before him. He is one of many islanders in the Outer Hebrides pursuing his part in the production of one of the finest materials known to mankind called Harris Tweed.

The Outer Hebrides is an archipelago of islands off the north-west coast of Scotland and at the very edge of Europe and stretches from Lewis in the north to Mingalay and Barra in the south, a distance of approximately 230 kilometres.

Harris Tweed is a unique, soft, hard wearing, distinctive fabric coming in many different shades and colours. Its history is very interesting too. Due to modern technology, the coarse scratchy fabric of many years ago has been replaced by a smooth and silky material that is a delight to wear. There are many different kinds of tweeds in existence but none can compare to this product of the Hebridean Islands.

The material is the only one in the world Parliament and must be made from pure spun on the islands and handwoven at methods are still employed and visitors weavers at their looms as they travel



to be controlled by an Act of virgin wool which has been dyed and the home of the weaver. Traditional to the Western Isles can see the around the islands.

Of course there is more to the the weaving. After the sheep have been where it is washed and dyed. The in correct proportion and then blended carded between rollers to tease and mix the fibres. This soft yarn is then spun to give it a twist and wound onto bobbins before being shipped to the weaver. Once woven, the tweed, in its 'greasy state', passes through the hands of eagle eyed darners who correct any flaws. Once ready, the cloth is finished and proceeds to the washing and beating area where all impurities are removed. The tweed is then dried, steamed, pressed and cropped and stamped with the prestigious 'Orb' trademark as the final seal of approval.

So, the finished product has passed through many hands. The dyers, blenders, carders, spinners, warpers, weavers, finishers and inspectors are all islanders and the Harris Tweed they produce is a reflection of their life. As such the land and the people are woven into the very fabric they produce.





For more information on all events listed below, please go to:

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

*** Spring 2017 classes end week of April 17th, 2017 ***

Event: Hamilton Branch Annual Dinner and Ball

When: **Saturday, April 29th** from 6:00 pm

Where: The Scottish Rite, 4 Queen St. South, Hamilton

The Hamilton Spring Ball is returning to the beautiful Scottish Rite this year!

Program and registration forms are available in class and can be found at www.rscdshamilton.org

Event: Hamilton Branch Gala

When: **Wednesday, May 3rd** from 7:30 to 9:30 pm

Where: MacNab Street Presbyterian Church

Cost: \$5.00 per person

Non-dancers are welcome to attend our Gala and be part of the audience and cheering section. It is an opportunity for our classes to *"show their stuff"* to friends and family as well as fellow dancers.

Event: Hamilton Branch Annual General Meeting (AGM)

When: **Wednesday May 10th** from 7:30 to 9:30 pm

Where: MacNab Street Presbyterian Church

Cost: No charge

The AGM is the summation of how the Hamilton branch did during the past 12 months and is open to all members. It is an opportunity to learn who manages the branch, to learn of the trials and tribulations your COM faces **and, more importantly**, an opportunity for you to share your feedback and comments as well as ask questions and vote. Your input is very important to the COM to help them run the branch and give you what you want. Please join us. A short dance program will follow the meeting, so bring your shoes!

Event: Dancing on the Dock

When: Wednesday evenings in August from August 2nd to August 30th inclusive

Time: 6:30 to approximately 8:30 (dusk)

Where: The lovely gazebo behind William's Coffee Cafe at Hamilton's Pier 8

Cost: Free

It's hard to believe coming out of another Ontario winter that we will be complaining about the heat come August! This is a lovely way to beat that August heat. The sun setting behind the gazebo, a breeze off the water, sailboats coming in for the day.... Ahhhh. This is also a nice evening for non-dancer friends and family to join us on the grassy knoll, sitting in lawn chairs and tapping their toes to wonderful Scottish Country dance music. So mark your calendar and we'll see you there!



In the surrounding area

ST. CATHARINES BRANCH

Event: “Back to Basics” Workshop & Tea Dance

When: Saturday April 22nd

Where: Robertson Hall, St. Catharines

Event: St. Catharines Spring Ball

When: Saturday May 6th

Where: Royal Canadian Legion, St. Catharines, Ontario

Music by: Don Bartlett and the Scotch Heirs

OTTAWA BRANCH

Event: Annual Spring Ball

When: Saturday April 22nd

Where: Ottawa Conference and Event Centre, Ottawa, Ontario

Music by: Laird Brown & Scotch Mist

PICTON Prince Edward County Scottish Country Dancers

Event: Afternoon Tartan Tea Dance

When: Sunday April 23rd

Where: Prince Edward Yacht Club, Picton, Ontario

Music by: Fred Moyes

For anyone wishing to spend a weekend in Picton, they are also offering a Friday night social dance as well.

There is no scheduled activity for Saturday. For more information, registration form and briefs go to:

www.rscdskingston.org/picton.htm Or contact Sheila Keller at ckeller@sympatico.ca

LONDON BRANCH

Event: St. Catharines Spring Ball

When: Saturday May 6th

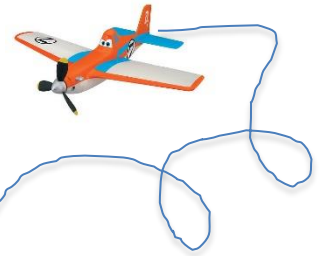
Where: Great Hall, Western University, London, Ontario

Music by: Laird Brown & Scotch Mist

More information and registration forms for these events, and more can, be found on your Hamilton Branch website. The website also offers direct links to these and other branch websites. Go to www.rscdshamilton.org under “News”.



That are also **ADVENTURES**



Event: Pawling Weekend

When: **May 19 to 21, 2017** at Berkshire Hills, Copake, New York USA

Presented by: RSCDS New York Branch

Teachers: Antoine Rousseau (Paris France), Arthur McNair (Pittsburgh), Rebecca Roman (Buffalo)

Music by: Laird Brown & Scotch Mist with guest artist Catherine Miller

This popular weekend adventure known for friendly people and excellent teachers is Pawling's 54th annual spring weekend and will be held at a new venue this year. Many Hamilton and area dancers consider this an annual event and would be glad to give you first-hand information about the weekend.

Registration and information are available on our website at: www.rscdshamilton.org under "News".

Event: Workshop and Weekend at Stoney Lake

When: **May 26, 27 & 28th, 2017**

Where: Pine Vista Resort on Stoney Lake, 45 minutes north of Peterborough, Ontario

Presented by: Peterborough Scottish Country Dance Society

Teacher: Sandy Gallamore

This marks Peterborough's 33rd Stoney Lake Workshop and Weekend. For more information, registration and information on accommodations go to <http://www.pscds-on.org/Events.html>

Event: RSCDS TAC Summer School

When: **July 23 to 30, 2017**

Where: University of British Columbia, Vancouver, BC

This high energy week is truly an adventure! You will meet Scottish Countries dancers from all over the world! Classes range from beginner to advanced. No matter your level, your dancing skills, technique and confidence will be improved here! For more information search: **TAC-RSCDS summer school 2017.**

Event: Scotch on the Rocks

When: **August 14 to 18, 2017**

Where: Wolfville, Nova Scotia

Organizers/teachers: Duncan and Maggie Keppie

This adventure consists of morning classes at Intermediate-Advanced level and afternoon excursions to scenic localities of historical and geological interest.

For more information and registration, search: **scotch on the rocks 2017** or contact the Keppies at: keppie@eastlink.ca This is a very small, intimate class that sells out quickly.



Here is a comment from a Hamilton member who attended in 2016.

"I enjoyed the format of this week of summer dancing that saw us dancing in the mornings and having the afternoons free to explore the historical and geographical points of interest on the North Shore of Nova Scotia. Duncan & Maggie Keppie were congenial hosts. I particularly enjoyed Duncan's 7 couple dances that he devised specifically for 7 couples."

Just for Fun



SCOTTISH QUIZ - QUESTIONS

1. Which actor played Eric Liddle in *Chariots of Fire*?
2. In 1953 Sean Connery represented Scotland placing third in which competition?
3. Andrew is the patron saint of Scotland and what other country?
4. On which island did Robert Louis Stevenson spend his last year for health reasons?
5. The *S.S. Politicia* carrying 20,000 cases of whisky sank on which island, inspiring the novel *Whisky Galore*?

Fun facts about our fair city

Did you know...

It was not unusual for settlers on the Niagara escarpment in the early 1800's to make a road down to the "lower city" for the use of their families. These roads were known as a shortcut. James Jolley, a saddler, harness maker and politician was one such person. He funded the construction for the road, which in later years became the Jolley Cut.

Did you know...

St. Paul's Presbyterian Church on James Street South was formed by Scottish immigrants in 1830 under the name St. Andrew's Church. The present building was built between 1854 and 1857 and retained the name St. Andrew's until 1873 when after a conflict within the congregation, the name was changed to St. Paul's.

The 180 foot tall stone spire is the only one of its kind in Ontario.



THE STONE OF SCONE

“Easy lads, take care moving it” said King Edward, as his men-at-arms struggled to lift the red sandstone block onto the crude horse drawn wagon.



It had been sitting for several centuries at the high altar in **Scone Abbey in Perthshire** and weighed about 336 lbs. The year is 1296 and Edward was taking this stone, upon which many Scottish kings had been crowned over the centuries, back to London to be used in the coronation ceremonies of English sovereigns. He planned on placing it under a specially built wooden chair in **Westminster Abbey** upon which all future English monarchs would be crowned, thus ensuring that he would be ‘Lord Paramount’ of Scotland.

“Easy lads, take care moving it” whispered the Scottish university student to his fellow conspirators, as they tried to move the bulky rectangular stone from its place under King Edward’s Chair in Westminster Abbey. The year is 1950 and four University of Glasgow students had decided to return the **Stone of Destiny** back to Scotland. They had broken into Westminster Abbey after it had closed for the day and, evading security personnel, removed the sacred stone from its place under the chair. Struggling with this heavy block, they hoisted it into the trunk of their car and drove away. The Stone was on its way back to Scotland.

Despite the massive search by the police to recover this national treasure they came up empty handed. They neither caught the conspirators nor did they find the Stone. Several months later, in 1951, the students took the Stone to **Arbroath Abbey** and left it on the High Alter, draped in a Saltire, in the safekeeping of the Church of Scotland. It was later returned to Westminster Abbey.

In 1996, 700 years after King Edward took the Stone from Scone Abbey, it was returned to Scotland and transported to Edinburgh Castle where it is now on display. Whenever the next coronation takes place at Westminster, the Stone will be taken there and then returned to Scotland.

Go and see the Stone of Destiny when you visit Edinburgh Castle. You now know a small part of its history. There is also a dance, devised by John Drewry called ‘*The Stone of Destiny*’, ask your teacher to show you it.



Scone Abbey



Arbroath Abbey



Stone of Destiny under the coronation chair at Westminster Abbey



GARAGE SALE

FOR SALE

Masonic Tartan men's kilt (red and navy) size 46 short
 Matching tie
 White kilt socks with matching flashes
 Kilt pin

Asking \$300 for this complete set.
 Contact Elaine Aikman
 Home 289-759-5696 / Cell 289-527-6883
elaine.aikman@gmail.com

FOR SALE

3 Pair of men's socks
 1 Set of shoe buckles
 2 Sets of red flashes
 1 Men's Royal Stewart kilt size 40 – 44
 1 Leather belt with large buckle
 1 Leather sporran
 1 Sgian Dubh
 2 Men's jackets – 1 navy blue, 1 military green

Wish to sell as lot.
 Asking \$400.00

Contact Billy Stanfield 905-389-5894

FOR SALE

Ladies kilt, dress Stewart. Size 25 to 30 waist.
 Made in Scotland
 \$40.00

Ladies floor-length kilt. Size 25 to 30 waist.
 Hunter green with lighter green and black with a fine red line.
 Made in Scotland
 \$40.00

Contact Lucy Cook
Dynamic_arts@sympatico.ca

Something Scottish you would like to put in our Garage Sale?

We hope to be able to continue the “Garage Sale” section. If you have some **Scottish things** you are no longer using, that others, especially new dancers, might be able to use, we will advertise them for you. Maybe you want to sell, give away or trade. So pull out that old tartan sash from the closet or the sporran sitting in a drawer and we will try to help it find a new home. The purpose of the Garage Sale is to connect Buyers and Sellers, so please contact the Seller directly for more information.

Send the details to John Walton (jwalton15@cogeco.ca) or Lynn Taplay (lynntaplay@gmail.com)

ANNOUNCEMENTS

Dorothy Margaret Campbell

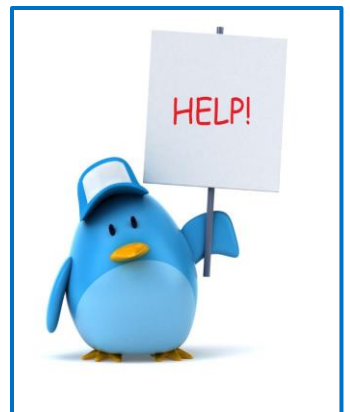
Dorothy died on March 20th, 2017 in Oakville at the age of 98. She was the loving wife of the late Robert Campbell (well-known international devisor of Scottish country dances and formations). She was born in Portsmouth, England in 1919 and came to Canada one year later with her parents. Dorothy married Bob in 1941 and settled in Oakville in 1953, where she was a founding member of the Oakville Scottish Country Dance Group in 1956. Both she and Bob were members of the Hamilton and Toronto Branches for many years and were dedicated supporters of Scottish country dancing throughout the area.

A Message from your RANT Committee

If you enjoyed reading this edition of the RANT, please let us know.

We publish the RANT for your enjoyment and encourage you to *help us* make the next issue even better by contributing to it.

We are looking for photographs of recent dances or events, articles, upcoming events, or stories about “*where in the world*” you have danced. Please send us whatever you think might interest other branch members. Because of limited space, we can’t guarantee what edition a particular article will be in, but we will try our best to include all contributions at some point. There will be two more editions this year – August and November. Please send us anything you wish to contribute.



We appreciate your interest in continuing this newsletter and thank you in advance for your *HELP!*

Sincerely,

Your RANT Committee

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

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

How did you do??

SCOTTISH QUIZ – ANSWERS

1. Ian Charleson
2. Mr. Universe
3. Russia
4. Samoa
5. Eriskay