



Stirling Castle

**RSCDS
HAMILTON
RANT
JANUARY
2018**

A Wee Bit of Scottish History

Gateway to the Highlands

“Gateway to the Highlands” is the unofficial title given to Stirling, located on the River Forth at the edge of the Highland Line. Because of its central location it has played a pivotal role in the history of Scotland being the site of many famous battles including the Battle of Stirling Bridge in 1297 and the Battle of Bannockburn when Robert the Bruce defeated the English army of Edward II in 1314 and thus gained independence for Scotland.

Once the capital of the country, Stirling is visibly dominated by Stirling Castle, a magnificent group of buildings rivaling Edinburgh Castle, built on a naturally defensible crag. There is also a medieval parish church, the Church of the Holy Rude, where the infant James IV of Scotland (later James I of England) was anointed King of the Scots by the Bishop of Orkney in 1567. John Knox gave a sermon at the service. Stirling was granted city status in 2002 by Queen Elizabeth II as part of her Golden Jubilee celebration.

Close to city is Bannockburn, the site of the above mentioned battle, and a splendid monument to William Wallace, another king of Scotland, who was captured by the English (did you see Braveheart?) and was executed.

Scottish dances associated with Stirling are:- 1314, Stirling Castle, Stirling Millennium Reel.

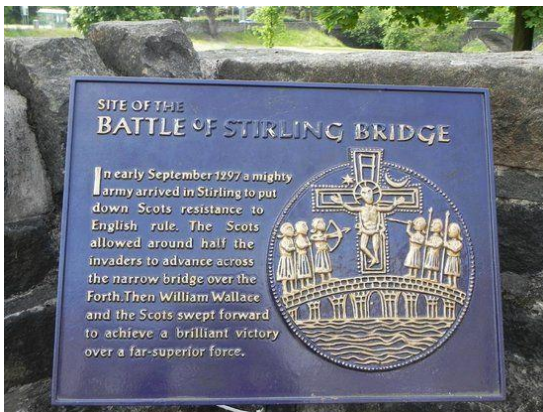


Mel Gibson portraying William Wallace
in the Hollywood movie, Braveheart

The **Battle of Stirling Bridge** was a battle of the First War of Scottish Independence. On 11 September 1297, the forces of Andrew Moray and William Wallace defeated the combined English forces of John de Warenne, 6th Earl of Surrey, and Hugh de Cressingham near Stirling, on the River Forth.



Depiction of Battle of Stirling Bridge



Wallace Monument



Stirling Bridge today

Bannockburn (Scottish Gaelic Allt a' Bhonnaich) is a town immediately south of the city of Stirling in Scotland. It is named after the Bannock Burn, a burn (small stream) running through the town before flowing into the River Forth.

The **Battle of Bannockburn** on 24 June 1314 was a significant Scottish victory in the First War of Scottish Independence, and a landmark in Scottish history.

Stirling Castle, a Scots royal fortress, occupied by the English, was under siege by the Scottish army. The English king, Edward II, assembled a formidable force to relieve it. This attempt failed, and his army was defeated in a pitched battle by a smaller army commanded by the King of Scots, Robert the Bruce.



Depiction of the Battle of Bannockburn



Statue of Robert the Bruce

JUST FOR FUN



Scottish Quiz

- 1 Which town is known as 'the Capital of the Highlands'?
- 2 Where is McCaig's Folly?
- 3 What year was the Battle of Bannockburn?
- 4 To which city is Bannockburn close?
- 5 How many times did Sean Connery play James Bond?

Tartan Tales

Clan Douglas

Strictly speaking this clan's proper title is the House of Douglas as it lost the right to be called a clan when the present family name became Douglas-Hamilton and the Lord Lyons, King-at-Arms refused to accept a hyphenated name as a clan.

However, this is one of Scotland's major clans with a history second to none. When William Wallace was executed in the Tower of London, standing next to him was the Douglas clan chief who suffered the same fate. His son, known as the Black Douglas, was a strong supporter of Robert the Bruce, and after the Battle of Bannockburn was knighted and was known as Sir James Douglas.

He was held in such high esteem by Robert the Bruce that when Bruce lay dying he asked Douglas to take his heart to the Holy Land. On his way to complete the dying wish of the king, Douglas broke his journey in Spain where he and his entourage stopped to help the Spaniards fight the Moors in Granada. They were all killed and Bruce's heart was eventually returned to Scotland and buried in the Border abbey at Melrose.

Although a Border clan, the Douglas's possessed vast amounts of land and their territory extended as far as the Black Isle, north of Inverness. They had many castles, sadly, they are all in ruins, but if you travel by train to Edinburgh using the east coast route and you stop in Berwick-on-Tweed you may notice that the railway station is composed of part of Berwick Castle. The Dukes of Buccleuch live in Drumlanrig Castle a mansion built by the Douglas's in the 17th Century.

There are several clan tartans, the main one being the one shown here, green and blue with black and white stripes.



Only a few ruins remain of Douglas Castle



Modern Douglas tartan kilts

Arctic Adventures, August 2017 - Part One

Written and submitted by Andy Fallas

I can just hear the critics now... *"Why go to the Arctic?", "You mean you are going to give up close to 2 weeks of warm Canadian summer to go and freeze up there?", "It's desolate, and barren, and nothing much lives up there" " Who cares, and what use is it anyway?"*.



So many reasons interested me in going there. What primarily got me to go was the history, and the promise of spectacular geography. But I discovered as I went along that there were other compelling reasons.

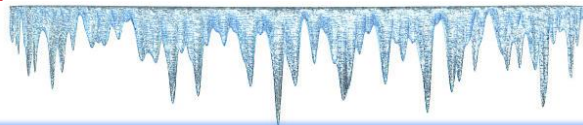
The Inuit appear to have originated in eastern Siberia about 5-10,000 years ago. They crossed the land bridge over what is now the Bering straits, and stayed for a while in Alaska. They then migrated along the Northern shore of what is now mainland Canada, veered North over Baffin Island, and the East coast of Ellesmere, crossed into Greenland North, and continued south. The driving force was food, and where to find it. Marine mammals are not distributed evenly over the Arctic, a fact which escaped the fated expedition of Franklin and many others.

This is part One. In later issues, I hope to say something about Inuit communities, governance, habits, and beliefs. Something about marine and Land mammals. Something about Light. Something about scenery and Geology, glaciation, commercial efforts, Nature Reserves, Climate and climate change, etc. I will leave you with a picture of [Franklin's Cairn](#) 500 feet atop Beechey Island. Erected by his crew in the winter of 1845-6. The Idea was to alert any future search parties that he had been here. Stay Tuned!



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

The Health & Wellness Corner



WINTER SKIN CARE TIPS

(Not just for the ladies...)

BRRRR... In September 2017 we broke a heat record and in December 2017 we broke a cold record - and a snowfall record.

With the cold temperatures outside and the furnace blasting hot air inside can wreak havoc on our skin from head to toe. Here are some tips from doctors and dermatologists to help soothe the winter dry-skin blues.

INSIDE OUT:

Eat more foods with omega-3s, which includes basically everything in the fish family: salmon, sardines, anchovies, and halibut. Omega 3's help to strengthen cell membranes, allowing cells to hold more water and hydrate from the inside out. If you don't like fish, consider a fish-oil capsule instead.

DRINK MORE WATER. When it's cold outside we think of hot drinks, but the body still needs plenty of fresh water to stay hydrated.

KEEP SHOWERS SHORT:

A long, hot bath or shower is tempting when you've been out in the cold but it will strip your skin of moisture. If you like warmer showers keep them short and limited to only one per day.

JUST ADD HONEY:

To soften stubborn dry patches on rough elbows and knees, try a rich hydrating scrub, such as a simple mix of honey and sugar. Studies show that humectant honey reduces inflammation, and sugar (applied topically) increases circulation in skin. This can be especially helpful in winter when blood flow is typically diverted from the skin to keep your core warm (who knew?!).

SMOOTH AS YOU SOOTHE:

Extra-dry skin like on upper arms can trigger a flare-up of keratosis pilaris, patches of annoying rough, bumpy skin. Try a lotion with salicylic acid to exfoliate dead cells and reduce the appearance of bumps. Our skin can be more sensitive or fragile in the winter so be careful not to over exfoliate this time of year. Try exfoliating less often and/or less aggressively in the winter. Follow up an exfoliation with a generous layer of moisturizing lotion.

MILK IT!

Legend has it that Cleopatra used to bathe in goat's milk because of the lactic acid. It's an incredibly effective moisturizer and it also works as a powerful, non-aggressive exfoliant. Don't want to go to the bother of heating enough milk to bathe in? Try looking in the drug store for a lotion with lactic acid.



WASHING UP:

Excess hand washing really sucks the moisture out of our skin. In the winter, choose a moisturizing soap-free cleanser. Or soap-free and alcohol-free cleansers – they are less drying than washing with soap and water. Apply a hand lotion right after washing.

DON'T FORGET YOUR MITTENS!

Don't go outside in the cold without gloves or mittens to protect your hands.

THAT EXTRA STEP:

For those who suffer extra dry feet in the winter, gently buff away rough spots, dry skin and calluses with a hydrating scrub or pumice stone before going to bed. Apply a thick, buttery moisturizer to damp feet. For extra help, try a moisturizer with glycolic acid. A lotion with lavender oil in it would be so very nice, too. Then cover your pampered feet with socks overnight. Diligence will pay off.

LAYER UP!

Protect your skin every day by applying a moisturizing lotion after a shower or bath. Try applying while your skin is still damp from a bath or shower and smooth over your whole body, not just elbows or just legs.

ENJOY OUTDOOR WINTER SPORTS? Don't forget to add an extra protective layer to your face before going out – can be a heavier than usual moisturizer or apply more of your regular moisturizer – you can wash it off when you come back in.

THE AIR AROUND YOU:

If your furnace doesn't have a humidifier, you might try a small room-size humidifier in the bedroom. I found a small "travel size" cool-mist humidifier by "Heaven Fresh" that I put on my desk at work, where the air is super dry. I simply up-end a 500 ml bottle of water on it and turn it on. Works well on a night stand too, where it could run while you sleep.

TRIED AND TRUE:

A number of years ago my doctor told me to go to the Dollar Store or Walmart or Shoppers and buy a travel-size bottle of baby oil. (I can tell you now that a bottle with a flip top of some kind is much more convenient.)

Here were her instructions:

- Put the bottle in the shower
- When finished showering and before you towel off, pour a dime-size puddle of baby oil in the palm of your hand
- Rub your hands together then smooth over your damp skin
- The dime-size puddle should be enough oil to cover everywhere you can reach - Focus on dry areas
- Then towel off *gently* – pat-dry, don't rub. Be gentle with your skin in the winter

And I haven't had dry winter skin since.

I have long since stopped using baby oil though – mostly because it doesn't absorb quickly or well. I bought two bottles of L'Occitane's After Shower Almond Supple Skin Oil on a promotion and although they lasted me two years and it's a very nice product, it is not cost-friendly so I am shopping for another option – there are several out there. Look for a body oil with some natural oils, such as olive, sunflower or evening primrose – they sound heavenly and the anticipation/shopping are added perks!

- If you try the L'Occitane product, please pour it into a plastic bottle for the shower – it comes in a glass bottle.

I'm pretty sure SCD is not a sport in which men shave their legs, so I am going to be presumptuous and suggest this last tip **IS** just for the ladies... **SILKY LEGS:**

You might also try using a moisturizing shampoo or light weight hair conditioner to shave legs – both of which are more pH neutral (less drying) and more cost effective than shave creams. These days there are lots moisturizing bath/shower oils available that can be used for shaving.

Hope you try some of these tips to help protect your skin from the ravages of winter; I'm sure you will *feel* the results! If these tips have motivated you to treat your skin with TLC and you're looking for more ideas, there are lots of smooth skin remedies online.

Fun facts about our fair city

Did you know...

Hamilton is fortunate to have one of only 3 botanical gardens in the world having been distinctly designated as "Royal". Formal permission was obtained in 1930 from King George V to call the Hamilton botanical gardens the "**Royal Botanical Gardens**". The others are in Kew in England, after which the Hamilton gardens were patterned, London, England and Melbourne, Australia.

The Gardens, located in Burlington, conceived and founded through the tireless efforts of early conservationist Thomas Baker McQuesten, were created over 80 years ago and now cover over 2300 acres, making them one of the largest in the world.

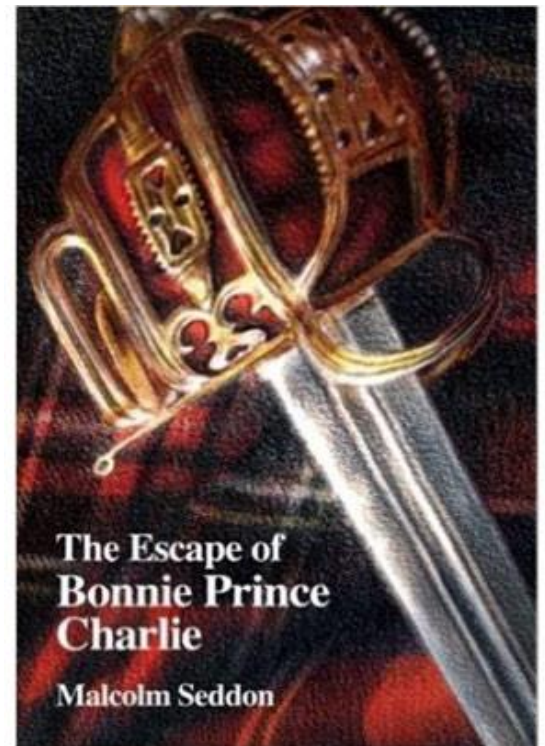
Through the dedication of their expertise in horticulture, conservation, science and education, the Hamilton RBG also protects and stewards environmentally sensitive lands and diverse ecosystems that connect the Niagara escarpment to Lake Ontario. Our RBG has also been designated a National Historical Site.

If you have never been to see this jewel in our community you should plan on visiting it one day soon...or maybe wait for better weather! <https://www.rbg.ca/>

BOOK REPORT

This new book describes the exciting adventures of **Charles Edward Stewart** ('Bonnie Prince Charlie') on the run for five months after his defeat at the battle of Culloden in 1746. During this time, he was desperately avoiding capture by his Hanoverian enemies, and seeking a ship in which to escape from Scotland. In the process, he and a few companions trekked day and night over five hundred miles using hideouts in the remote areas of the Western Isles and the North-West Highlands. Eventually, he was rescued by friends, and taken to France. The author has thoroughly researched the story from contemporary accounts. With camera in hand, he has also explored on foot the whole route that Charles followed. This highly illustrated book therefore has many attractive photographs of places that figure in the story. There are also sketch maps showing the movements of key personnel at various times.

The book has a companion website with a free *Hillwalkers' Guide*, giving details of walks that, together, cover Charles' complete route. The walks allow present-day hillwalkers to follow in the footsteps of the fugitive prince, and visualise the various incidents where they actually happened.



The book is available from the Amazon Books and IBooks website
EBook: £4.99 Printed Book (Softback): £14.99



PHOTOS

Hamilton
Christmas Dance
2017



Lots of dancing, fun, friends, food and fabulous music at this year's Hamilton Christmas dance!



The Formation of The Royal Scottish Country Dance Society

A Scottish Girl Guide Commissioner was attending an event where a team of English dancers were performing English country dances and she wondered why there was no similar Scottish resource for Scottish people to enjoy. She resolved to produce a book of dances in which she had participated in, in her native Argyll prior to the First World War.

The year was 1922 and visiting Paterson's music publishing store in Glasgow, she was put in touch with **Jean C. Milligan**, a lecturer at Jordanhill Collegiate, who was concerned about the decline of Scottish dancing due to the influence of North American music introduced to Britain by U.S. troops at the end of W.W.1.

Mr. Diack of Paterson's Music met with the two ladies and after much discussion, Mr. Diack suggested that a Scottish country dance society be created. A meeting of interested individuals was called on **November 26, 1923** in Glasgow, attended by twenty seven people, and the Society was formed. The annual membership was set at five shillings (about 80 cents) which didn't change for over thirty years.

The Girl Guide Commissioner was **Mrs. Ysobel Stewart** of Fasnacloich and she and Miss Milligan were the driving force of the Society for many years. Following the Second World War, many Scots emigrated to foreign countries to seek better lives and they took their culture with them and so Scottish culture spread around the globe.

Today, as many of us have experienced, you can participate in SCD almost anywhere, in South Africa, Australia, New Zealand, Canada, the U.S. and many of the countries in Europe. Japan is reportedly where Scottish dancing is extremely popular and has the fastest growth rate of membership. Needless to say, the growth of the Society exceeded the wildest dreams of the organizers of that initial gathering of 1923.

The Society received its '*Royal*' prefix in 1947 when Princess Elizabeth (our present Queen) was instrumental in obtaining it.

At present there are approximately 26,000 members in the Society worldwide with many thousands more who have danced at one time or another. As the present membership ages, there is a strong push to encourage teenagers and schoolchildren to become involved.

There are reportedly well over 10,000 dances published, with more dances being devised each week. So, as you can see the Society is alive and thriving and organizations such as the Teachers' Association of Canada (TAC) and similar organizations elsewhere continue to promote our dancing at every opportunity.

If you happen to be visiting Edinburgh, call in to Headquarters on Coates Crescent. They would be delighted to see you.



In October, John suggested that we include the above history about the formation of the Scottish Country dance society in this edition of the RANT. By coincidence, the announcement below was included in the December issue of the RSCDS Dance Scottish Newsletter from HQ. It seems HQ had the same thought – to collect RSCDS history and memories of Jean and Ysobel to share with those of us who are new dancers.

Memories of Miss Milligan and Mrs. Ysobel Stewart

The collection of memories and anecdotal information about the co-founders is now more important than ever as the number of our members who had personal contact with them is diminishing.

We would like to urge all Branches to actively seek out those of their members whom they think might have, not only memories of the co-founders, but also of the early days of the Society and arrange to talk to them and record the conversation.

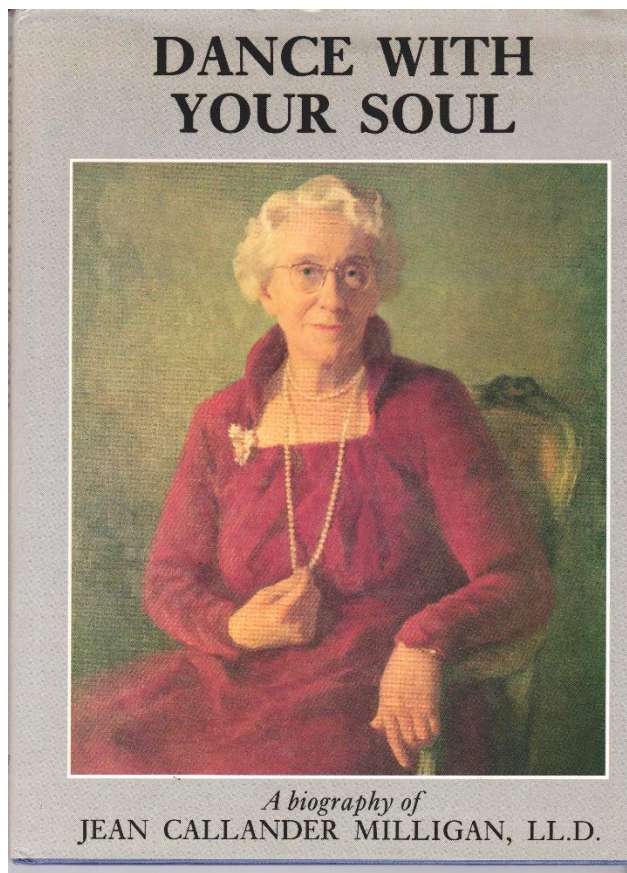
In this respect, Alan Macpherson, resident Archivist of the RSCDS, can assist by providing an information pack on how to conduct such interviews. In addition, he has two recorders that can be loaned for that purpose, but more can be purchased if necessary. A “professional” type of interview is not necessary and in fact a relaxed and informal conversation can be more productive. Alan is quite happy to edit recordings if necessary.

We see the Oral History interviews as a permanent part of the Society’s initiative to collect archive material.

To get in touch with Alan please email [archive @rscds.org](mailto:archive@rscds.org)

We enthusiastically support this endeavour by HQ and encourage anyone reading this article and the request to participate if you have any stories or photos about Jean and Ysobel to share.

Here are some memories in photos...





The Lady Provost of Glasgow, Mrs. William Gray, presenting Miss Milligan, Scotswoman of the Year, with the *Evening Times* silver rosette, 19th June 1973. (Picture by courtesy of the *Evening Times*)

During 1973, the year of the eagerly awaited Golden Jubilee of the Royal Scottish Country Dance Society, Miss Milligan was the recipient of many tributes. In the month of June it was announced by the *Evening Times* that its readers had voted her "Scotswoman of the Year". This is an annual event organised by the Glasgow newspaper which invites from its readers nominations for the title and, subsequently, for votes on the nominees. Society members rallied round their leader, canvassing their non-dancing friends so enthusiastically that Miss Milligan was assured of victory over fourteen other candidates. The *Evening Times* declared, "This 'First Lady of the Dance' is a most successful ambassador for Scotland . . . inspiring thousands of people in all quarters of the globe with a love and enthusiasm for the dance."¹



SCOTSWOMAN

THE SCOTSMAN PAPER
Tuesday, July 12, 1983

THE SCOTSMAN

Lady of the dance

JEAN SMITH writes about Jean Milligan, who was the doyenne of Scottish Country Dance

Dance with Your Soul by Alistair MacFadyen and Florence Adams (Royal Scottish Country Dance Society, £5).

Scottish country dancing has proved both an acceptable aspect of modern Scottish culture and a great rallying point for Scots all over the world. The *Globe* it seems incredible now that, but for a 37-year-old spinster teacher training college lecturer and a Girl Guide Commissioner in Ayrshire, Mrs. Isabel Stewart of Paisley, this rich heritage might have been lost.

Miss Milligan learned Scottish country dancing, literally at her mother's knee. A member of one of those close-knit Scottish families where the father was truly a lad of parts (James Milligan was headmaster of Glasgow High School for Girls), Jean Milligan was the only one of five children who didn't go to university. She was one of the pioneers of a training in physical education, newly available in Scotland, and ended up as a lecturer in Jordonhill College in Glasgow. The Belane Society, which she joined, was an earlier attempt to interest young people in Scotland in their traditions of singing, dancing and legends.

There is an intriguing picture by one of her students of Miss



Jean Milligan: without her rich heritage might have been lost.

Milligan throwing herself into the kind of activities favoured by the Belane, demonstrating a dance "in her short blue gym tunic, with black shoes and stockings and her lanky straight hair pulled back in a bun by very large straight-legged hairpins." Like many of her generation she served abroad as a VAD, in the First World War. Her friend and fellow dancing enthusiast, Olive Reid, died of malaria in Malaya in 1914.

The Scottish Country Dance Society (later to become "Rural") was formed as the result of an advertisement in a Glasgow daily newspaper in 1923. Not only did it encourage the members to start working down the details of dances to preserve them for posterity, Jean Milligan also saw therapeutic qualities of dance in a deeply depressed country where unemployment was rife. Classes were held all over Scotland and

at the same time the purist side, involving highly skilled perfectionism in dance, went on apace.

Miss Milligan wasn't however one of those people with a one-track mind. The Second World War saw her serving in a forces canteen in Glasgow Central Station and she was also attached to a first aid post near her home in the West End of Glasgow. On the first night of the Glasgow blitz there is a memory of her - "A small round figure, clad in a brown fur coat. The coat was surmounted by a round cheerful face. Above that again was a tea-cosy with an enamel basin on top, the whole held in place with a wool scarf tied under her chin. Miss Jean Milligan, member of the local first aid post was not to be dissuaded by the temporary shortage of steel helmets."

The post-war years were

those of the development of Scottish Country Dance Society at home and abroad. For years there was an international team and the special nature of Scottish country dancing made clear to folk dancers everywhere that it was the dance of the world. The medical break-through the plastic joint came enough for Jean Milligan keep on dancing - she given two new knees. Three weeks before her 40th birthday with every aspect of enjoyment. The title of book - *Dance With Your Soul* - comes from a well-known saying of hers summed up her belief in dancing. Dancing, she said, is a joyous thing and this is never to be sacrificed to a occupation with drilling detail.

Upcoming Events

For more information on all events listed below, please go to the Hamilton Branch website at: www.rscdshamilton.org. **Events**
Our branch website contains programs, information and registrations for all Hamilton events, as well as website links for other area branches and events.

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 levels welcome – members and non-members. Non-dancers also welcome

Event: Friday Evening Social Dances

When: February 23, 2018

Time: 7:30 to 9:30 pm

Where: MacNab Presbyterian Church, 116 MacNab Street South, Hamilton

Cost: \$5.00 at the door. All levels welcome – members and non-members. Non-dancers also welcome

Event: B'twixt & B'tween Afternoon Tea Dance

When: Saturday, February 3, 2018

Time: 1:30 to 4:30 pm

Where: Livingston Activity Centre, 18 Livingston Avenue, Grimsby

Music by: Don Bartlett

Cost: \$10.00

This event has sold out the past two years. Advance tickets are required. You can get tickets from John Walton, Alicia Manson, or Maggie Sutherland

Event: John Middleton Ball

When: Saturday April 7, 2018

Time: Welcome 6:00 pm

Where: Scottish Rite

Live Music by: Scotch Mist

Cost: Early Bird (Before March 1st) \$75.00

After March 1st \$80.00

Non-Dancers \$50.00

This is Hamilton's very special year-end event at a very special venue. We hope you will join us. Tickets are required.

Event: Gala Night

When: Wednesday, April 18, 2018

Time: 7:30 to 9:30 pm

Where: MacNab Presbyterian Church, 116 MacNab Street South, Hamilton

Cost: \$5.00 at the door

This is our "recital" – the opportunity for dancers in all class levels to show what they have learned this year. It is open to family and friends and we encourage every to bring their own "fans"!

Event: Hamilton Branch Annual General Meeting

When: Wednesday, April 25, 2018

Time: 7:30 to 9:30 pm

Where: MacNab Presbyterian Church, 116 MacNab Street South, Hamilton

Everyone is invited to join this meeting. You will hear how the branch has done this past year and what the plans are for the upcoming year. It is your opportunity to contribute ideas, suggestions and comments – all input is helpful and appreciated. This is your club and your contributions will only make it better.

Upcoming Events

Event: Robbie Burns Celebrations

Check the following locations for more information about Robbie Burns dances January 26 & 27:

Oakville <http://www.oscdg.ca/events.html>

Buffalo <http://www.rscdsbuffalo.com/burns.html>

London <http://www.rscdslondoncanada.org/events/events.html>

ST. CATHARINES

Event: Valentine's Social Night

When: **Tuesday, February 13, 2018**

Time: 7:30 to 9:30 pm

Where: Robertson Hall (The Robby), 85 Church Street, St. Catharines

More Info: <http://www.rscdsstcatharines.ca/upcoming-events>

LONDON

Event: Workshop and Tea Dance

When: **Saturday, February 24, 2018**

Time: 9:00 am

Where: Polish Combatants Association Hall, London

More Info: <http://www.rscdslondoncanada.org/events/events.html>

TORONTO

Event: 55TH Tartan Ball

When: **Saturday, February 17, 2018**

Time: 5:30 pm

Where: The Concert Hall of the Fairmont Royal York Hotel

Music by: Scotch Mist

More info: <http://www.dancescottish.ca/Events.html>

PETERBOROUGH

Event: 34th Annual Stoney Lake Workshop

When: **Friday May 25 to Sunday May 27, 2018**

Where: Pine Vista Resort, Peterborough

Music by: Fred Moyes

More info: www.pscds-on.org or Tom Kunza, Chair, PSCDS tkunza@cogeco.ca

May *may* seem like a long way off right now, but this popular weekend tends to sell out early, so we wanted to give everyone a chance to think about it.



WELCOME TO 2018 & BEST WISHES TO ALL FOR A HAPPY AND HEALTHY YEAR!

We received enough positive feedback about the RANT in 2017 that we have decided to tackle the project for another year. We will again be asking for input from you throughout the year as well as continued feedback.

We will put the garage sale in whenever the opportunity arises.

We also encourage everyone to check out the Hamilton Branch website for more branch and dance information at <https://www.rscdshamilton.org/>

Sincerely,

Your RANT Committee,

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

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

SCOTTISH QUIZ – ANSWERS

1. Inverness
2. Oban
3. 1314
4. Stirling
5. Seven