

# WAIBOP NEWS



Issue: April 2015

RSCDS NEW ZEALAND BRANCH INC  
WAIKATO/BAY OF PLENTY REGION

**Scottish Dancing - FUN, FITNESS, FRIENDSHIP!**

## Letter from the President



This is a rather belated wish, but nevertheless, a Happy New Year to all! I hope that you had a wonderful Christmas wherever or however you spent the festive season, and that 2015 has started out well for you. The weather has certainly been favourable for outdoor activities – relaxing days at the beach, picnics, barbeques, walks or just generally lazing about.

By the time you receive and read Glenna's first Newsletter for the year, you will no doubt have been dancing for a little while, and I hope that your dancing has started out well too. Although it is generally hot even in the evenings at this time of the year, it is still important to warm up those muscles before launching into energetic dancing, especially if, like me, you have let your fitness slip a little over the summer! There is a lot of dancing to be had over the next nine or ten months, so ease on into it gently!

The Rotorua Club, as has been the custom, is to host the first of our annual Club dances, and I know we all look forward to that. Ahead of the dance however, and at the same venue, the first of our Region meetings is to take place. All dancers are welcome to attend this, and all RSCDS members may speak to and vote on issues that might be brought up. If you have something that you wish to be addressed by the Region, then this is the forum for that. There will be tea and coffee on offer prior to the meeting, so come along, catch up with fellow dancers, and also catch up with what is happening in your Region. We look forward to a good turnout.

Yours in dancing,  
**Heather Johnston**  
Region President

## Hello from the (back again) Secretary

Well I was not expecting to be the Region Secretary again any time soon...but needs must! As a RSCDS member, anyone can stand for the Region positions. Without the people who are willing to give these positions a go, the Region would not function and the NZ Branch would be the poorer—and also your Clubs and your personal dancing. Please think about where you can contribute to dancing in general....all Club tutors put their hands up year after year and there are stalwart Presidents and Secretaries of Clubs that are committed to keeping their Club going. The same goes for the Region. We need to think about this well before, and not leave it until the AGM day, when no-one is willing to say, "yes I can do that".

A heartfelt thank you to Philip Jamieson and Jane McIlroy who have been President and Secretary for the past three years and done a sterling job. They have brought fun, laughter, theme dances, and new ideas.

Welcome to Heather Johnston, the President, and thanks to the incumbents who have said yes to doing another year at Region level: Andrew Patterson (Treasurer, Membership Coordinator), Lynne Hudson (Education & Training Coordinator), Jeanette Lauder (Youth Coordinator) and myself as Publicity & Communication Coordinator.

Come and talk to us about any ideas you may have for the Region.

See you on the dance floor!

**Glenna James**

## Contact Details

The Secretary of the Awamutu Club advises that her contact details are:  
Agnes Algra 316 Lurman Road, RD2, Otorohanga 3972 07 873 0715 cell and email the same (see Region Directory)



## Scottish Country Dancing is alive and well in the Eastern Bay of Plenty

It is difficult to attract young health professionals to work in rural areas like the Eastern Bay of Plenty. So at the end of November, 25 young Auckland University medical students were hosted for a weekend in Whakatane, and were shown the health facilities, highlighting the particular health issues, and given the opportunity to enjoy the delights of the EBOP beaches and introduced to SCD!

The Whakatane and Opotiki clubs were asked to run a ceilidh for them and their local hosts on the Saturday evening after a BBQ. First we demonstrated Mairi's Wedding, as it is an old dance with lovely music that we all enjoy, and then they all, even those who claimed to have two left feet, joined us for some more straightforward dances. To give the students and hosts a breather, we demonstrated Ship of Grace - as it illustrates how SCD holds stories - and then we got them dancing again. Everyone REALLY enjoyed themselves and we did several of the dances twice as they were having so much fun! (Before we left we made sure they all knew how to access information on SCD around NZ).



In mid-January, for the first time Whakatane hosted a Dance Carnival as part of its Summer Arts Festival and all the dance groups in the area were invited to take part. Even though it was a very hot mid-summer afternoon, the Carnival provided an hour and a half of dancing of many different types for a large and appreciative crowd. Sixteen dancers from the Whakatane and Opotiki groups demonstrated three dances and enjoyed being part of this big and new event.

Mary and John Webb have recently started a new group in Whakatane, dancing on a Monday evening in Awakeri. They have a keen group of beginners.

## Hauraki Thames Club

Hauraki Thames Club send best wishes to all clubs. We began dancing mid February and, after much advertising around the area, (see poster) we had one new person join us. We are hopeful she will continue as our membership has, once again, dropped with just the "old faithfuls" keeping things going. After 25 years we remain optimistic. Happy dancing all.



## Put your club on the web...

Now that the region website is firmly established at [waibopscd.org.nz](http://waibopscd.org.nz), we are inviting each club to set up its own page on the site. This will allow clubs to promote their activities in any way they wish, including the use of photographs, with minimal technical expertise.

Most importantly, this will be your own page which you will be able to design and update at will.

If the idea interests you, I will set up a blank page for your club and provide some guidance on how to get started. Once your page is ready for publication, let me know and I will add it to the website menu. From then on, you will be responsible for updating the page and any changes that you make will be visible on the website immediately. There will be no need to refer changes to me, or anybody else, although I will usually be available to provide advice if necessary.

Andrew Patterson  
webmaster@waibopscd.org.nz

## Region Meeting!

Saturday 18 April — 2pm for a cuppa and 2.30pm start to the meeting.  
Ngongotaha Hall, School Road, Ngongotaha  
Followed by the Rotorua dance at 5.30pm



## Elementary Day School 2015

The Elementary Day School is to be held **this Saturday** 11 April, hosted by the Tauranga Club. The Day School will be at Te Puna Community Hall, intersection of Te Puna Road and SH2. Olina Carter has kindly accepted our invitation to teach.

Please bring this Day School to the attention of your Elementary dancers. We need support for these schools to be successful.

## Day School Coming Up

Opotiki are having a Day School also. This will be held on Saturday 2 May at Waitohi Hall, between 10am and 3pm with morning tea before 10am. It is a general level class and the tutor for the day is Mary Thomas. Information coming out later.

## Queen's Birthday Weekend School

The Tauranga Club is well underway with preparations for the Waikato/BOP Region's 2015 QBWE SCD School.

There had been a little 'hiccup' last year when it was discovered that the Greerton Library was having to relocate while a complete rebuild of their existing premises took place. We discovered that one of the venues they were seriously looking at for the relocation was to be a section of the Greerton Community hall – our main venue. This would have severely impacted on our ability to use the hall, not only as a dancing venue, but also to accommodate the 4 shops (the NZ Branch Recordshop and Bookshop, and 2 privately owned and operated shops) and as a gathering place for morning and afternoon teas, lunches and suppers.

With earnest pleas to the Council to rethink their plans, given that we had already booked the venue, they finally came back with the news that they had secured another location for the temporary housing of the library. The whole episode had been quite traumatic and had caused many sleepless nights for the writer – halls with wooden floors are few and far between, in fact very difficult to find in Tauranga, especially halls in relatively close proximity to each other.

We believe we have on board a team of great teachers for the 6 classes on offer, and together with the musicians we have employed for the weekend, it has the makings of a fantastic weekend. However, the success of the School will only come about if we have dancers who register and make it so. Registrations are trickling in as folk take advantage of the 'Early Bird' offer which will run through to the end of April. So don't miss out!

Register now and be ready for a great weekend of dancing, both instructional and social, to reacquire with old friends and to meet those who are new to SCD, that great past-time we are all so passionate about and enjoy to the max!

Heather Johnston  
QBWE School Organiser

RSCDS NZ Branch Inc.  
Waikato/Bay of Plenty Region

### Follow the Yellow Brick Road to Tauranga

### Queen's Birthday Weekend School 2015

Friday 29 May – Monday 1 June

Hosted by the  
Tauranga Scottish Country Dance Club

Venue: Greerton Community Hall  
1247 Greerton Road

#### Classes and Tutors:

Elementary	Jeanette Lauder	(Tokoroa)
Social	Antanas Procuta	(Cambridge)
Intermediate Mainstream	Diane Bradshaw	(Wellington)
Upper Intermediate/Advanced	Neil Horne	(Auckland)
Advanced Low Impact	Kathryn Deroples	(Levin)
Very Advanced Technique	Damon Collin	(Wellington)

~ Music by ~

#### The Balmoral Band

Organiser: Heather Johnston Ph: 07 576 8855  
Email: heather.lil@xtra.co.nz

## Events....

## What's On:

## Other Regions' Events:

## 24-26 April (ANZAC Weekend)

ANZAC Weekend

Te Whaea NZ Dance & Drama  
Centre, Newton, Wellington

## Saturday 2 May

Manuwatu Club 60th Celebration  
Whakarongo School Hall, Stoney  
Creek Road, Palmerston North  
7.30pm

Knox Ball

St Aidans Church Hall, Ascot Ave,  
Remuera, Auckland  
8.00pm

## Saturday 23 May

North Shore Combined Ball  
Browns Bay Primary School,  
Masterton Road, Auckland  
7.30m

Wairoa Dance

St Andrews Presbyterian Church  
Hall, Queen St, Wairoa

- **11 April**  
— Elementary Day School hosted by Tauranga Club  
Te Puna Hall, Cnr Te Puna Road & SH 2, Te Puna  
9.30am-3.30pm with cuppa 9am
- **18 April**  
— Region General Meeting, Ngongotaha Hall, School Road,  
Ngongotaha  
2.30pm with cuppa 2pm  
— Rotorua Dance, Ngongotaha Hall, School Road, Ngongotaha  
5.30pm Refreshments; 6pm Dancing
- **2 May**  
— General Level Day School, hosted by Opotiki Club  
Waiotahi Hall  
10.00am-3.00pm with cuppa pre ten
- **9 May**  
— Lochiel Ball, Matangi Community Hall, Tauwhare Road,  
Matangi  
7.00pm
- **17 May (Sunday)**  
— JAM/Beginners Dance, Tokoroa  
Details to come
- **29 May—1 June**  
— Queen's Birthday Weekend School, Greerton Hall,  
1247 Greerton Road, Tauranga  
See Brochures

## DANCING MAKES YOU SMARTER

It's been scientifically proven that the only physical activity to offer protection against dementia is frequent dancing.

- Reading - 35% reduced risk of dementia
  - Bicycling and swimming - 0%
  - Doing crossword puzzles at least four days a week - 47%
  - Playing golf - 0%
  - Dancing frequently - 76%.

Study made suggestion: do it often. Seniors who took dance lessons 4 days a week had a measurably lower risk of dementia than those who did it only once a week.



## Letters to Editor....

### The Fees Are Too Much

I have to say I was disappointed that the 8 remits to the NZ Branch AGM went down without a whimper!  
I still have concerns about the large cost of members' subscriptions to the

NZ Branch

\$60!

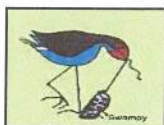
I did a bit of research into the fees that other Branches charge:

Sydney:	\$9.33NZ
Melbourne:	\$22.00NZ
Leeds in the UK:	\$10.02NZ
Headquarters Branch of the RSCDS :	\$26.04NZ
The RSCDS itself	\$30.04NZ

The NZ Branch charges at least **twice** what the next most expensive Branch in the world charges, and in a lot of cases **three, four, five and six** times!

It doesn't have to be that way! The NZ Branch **chooses** to be expensive and could just as well choose to be about \$30 if they wished!

Swampy



A few more old Scottish sayings:

Ah dinnae ken. – I don't know.

Haste Ye Back! - Farewell saying meaning "return soon".

It's a dreich day! – Said in reference to the weather, when it's cold, damp and miserable.

Hell slap it intae ye! - Means it's your own fault.

Lang may yer lum reek! – May you live long and stay well.

Keep the heid! – Stay calm, don't get upset.



## Letters to Editor....

### NZ Branch Honoraria!

This article is related to "The Fees are Too Much". You should read that first.

One of the remits to the NZ Branch was about **doing away** with Honoraria!

The rationale behind this was that the Honoraria are costing the NZ Branch \$3600 each year – President \$1000, Treasurer \$1000, Secretary \$1000 and Editor \$600. Doing away with them would go quite a way towards reducing the NZ Branch fee down from \$60 to \$30!

"Why shouldn't the management committee be able to claim something in recognition of the work they do?" I hear you cry.

### **Volunteers**

The answer is because we are an organisation based on **voluntary** work – or we were. There are a lot of people within the organisation who give of their time with no thought of recompense: **teachers** are the ones who spring to mind! They spend 40 weeks of the year preparing the programme for their weekly club nights, turn up first every night, rain hail or shine, and are the last to leave! They teach the programme and assess its impact afterwards. This all adds up to a considerable number of hours every year! **They volunteer this time: they can't claim an honorarium!**

The NZ Branch need to **lead by example!**

### **Reimbursement not honoraria is the way to go**

I do not expect the Management Committee to put their hand in their pocket to pay for items in the process of carrying out their duties, but all they have to do is keep the dockets, present them to the Treasurer and get **reimbursed!**

### **One not both**

At the moment The Management Committee get **both!**

### **Swampy**



### Region Officers:

**President:** Heather Johnston, PO Box 8377, Cherrywood, Tauranga (07) 576 8855 [president@waibopscd.org.nz](mailto:president@waibopscd.org.nz)

**Secretary:** Glenna James, 3/697 Teasdale St, Te Awamutu (07) 870 3447 [secretary@waibopscd.org.nz](mailto:secretary@waibopscd.org.nz)

**Treasurer:** Andrew Patterson, 34 Stafford Rise, Lynmore, Rotorua (07) 345 6337 [treasurer@waibopscd.org.nz](mailto:treasurer@waibopscd.org.nz)

**Education/Training Coordinator:** Lynne Hudson, 243 Boucher Ave, Te Puke. (07) 573 5055 [education@waibopscd.org.nz](mailto:education@waibopscd.org.nz)

**Membership Coordinator:** Andrew Patterson, 34 Stafford Rise, Lynmore, Rotorua (07) 345 6337 [membership@waibopscd.org.nz](mailto:membership@waibopscd.org.nz)

**Communication & Publicity Coordinator:** Glenna James, 3/697 Teasdale Street, Te Awamutu (07) 870 3447 [communication@waibopscd.org.nz](mailto:communication@waibopscd.org.nz)

**Youth Coordinator:** Jeanette Lauder, 134 Makaanuku Rd, RD 1, Tokoroa 07 886 8171 [youth@waibopscd.org.nz](mailto:youth@waibopscd.org.nz)



**WE'RE ON THE WEB!**

<http://waibopscd.org.nz>



**WE'RE ON FACEBOOK!**

<http://www.facebook.com/Dance Scottish Waibop>