



# KIWI NEWS

RSCDS NZ Branch

Volume 29 No 1

April 2024

Editor: Désirée Patterson

Contact: [editor@dancescottish.org.nz](mailto:editor@dancescottish.org.nz)

## President's Report

Hi everyone



By the time you read this, most clubs will have been back dancing for at least one or two months, and I hope that the year is off to a positive start for you all.

I have already heard of several groups that have had a significant increase in numbers this year, what great news!

Clubs have featured in local newspapers, encouraged members to bring a friend, offered beginners' courses or taster sessions, and advertised through school newsletters. Regions are planning series of classes, and day and weekend schools, and there is a general air of positivity and enthusiasm that I think bodes well for a successful dancing year.

I am finishing this column having participated in the Teachers' Weekend, our first since 2013, and what a fabulous time we had. The first night buzz in the hall as 70+ teachers caught up with their colleagues continued throughout the weekend. Graham Donald led the course, creating an atmosphere that encouraged us all to get up and 'have a go.' We have danced, discussed, analysed dances, and stepped out of our comfort zones to try new techniques. Particular thanks go to Jeanette Watson and her committee who organised the weekend, making sure that we were continuously learning, entertained and well fed!

Watch out! NZ Branch email addresses are periodically targeted by scammers. If you receive an oddly worded email from any Branch address, please check its authenticity with a phone call or direct email (not a reply to the scam email), and remember not to click on any embedded links.

Although the dancing year is only just underway, it is never too early to start planning for your Christmas/New Year holiday. Why not make Summer School in Wellington your holiday destination this year? Registration information can be found at: <https://nzsummerschool2024.nz/>. I know that the school organiser, Ann Oliver, will be pleased to receive your registration.

Remember that the NZ Branch offers scholarships for dancers, musicians, and aspiring teachers to attend Summer School. These cover the full resident Summer School fee. For more information and registration forms, go to: <https://dancescottish.org.nz/education-scholarship/>.

I am looking forward to catching up with many of you over the course of the year. Please understand that as I am still working full-time, my availability to travel is a little more limited than some of my predecessors. However, do let me know of any special events and I will do my best to attend or have another member of the Management Committee attend on my behalf.

Happy dancing

*Debbie*

*Debbie Roxburgh, RSCDS NZ Branch President*

## FROM THE BRANCH

### From the NZ Branch Secretary

#### Summer School Scholarships – an update

Management Committee has made changes to the Summer School scholarship rules. The main changes are described below:

The most significant change is to the application deadline, which has shifted back three months to 30 September. Management Committee shifted the date in response to feedback giving reasons for the low number of applications in some categories. Note that 30 September is later than the usual cut-off date for early-bird rates for Summer School registration. Therefore, if an applicant wants to go to Summer School no matter what, they should consider registering for Summer School before the early bird cut-off date to avoid a late registration surcharge. Scholarship winners will be refunded any payments they have already made towards Summer School registration.

Application forms no longer ask for information which might imply any kind of merit evaluation when selecting winners (e.g. years of continuous membership). Winners are randomly selected, which means all eligible applicants within a category have an equal chance of success. Application forms now ask only for contact details and information relevant to eligibility.

Note that applicants for the Dancer and Teacher scholarships must be RSCDS/NZ Branch members at the time of application and when attending Summer School, but applicants for the Musician scholarship no longer need to be.

Successful winners may not apply for another scholarship in any category in the year immediately after they receive their scholarship. This means that those who are dancers only, and not interested in teacher training, now get the chance to win more than one Summer School scholarship (as did dancer/musicians and dancer/teachers).

For further information and application forms, please use the link <https://dancescottish.org.nz/education-scholarship/> or go to the NZ Branch website>Education>Other ways we can help you>Scholarships for attending Summer School.

### Notice to members – Correction to NZ Branch Constitution

Each time the NZ Branch AGM approves a change to the Constitution, the updated document is lodged with the Companies Office, as required for an Incorporated Society. The Companies Office rejected the 2024 version, because it noticed Section 1.1 states ‘The name of the Branch shall be *“The Royal Scottish Country Dance Society New Zealand Branch Incorporated”*’, whereas the name recorded on application to be an Incorporated Society was in fact, *“Royal Scottish Country Dance Society New Zealand Branch Incorporated”* (no *“The”*). In short, the inverted commas are in the wrong place in the Constitution – and have been for decades! No one had noticed until now.

Section 9.4 of the 2023 Constitution (the version currently on the NZ Branch website) states that Management Committee may make minor corrections to the Constitution outside AGM approval, so long as it advises Branch membership of the altered text and that members have the right to object within 20 working days.

Accordingly, Management Committee advises all NZ Branch members that it has changed the first sentence of Section 1.1 of the NZ Branch Constitution to:

**Name:** The name of the Branch shall be the *“Royal Scottish Country Dance Society New Zealand Branch Incorporated”* (the “Branch”).

If any NZ Branch member has an objection to the change, please notify the NZ Branch Secretary in writing within 20 days of receipt of this issue of Kiwi News. Please note that *“Royal Scottish Country Dance Society New Zealand Branch Incorporated”* is used as the Branch name in **all** other official capacities (e.g. bank accounts, Incorporated Societies Register – to name but two).

### Branch Region Grants

At the President’s Ball on 3 January 2024, Debbie Roxburgh announced the outcome of the first round of Branch Region Grants. All four applications met the criteria set by Management Committee. The regions to obtain a Branch Region Grant were Auckland-Northland, Canterbury, Nelson-Marlborough-West Coast, and Waikato-Bay of Plenty. There was a common theme in the applications, as all related to a visit by musicians Marian Anderson and Max Ketchin.

Management Committee welcomes applications from the other four regions (i.e. Hawke's Bay-East Coast, Otago-Southland, Rangitikei, and Wellington) by 31 December 2024.

*Joy Dick, Branch Secretary*

## Education and Training

### Teachers' Forum, 31 December 2023

Thanks to everyone who participated so freely and honestly in the discussions. Lots of discussion occurred with lots of ideas being swapped. I hope you all went away with at least one new thing to try.

#### The main themes discussed were:

- What support is needed for SCD teachers, and what could the Branch provide
- Bringing younger people into the SCD community
- Bringing in new club members

#### Topics discussed relating to teacher support included:

- List of teacher mentors on the Branch website who might be available for email or Zoom discussions and advice, maybe travel to watch newer teacher teach and give feedback;
- Mentors to share their own reflections of their teaching – this would help newer teachers learn from their thoughts;
- Regional club teachers' meeting a couple of times a year – this is probably a Region-led initiative;
- Use a chat app to ask questions and post answers for all to read and respond to;
- Would a NZ Teachers' association help? What would it do/be for?
- How do we teach teachers to teach at Advanced or Very Advanced level?
- At Nelson Summer School, combined (team) teaching for one morning by Intermediate and Advanced teachers helped develop new skills – something to introduce more often at Summer Schools or other schools?
- Feedback forms at Summer School and other schools and classes to help teachers learn from comments. 360 surveys work well at St Andrews between musician, dancers and teacher. Feedback partway through/after first session would be better than at the end – allow for adjustment to programme/style, etc. Evening

teachers' group at Summer School to reflect and re-plan?

#### Encouraging potential teachers to step up:

- Get new person started with briefing, then talking dancers through walk-throughs, then coaching over music
- Briefings at club – allow time and assistance to practise beforehand
- Branch to develop a list of simple dances and resources for beginner teachers starting up a new group
- Make it part of the club culture – someone else takes a dance
- Allow club members to take dances when teacher not available, or even when they are, so the teacher can dance
- Provide an afternoon of coaching on how to brief, and to coach dancers through the dance (ahead of the music), provide voice projection practice

#### Getting juniors into dancing

- When should the class occur – late afternoon (e.g. 4-5pm), include caregivers in dancing, Friday evening 7-8pm (no school next day), or first hour of club (e.g. kids 6.30-7.15, new adults from 7pm).
- Advertise via notices in school newsletters in catchment area for your club, or local newsletters.
- Encourage kids to go to adult or a family class, give them the idea that it's not just a children's activity, it's something they can do throughout their life.
- Add in a family event every year or each term, so the kids can show what they've learned, and all ages can join in.
- Call the dances, so new adults and kids can be sure they will cope.

#### Getting adults into dancing

- Focus on marketing to empty nesters rather than younger dancers?
- Offer to teach a night school class, and include a club social event at the end of the course as a 'graduation' event and a transition to the dancing community and club activities
- Consider using a University creative arts or Student Association programme – offer an evening class (say on Friday), but don't expect them to transition to a suburban club. They need transport and a reason to go – try to find a mid-

city venue to appeal to the younger crowd and hold their interest.

Please email [education@dancescottish.org.nz](mailto:education@dancescottish.org.nz) with your feedback from reading this article. What should the Branch be working on? Or providing support for Regions or clubs to do? What is working for your club or Region?

### What is TAC?

The Teachers' Association of Canada (TAC) is an association for Scottish country dance teachers, mostly based in North America (not just Canada!) but any teacher is eligible to join.

The full membership price is C\$65. TAC provides a complimentary one-year membership to teacher candidates who have successfully completed either Unit 3 or Unit 5. (This is granted only once though – if you received your complimentary year after completing Unit 3, you will not receive an additional complimentary year after Unit 5). Instructors who have completed their CTI Certificate may join as full members too.

Their quarterly newsletter TACTalk often has some really useful information. For example the March 2024 TACTalk included an article "Which materials should a new RSCDS teacher have? How should you decide what to buy?" by Ellie Briscoe.

TAC also organises a Summer School each July in North America, open to all dancers, with a Teachers' Conference Weekend held in conjunction with the School. Their exam programme has recently been re-jigged to make it cheaper and easier for candidates to take RSCDS exams. From 2024, a combined Unit 2/3 and 5 class will be offered every other year, with a maximum of 12 candidates. The class will consist of eight days of in-person training in July, with video/Zoom sessions in the weeks leading up to the course, to cover some content such as dance analysis, lesson plans, briefing, Unit 2 dances, class management, and use of music and musicians. If you are interested in this concept, please contact Gael Forster at [tcc@tac-rscds.org](mailto:tcc@tac-rscds.org).

### RSCDS Resources – what's available?

If you haven't received an email from RSCDS with the link, the Virtual Teachers Conference sessions link is available directly from the RSCDS.org website from the really useful webpage <https://rscds.org/learn/teaching-scottish-country-dance>.

Down the lefthand side, as well as the Virtual Teachers Conferences for 2022, 2023, and 2024, you can also find a link to [RSCDS Teachers' blogs](#) – these are somewhat random, but usually really interesting and helpful, musings by teachers about their teaching practice. [Refer to the Teacher Forum request for mentors' reflections on their own teaching!]

*Jeanette Watson, Education and Training Coordinator*

## NZ Branch Teachers' Workshop

### Hot off the press!

After an 11-year hiatus, New Zealand's SCD teachers seized the opportunity to attend a **Teachers' Workshop** over the Easter weekend in Lower Hutt. Sixty-eight workshop participants (including four Australians) were joined by more 30 local dancers for a public class on Good Friday evening, and even more for the Easter Saturday evening dance. Graham Donald's calm, approachable manner made for a highly enjoyable and educational weekend for all – from those who identified themselves as 'new to teaching', right up to the two NZ Branch examiners.



"I think we can all agree that some of the most important connections that are made at any workshop happen over a cuppa. This weekend is no exception" (Quote and photo by Su Marshall)

We all worked hard, ate well (thanks Elaine, Susanna and Andrea), bought books (thanks Sue), swapped ideas, and practised teaching. Graham was tunelessly supported by Aileen Logie and Hilary Ferral on Friday evening, Lynne Scott and Mary McDonald for the Saturday 'working with musicians' session, and *More Strings Attached* on Saturday evening.

A particular high-five to the fantastic line-up of workshop participants who put themselves outside their comfort zone to brief a dance on Saturday evening!

*Jeanette Watson, Workshop organiser*



Participants at the Teachers' Workshop – Graham Donald (centre) and organising committee in the front row  
(Photo: Su Marshall)

## Youth

It is heartening to hear of the work that is going on around the country to support our young dancers. A number of clubs are seeing results from their efforts to build on their numbers. The involvement of all club members in supporting initiatives your club may undertake to attract new members (of any age) is particularly important. All of us can influence newer dancers in feeling welcome and included.

JAM membership applications are coming in. If your group is a little bit late, don't worry – send them in as soon as possible. Check the Branch website for info about registering. We want to keep in touch and support our young dancers and their clubs.

The first copy of "*Jigs and More*" has been sent directly to all clubs which we understand may have JAMs in their midst and/or who have registered as a JAM Club. We hope the newsletter will be welcomed by your young dancers. Further issues



Cover of the Junior Handbook

will be posted directly to registered JAM members, clubs and supporters. Please send your contributions for our next issue to [youth@dancescottish.org.nz](mailto:youth@dancescottish.org.nz) by early June.

The RSCDS is offering Junior Membership of the society to those under 12 at no extra cost. The main benefit of this is a well-presented **Junior Handbook** in which they can record their dancing journey. This Junior Membership can be taken up on registering as a JAM with the NZ Branch.

*Jeanette Lauder, Youth Coordinator*

## RSCDS NZ Branch Shop

### New availability:

- RSCDS Book 53 and 2 CDs
- Glasgow Branch 100<sup>th</sup> Anniversary book
- Dance Book 5 by Gaye Collin
- Memories Are Made of This, Vol2 and Vol3 by Amy Luxton
- Tokai Branch 25<sup>th</sup> Anniversary book and CD set
- Formation Foundations set including CD (teaching aid)
- Two Score + 2 for 2022 book (tunes by Muriel Johnstone)
- A Toast to the Future by Iain Boyd – available as .pdf or hardcopy
- The Bainfield Collection by Margaret Bailey Allison – available as .pdf or hardcopy

### Other books available:

- RSCDS A5 Compilations of Books 13 – 44
- Her Majesty Queen Elizabeth II – book and CD
- Sir Walter Scott, Heart of Midlothian – book and CD
- and many, many more (enquire if you are looking for a particular title)

### CDs available are:

- CDs for Books 50, 51 and 52
- CD Dance Through the Decades – RSCDS
- CD Auld Friends Meet – music to accompany the book of the same name (collection of Roy Goldring's dances) as produced a few years ago.
- CD Beneath the Ben – Muriel Johnstone compositions for listening enjoyment
- CD The Musicians' Wedding

Book and CD catalogues are available on the Branch website or if you can't see what you need please contact me.

For all enquiries please contact Sue Pearson:

- email [Shop@dancescottish.org.nz](mailto:Shop@dancescottish.org.nz)
- NZ Branch Website
- snailmail C/- 21 Stafford Street, Wanganui 4501

## NEWS FROM AROUND THE REGIONS

### Auckland-Northland Region Club Spotlight

#### Innes SCD Club

Innes Club thought it would be great fun to do something different, and offered a *Silly Dance Day* with Emma Uren as MC and briefer. They promised dangerous amounts of fun, and my gosh! was it fun! On the list of items to bring was a pair of kitchen tongs, a potato, a silly hat, a spoon and a scarf.

We danced *Pelorus Jack* with embellishment; *Minister on the Loch* – forwards but backwards; *Shiftin' Bobbins* with tongs (imagine doing that for *right hands across or down the middle and back*); *The De'il Amang the Tailors* and *Farewell to Balfour Road* with "Excuse Me" (anyone could cut in at any time) and *The Flowers of Edinburgh* became a potato and spoon dance. Dancing a *poussette* holding a potato in a spoon is not easy. *MacDonald of the Isles* as a three-legged race may (or may not) have given someone an idea for a bit of revenge on a few teachers at Summer School. A great lesson in teamwork!



Potato and spoon dance: *The Flowers of Edinburgh* (Photo: Jenn Tschumy)

We also danced a wonderful dance called *The Pinwheel* devised by Emma Uren, as well as a few dances "doubled" or with "shadows", which took a lot of concentration.

We had such a fun afternoon. Can't wait for the next one!

*Jenn Tschumy*

## Young Unicorns 🦄

Innes Club has been holding Scottish Country Dancing lessons for kids, and we were all amazed to have five boys turn up (ranging from the ages of 7 and up) and no girls. The boys are going great with learning to dance and are having a fun time together also. And with a wonderful teacher, Katherine Uren, they've picked it up in no time. Hopefully they'll keep enjoying it and will dance well into the future!



This colourful advert for The Young Unicorns was designed by Emma Uren

If anyone has kids or grandkids who would like to learn Scottish Country Dancing, please join the Young Unicorns at Innes Club, at Stanhope Road School in Auckland, on Monday nights at 6.30pm.

Jenn Tschumy

## Kaiwaka SCD Club

Several members of the Kaiwaka Club saw the new year in at Summer School. They rented a house and travelled en masse – and had a ball! Well actually several – not just the two formal ones at Summer School, but lots of other fun times as well, including dancing in the kitchen.

Back home, and there was summer dancing in the gardens of members. And a Pop-Up Social, organised by neighbouring club Silver Oaks, at which they hosted the SCD group from a neighbouring retirement village.



Dancing in the kitchen at Summer School (Photo: Katharine Hoskyn)

Then straight into preparing for the Kaiwaka Annual Dinner Dance, the first club dance in the region for 2024. A tried-and-true format of afternoon tea at 3pm, then dancing, then dinner.



Each table mat features a dance (Photo: Alec Duthie)

The table mats are unique – each one for a popular dance. Wonderful raffles. And wonderful music from Glenfiddle, that did truly inspire dancing, especially in *The Music Will Tell You*.

Katharine Hoskyn

## Waikato / Bay of Plenty

### Winter is the Best Time for Dancing

The Waikato and Bay of Plenty Region midwinter dancing school will be held in Raglan this year.

Hosting of the school has passed from club to club for as long as most can remember, taking us to interesting places and experiencing local hospitality. Fortunately, volunteers from around the region have come together to keep the tradition going while many clubs rebuild after Covid.

The first weekend hosted by the Region, rather than a club, was in 2022. This was a very relaxed weekend away in Whakatane, and co-incidentally, our last *Queen's* Birthday Weekend.

This year, the region's volunteers have stepped up to host the weekend in the relaxed seaside village of Raglan. Most activity will be based in the Raglan Town Hall. Saturday morning classes will use nearby country halls. The classes are:

- Advanced – Catherine McCutcheon
- Low impact – Jeanette Lauder
- Intermediate – Diane Bradshaw

There will be an optional High Energy class on Saturday afternoon for younger and physically fit dancers to enjoy dancing without limits.

Raglan Holiday Park is within easy walking distance of the Town Hall and we hope this will be the participants' first accomodation choice for a village vibe.

*Join us in Raglan by the sea*

**For Waikato Bay of Plenty Region's  
King's Birthday Weekend School**



**1st and 2nd June 2024**

**Come and enjoy the dancing , music, people and  
relaxed seaside location.**

**More information and registration on line at**  
<https://kbwe@waibopscd.org.nz>

For those not interested in classes – why not stay the weekend and come along to enjoy the Saturday night ball and Sunday's community ceilidh?

We are proud of our King's Birthday Weekend tradition, and would love your support to keep it alive and well. So grab your leg warmers and woolies and we will see you at Raglan.

*Wayne McConnel*

### Ruary Laidlaw's 80<sup>th</sup> Birthday Celebration

Lochiel Club and friends gathered on 23 March to celebrate the 80<sup>th</sup> birthday of Life Member Ruary Laidlaw.



Ruary is a longtime stalwart of the club, he was the teacher from 1992 until 2016 and is still involved with teaching, and actively participates in all club activities. He was made a Life Member in 2011.

It is a mark of the esteem in which Ruary is held that around 50 dancers and former dancers came from the wider WaiBoP region to help him celebrate. We began with a potluck luncheon followed by an afternoon of dance.

Club teacher Helen Smythe compiled a dance programme from a list of favourite dances selected by Ruary, which included five dances devised by him, including *Dianne Murdoch's Promenade* and *Christine Miller's Reel*, both ladies being in attendance.



Ruary in full flight

Ruary has produced two teaching guides for Scottish Country Dancing and published several books of Scottish Country Dances. Many of the dances are named for local personalities or places of particular importance to him. However, until now, no dances carry his name, so the programme started with the debut performance of *Ruary's Rant*, a dance devised for the occasion by Robyn Howes.

The programme was interspersed with commentary by Ruary about the history of SCD



and links between people and places, plus the interesting fact from Helen, that *Dianne Murdoch's Promenade* has been danced in class at St Andrews Summer School.

I'll leave the last words to Ruary:

"I would like to say a big thank you to the Lochiel Committee, Robyn and Helen for the 80th birthday luncheon and dance last Saturday. The food was great and I enjoyed the afternoon of dance and being asked to brief five dances. I am so lucky to have such a friendly community to be part of.

I enjoyed seeing all the dancers from the other clubs in the Region who came, in spite of a fairly unpleasant day weatherwise. It was great being able to have catch-ups with all those people."

*Kate Corfield*



### 50<sup>th</sup> Anniversary – Capital City SCD Club

Starting in 1974 in Island Bay and known by that name for 45 years, the club's name was subsequently changed to Capital City to better reflect the more central location and wider home range of our members.

Several special events are planned to celebrate the club's 50<sup>th</sup> anniversary. This year, our May birthday event will be a tea dance on Sunday 26 May (all welcome), followed that evening by a dinner for present and past members and families.

On 15 September, the club will hold an Anniversary Devisers' Day with old and new dances from Island Bay/Capital City devisers (all welcome).

Past members interested in attending these events can contact the club secretary – [capitalcityscdc@gmail.com](mailto:capitalcityscdc@gmail.com).

The anniversary organising committee are keen to build up the photographic record of past Island Bay Club activities. Former members with any photos (digital or prints) – please contact the club secretary.

*Peter Beaumont*

### Ngaio SCD Club

Ngaio SCD Club started its dancing year on the first Thursday in March, including 16 beginners, who were attending to see if it was for them. Three more weeks have seen the numbers continuing, with four sets on the floor, and with as many men as women, it is altogether pleasing.

The sad note was to hear of the passing of Betty Thom, a Life Member of the club, who had been a dancer at Ngaio for many decades, and had served on the committee too, as president, secretary, and treasurer, for many years at a time. One night, before we danced, we had a moment of silence.

In April, our new dancers who have decided SCD is for them will continue with its exercise and fun. Members will be preparing for and learning the dances for our Annual Dance (the first in the Region), on Saturday 11 May at 7.30pm at the lovely Ngaio Town Hall.

Looking ahead to June: Our annual Dinner Dance is on Thursday 27 June. This year's theme is midwinter Christmas. Our tutor Melva Waite will have a lovely programme of dances for us to enjoy with our visitors.

*Wendy Donald*

### Rangiora SCD Club

A continuation of our 2023 advertising blitz has meant that our club has gone from Survival to Revival. We are pleased to welcome 11 new dancers, some of whom have previous dancing experience.

We are saddened to receive a retirement notice from Audrey Mattinson. Audrey has been our club tutor since 2002. She has played no small part in promoting Scottish Country Dancing, not just in Rangiora, but also in Oxford and in Christchurch. Her determination to carry on during the "Covid years" is nothing short of remarkable. At her insistence, we have drawn on our reserves, subsidising club nights and kept the doors open, even though our numbers were well down on many nights. We salute you Audrey, and wish you all the best for your well deserved retirement.

We look forward to seeing many dancers at our Annual Dance on Saturday 18 May, at 7.30pm, in the Anglican Church Hall, Church Street, Rangiora.

*Bob Devlin*

## UPCOMING EVENTS

### Blenheim SCD Club

We will be having our 68th birthday dance on Saturday, 11 May 2024, 1.30 pm to 5.30 at the Whitney Street School Hall, Whitney Street, Blenheim. Cost RSCDS \$15, Non- RSCDS \$20.

We also have a Coomber for sale. In good working condition. \$200 ono, plus arrange own freight. Contact [blenheim@dancescottish.org.nz](mailto:blenheim@dancescottish.org.nz) if interested.

**Blenheim Scottish Country Dance Club**  
**68th Birthday**  
**Saturday**  
**11th May 2024**  
1.30 pm to 5.30 pm  
Whitney Street School Hall  
Whitney Street, Blenheim  
RSCDS \$15  
Non RSCDS \$20  
PIC-COLLAGÉ

**A Special Occasion**  
**Historical RSCDS Dances**

**CELEBRATING DANCE SCOTTISH!**  
**1.00pm-4.30pm, Saturday 27 April 2024**  
St John's Anglican Church Hall,  
18 Bassett Rd, Johnsonville, Wellington  
Afternoon tea provided, catered by Elaine Lethbridge  
Doors open 12.30pm Cost: \$10 cash at the door. Spectators \$2

Following the very successful Early Wellington Dances afternoon in 2023 to celebrate the RSCDS Centenary, the Wellington Region has organised a special afternoon of Historical RSCDS Dances for intermediate dancers and above.

RSCDS Book 1 was first published in 1924, meaning 2024 is the Centenary of this publication, the first of the numbered RSCDS Book series. Selected dances will be chosen from Books 1-5, all pre-1930.

Mostly the dances will be ones not commonly danced nowadays. There are lots of interesting and not too hard dances in these books, often with great memorable tunes.

Rod Downey will teach the dances. To add to this special afternoon, Lynne Scott and Sam Berkahn will provide the music.

**1.00pm-4.30pm, Saturday 27 April**  
Come and enjoy this special experience of Historical RSCDS Dances!  
[www.wellingtonscd.org.nz](http://www.wellingtonscd.org.nz)

THE HOONS OF HAY INVITE YE ALL  
TO THE  
**HOON HAY SCDC ANNUAL DANCE**  
**SATURDAY 6TH JUNE 2024 7.30PM**  
HALSWELL COMMUNITY HALL  
450 HALSWELL RD, HALSWELL, CHRISTCHURCH  
**LIVE MUSIC FROM THISSLDHU!**  
\$12 RSCDS MEMBERS, \$15 NON-MEMBERS  
\$6 SPECTATORS, \$1 JAMS  
CONTACT: HOONHAYSCDC@GMAIL.COM

**Linden Scottish Country Dance Club**  
**Annual Dance 2023**  
**Saturday 7 July 2024, 7.30pm**  
Ngaio Town Hall  
Ottawa Rd, Ngaio, Wellington  
Music by Saltire Band  
Mary McDonald, Sharlene Penman,  
Glenice Saunders  
RSCDS members \$15, non-members \$12  
Spectators and juniors \$5  
[linden@dancescottish.org.nz](mailto:linden@dancescottish.org.nz)  
[www.lindenscd.org.nz](http://www.lindenscd.org.nz)



RSCDS NZ Branch Inc  
Summer School 2024/25

WELLINGTON



## RSCDS NZ Branch Wellington Summer School 28 December 2024 to 5 January 2025

We are excited to be hosting Summer School in Wellington City again - the first time for 17 years! The Summer School will be held at Scots College, a co-educational boarding school set on extensive grounds just minutes from the airport.

Classes will be held in local community halls with wooden floors. All evening functions will be held onsite at Scots College.

There will be a great line up of teachers and musicians, including:

- Kate Gentles (teacher) - UK
- Diana Hastie (teacher) - Aust
- Elke Baker (fiddle) - USA. A former US fiddle champion
- Lisa Scott (pianist) - USA

Classes offered at the School will include:

- 6 morning classes for all dancing levels. Develop your technique or just come along to have fun in the social class
- Afternoon musicians class - all instruments welcome - taken by Elke Baker
- Unit 5 Exam class
- Classes for JAMS (8-19 years of age)



Experience Wellington's cafes, galleries and museums or explore our stunning harbour and unique nature reserves. Optional afternoon activities offered include a Weta Workshop tour and a visit to Zealandia wildlife ecosanctuary.

**Come join us - you'll be blown away by a Wellington welcome!**

Organiser: Ann Oliver  
Email: [nzsummerschool2024@gmail.com](mailto:nzsummerschool2024@gmail.com)  
Register now: [nzsummerschool2024.nz](http://nzsummerschool2024.nz)  
Follow: [facebook.com/NZBranchSummerSchool](https://facebook.com/NZBranchSummerSchool)

**From the Editor (Désirée Patterson):**

With half a page to fill, I thought the following extract from the Strathspey server would be of interest. Written in 1994 by Michael Hanson from the Seattle Branch. <https://www.strathspey.org/practice/healthyDancing/>

**Dancing Properly**

Good dancing habits go a long way toward preventing injuries. Make the following suggestions an automatic part of your dancing:

- Maintain control of your body. Keep your center of mass over your feet, especially when turning or circling. Shoulders over hips, hips over knees, over ankles will help maintain balance, which not only prevents injuries and falls, but is also less fatiguing and presents a better form to the viewer.
- Maintain good posture
- Avoid rigid muscles. Use your arches, bent knee and leg muscles to land gently and absorb impact - especially for pas-de-basque.
- Use good handing. When turning by one hand, point elbow down and maintain firm muscles. Floppy arms can result in injury to the shoulder/arm. If you lose your balance, good arms can help keep you from falling. Avoid “thumb” injuries by not grasping your

partner’s hand with your thumb. Cup your hand and “glue” your thumb to the inside edge of your hand.

- Turn out from the hip, not from the knee, to prevent knee problems.
- Don’t dance if you know you are tired.
- Do not attempt movements beyond your ability. Strive to improve technique, but be aware of your body’s limitations - if it hurts, back off a bit. Dancing involves movements and muscles that you may not have used much, so work into it gradually. If you can’t do a 90° turnout, settle for 80. If your feet won’t take a full pas-de-basque, cut down on the height, while maintaining the rhythm.
- Never skip “step practice”. This is your chance to develop and maintain the technique that will keep you going.
- Be sure your shoes fit snugly, but not tight. Wear cushioned insoles to help absorb impact when landing. If your shoes are too slippery, spray the soles with nonskid, apply rosin, or roughen the sole by scraping it with a knife or rubbing it against a rough surface, such as cement. Moistening the sole with a damp towel can also temporarily keep you from slipping.
- Avoid wearing rings when dancing, especially ones with rough stones that can dig into your hand or scratch people you dance with.
- Keep your toe and finger nails trimmed.

**Celtic, Heathergem Bangles**



**Carried in Stock; SCD Pumps for Men and Women. 5 Colours of Duchess; Black, Purple, Blue, Pewter and Champagne Gold.**



# McPHEE'S

**Order online at [www.mcphees.co.nz](http://www.mcphees.co.nz)  
Ph 04 476 0139 Ph/Txt 021 587 315**

**SCD Footwear & Accessories held in stock.**  
Free overnight courier throughout NZ on all orders over \$50.  
Ghillie pumps for men & women. Now with Supershock insoles.  
Ballet style pumps for women. Now with Supershock insoles.




**Cosy, warm scarves, stoles, serapes for winter**










**PO Box 17395, Karori, Wellington  
Ph 04 476 0139 Ph/Txt 021 587 315**