

WAIBOP NEWS



Issue: August 2016

RSCDS NEW ZEALAND BRANCH INC
WAIKATO/BAY OF PLENTY REGION

Scottish Dancing - FUN, FITNESS, FRIENDSHIP!

Letter from the President

Autumn gave us a balmy start to winter, so it hasn't been too hard to leave the warmth of our homes to attend Club nights as it often can be at this time of the year. Despite that, the Tauranga Club's ranks have been diminished somewhat by the annual migration to warmer climes and no doubt other clubs have experienced that too. But we all box on and await the return of the travellers so that we can tell them about the wonderful annual dances that we have enjoyed, and will continue to enjoy; dances that they have missed out on, and will continue to miss out on during their absence! When our President read out the notices earlier in July, the fact that there was a dance every other Saturday until the end of September, didn't escape him. What a great way to while away the winter "blues". And then it will be spring!



Earlier this year WaiBOP Region dancers were extended an invitation through Katharine Hoskyn to join with dancers from the Auckland Region for the annual Tartan Day Celebration Tattoo. The Auckland Tattoo has been running for 7 years now - it was to have been a one-off - and every year the Auckland SCD Region aims to do something different.



This year for the first time a massed display of SC dancing was the objective. Fifteen dancers from our Region (Frank and Mary Begley, David and Olina Carter, Bill and Maureen Jacob, Andy and Jeanette Patterson, Glenna James, Robyn Dowdle, Rodney Dawson, Jan McIvor, Winnie Sheehan, Marcia Sowman and "yours truly") attended a local practice at Hinuera on 19 June and then travelled to Auckland for a rehearsal on the morning of Sunday 3 July and the performance that afternoon. Katharine's vision of massed dancing came to fruition with 10 sets, which included 2 sets of JAMs, dancing two medleys. It was a lot of work for just 10 minutes of dancing but all 15 of us really enjoyed the whole experience. We also enjoyed the other Tattoo items including massed pipe bands, marching teams, drum corps, and

spectacular items by the Highland Dance Company of New Zealand, who along with their supporting pipe band are off to France shortly to perform in the Festival Interceltique.

As Region President, my personal aim this year is to visit as many, if not all clubs within our Region. I have made a start with this and already it has been interesting to see the variations in composition, dynamics, and club culture. I have been taking other dancers from the Tauranga Club with me on these visits and we have been made to feel very welcome on each occasion. It's just a pity that our SCD clubs are spread so far and wide throughout the Region. I'm sure many of you would travel to enjoy the social aspect of dancing at other clubs, and not just neighbouring clubs if this was not the case, and wouldn't that be such a boost to numbers for our not-so-big groups. Maybe it is something that we could all do from time to time during the dancing year. It is fun, and there is no pressure to learn or practice dances before club nights as is the case prior to a club's annual dance. Thank you to those clubs I have visited already, for the hospitality extended to me and my travelling companions.

Yours in dancing,

Heather Johnston—Region President

Mt Maunganui Club

With the wintery weather the area has been experiencing over the past few weeks, a quick decision was made to have a Tam-o-Shanter night to cheer everyone up. So a crisp Wednesday night saw dancers from the Mount Maunganui and Tauranga Clubs donning their Tam-o-Shanters (and other assorted headgear) for a night of dancing.



After a generous supper, Frank Begley sang a wee song and then told the dancers about his time of growing up in straightened circumstances in Scotland and of his time serving with the Black Watch. And yes, the soldiers did wear nothing under their kilts, and were checked by the Captains to make sure that was so.

Overall, a most enjoyable evening had by everyone with lots of dancing, lots of chatter and lots of laughter.



Thames Club

The weather was against our dancing at the market for "June Dance month" but we did have a stand there which generated plenty of enquiries (no extra dancers!) and we also had and still have, a shop window display so have put ourselves out there.

Shortly we are having an afternoon dancing at the local retirement village, something they all love - perhaps the music, the dancing—but reviving memories from their earlier years.

Tokoroa Club

Day School and Social:

The Tokoroa Club took up the New Zealand Branch's invitation to promote Scottish Country Dancing during Dance Scottish month. The club sent an article and a photo to the local paper which was printed along with their weekly insertion in the "What's On" page; staged a promotional window display in a local shop; and made a decision to run a Day School and Social Dance. The latter event was held on the 18th June in Tokoroa with two concurrent classes followed by the dance.

There was a class for Beginners with Tutor Helen Smythe from Cambridge. This class had over three sets coming along to give it a go including one adult and four children who had never danced before.

A Social Class was run to encourage dancers from around the Waikato Bay of Plenty Region to bring their newer dancers along. This class, tutored by Ruth Budden from Tuakau, consisted of twelve people.

Visitors arrived from Cambridge, Hamilton, Tauranga, Tuakau, Katikati, Awakeri, Te Awamutu, and Rotorua and added to Tokoroa members to make the afternoon worthwhile.

The classes were run from 1.00 to 3.30pm, with an afternoon tea break from 3.30 to 4.30pm and then, with everybody, more social dancing (Ruth emceeing) until 7pm.

Afterwards about 23 dancers and partners met at a local Italian Restaurant (Albericos) for a lovely meal and great fellowship.

The comments received afterwards were that they really enjoyed themselves, learnt a lot, had tired feet but had a great day.

HELLO We are Hauraki Thames Scottish Country Dance Club
Do you enjoy dancing? Are you single with no partner? (Of course couples are just as welcome) Would you like to go dancing?

Here's a great opportunity. It is a mere \$3 a session so no huge expense is involved and the fun and exercise is all worthwhile. No restrictions, all are welcome, come and watch, join in- your choice. We would be happy to welcome you, don't be shy, come along and give it a go - you will enjoy!

We were so encouraged to have such a crowd gather to watch when we danced at the Thames Market Day on Sat 16th April and we hope to do this again.

We are a happy group who dance twice weekly - Tues afternoons 3.30-5.30pm at St James Hall, Pahau St and Thurs 6.15-8.30pm in Thames Citizens Band Rooms Queen St.



Some of us happily dance at both sessions while others come to the Tues afternoon (perhaps because they do not like going out at night) and others come Thurs (perhaps working) but all are always welcome.

CONTACTS: Jan (Secretary) 07 868 8329
Winnifred (Treasurer) 07 868 9526

Te Awamutu Dance



Te Awamutu Tea Dance was held on Saturday 16 July.

Thankfully the weather bomb we had last year happened on the Friday not Saturday, so it was great to see some more dancers on the floor.



To those who joined us, thank you, we had a great evening.

Ceilidh for Dance Scottish Month

Hamilton Scottish took up the challenge for Dance Scottish Month in June. On Friday night 10 June we hosted a Dance Ceilidh for all comers at the YWCA. The Ceilidh was advertised in the local free paper and a half page article with a photo of dancers was written up in the same paper.

Fifty people came to join the dancing, many were Scottish Country Dancers from around the region, but 15 people had not danced before.

Ruth Budden and Wayne McConnel were the MC's for the night and the dances they chose produced a fun and lively evening.

The smiles on the faces of the dancers showed that people enjoyed themselves and it would be worth doing again, in fact some people have rung to ask if we have ceilidhs every Friday evening. Three people who came to the Ceilidh have now been to four club nights.

Thanks to Shelley McConnel for her organisation of the evening and to club members for providing supper at the end of the evening.



A colourful and music-full Waikato / Bay of Plenty Queen's Birthday Weekend School was successfully hosted in Cambridge this year, with very good attendance with dancers from Christchurch through to Auckland - and indeed, from Australia!

Teachers Mary Thomas (Advanced Social), Nicole Trewavas (JAMs), Andrea Wells (Elementary), and Doug Mills (Technique) provided skilful dance appreciation, tutelage, and wonderful energy across the three days, culminating with a combined class on the final day. As well as teaching a Musicians' class on the Sunday morning, Lynne Scott together with Sharlene Penfold ran a *'Music for Dancers'* session the same afternoon – succinctly passing on an understanding of how musical rhythm, composition and phrasing shape the way we dance.

All dance classes were taught to music played by Glenfiddle members (Anne-Marie, Sharlene, Margaret, Heather and Lynn), Lynne Scott and Virginia Mathieson – thank you all for the playing and for occasionally accommodating five couple sets!



Glenfiddle enriched Cambridge's Annual Ball on the Saturday night, and it was wonderful to have dancers come from Auckland and also Wellington specifically for the Ball, and for the Sunday Social evening also.

The Sunday Social saw Helen Wyeth's *The Magic of Summer School* on a programme for the first time, and for which Glenfiddle perfectly played Reel of Seven's *The Magic of Merrill* composition. Following a demonstration – and undoubted pre-practice from many dancers – seven sets got onto the floor to dance *The Magic of Summer School*, and I would think most would have been very happy to have made a very good fist of a very enjoyable, exciting and challenging dance.

Special mention must also go to Mary Thomas for her great success in expertly

teaching a hall full of mixed-capability dancers – from experienced dancers to newbies and JAMs – another dance with complexity and intrigue; *The Library of Birmingham* (Book 49). Once again many dancers were very satisfied and perhaps even amazed that all had enjoyably accomplished such a difficult and sophisticated dance.

The school was centred at the Cambridge Town Hall, which has an ambience that set the scene for the whole weekend.

A big thank you and congratulations to all the teachers and musicians; the feedback from the School attendees for the classes and the evening sessions was very complimentary of the capabilities and the learning through the whole weekend. Thank you also to the Cambridge club committee and organisers, and club members and friends who put many months into the school, and who made my job particularly easy and enjoyable.

Antanas Procuta—President, Cambridge SCD Club



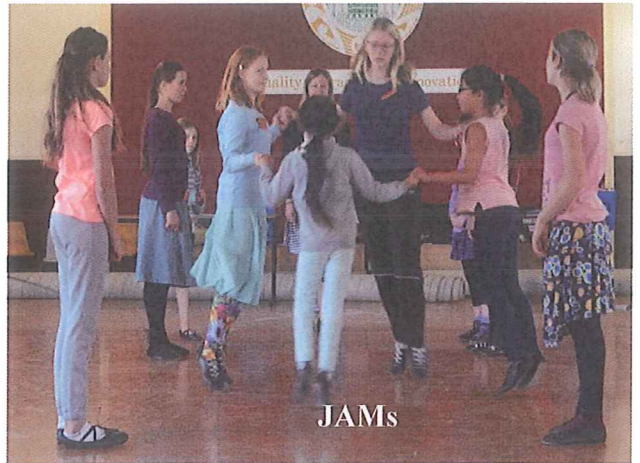
NZ Branch President, David Williamson

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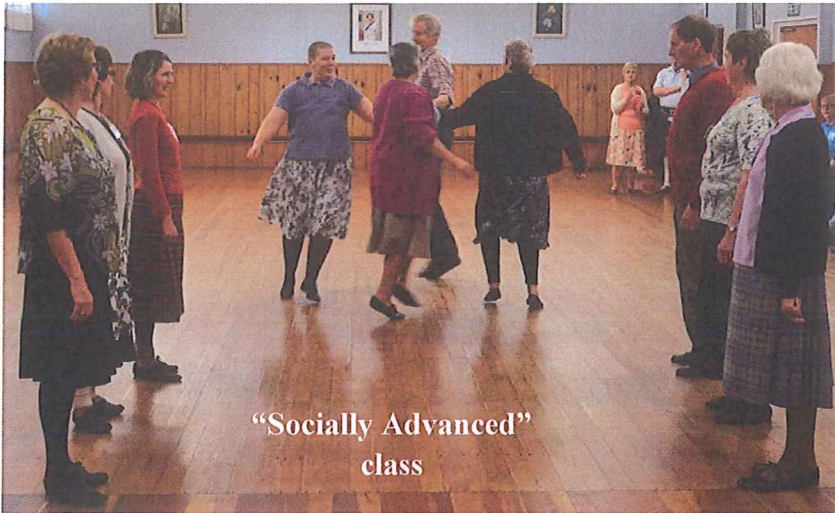
WaiBOP Region President, Heather Johnston



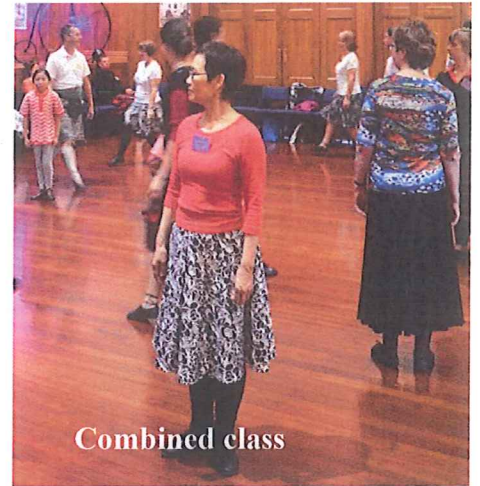
Music class
for dancers



JAMs



“Socially Advanced”
class



Combined class



Glenfiddle Band



Technique class

Mainstream Day School and Region Dance

Last Saturday was the Mainstream Day School hosted by Hamilton Scottish. All the participants had a great time and enjoyed immensely Esther Mackay's teaching. Congratulations to the club for a very well organised school...the only downside was the fire alarm going off in the complex (which was not set off by the dancers)! At least it was after the school and everyone had finished their afternoon tea. It was a bit cold standing around outside while the church and alarm people tried to get it to turn off—an hour later..... It did remind a lot of us about the alarms at the Cambridge Summer School !

A good turnout also for the Region dance in Hamilton, with a great programme—thank you Heather. The coordinators all took turns briefing the dances.



The star of the evening was Sarah Hilton's item [which the participants knew nothing about, except that it was based loosely on Rothesay Rant...and no mention about costumes when we first said yes!]

It was certainly fun to do and we hope the viewers enjoyed it as well.

A video is available to purchase of the evening, which includes the item—contact Heather Johnston.



Pumps For Sale
\$40 each
All Virtually New 
1 @ size 9 & 2 @ Size 10
Contact: Sophie Cronin
 **07-886-5115**
cronin101@xtra.co.nz



Scottish Country Dancing workshops in Cambridge

Beginner dancer workshop over eight sessions.
 For school-age students (8 years and older) and adults.

Wednesdays weekly from 27 July 2016, 6.45pm – 7.45pm
 at St Andrew's Church Hall, cnr Hamilton Road & Victoria St
 Cost \$20.00 total for the eight sessions.

Contact Carol for further information at
 CambridgeSCD@yahoo.co.nz
 and see website: www.walbopscd.org.nz
 under Education and Training



Waibop Flag:

When I organised the flag to be made, I decided upon the company “Ban Erect” for a variety of reasons, not least being the great service. This was proven again a few weeks ago, when I contacted Tony McKendry to say that the zipper had broken on the case (it had been getting quite a bit of use).


He immediately couriered a new bag at no cost to us. So, if you are looking for a flag for your dance club or any other interests you have, I would recommend this business!

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tony@banerect.co.nz
 www.banerect.co.nz

Tony McKendry
 (Company Founder)



Region Secretary....

It was interesting to see that no response was forthcoming from Andrew Patterson’s letter to the Editor in the last newsletter. I thought the “no more books!” would result in a lot of debate. Does that mean you are happy to continue getting new books, new dances? We tend to dance the new ones when the book comes out, decide which are our favourites and not go back to the book for a while.

It is also interesting for me to see which new “favourites” appear on the club’s ball programme in that year. In a club situation, the tutor cannot teach all the new dances, let alone all the ball programme dances, a lot of which are new to beginners and intermediates, so a dance can be a stressful event for them, and not as enjoyable. I hark back to the President’s plea that ball programmes do not have lots of new or complicated dances—a couple are great to have and keep the more advanced dancers happy and challenged and other dancers have a choice as to whether to get up on the floor for them or not.

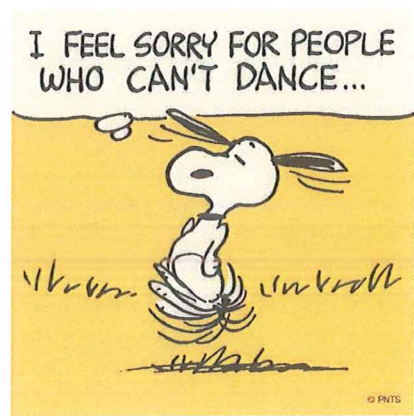
You can always comment in the next newsletter!

Stop Press: Evelyn Knights has been successful in her application for a Scholarship to Summer School, under the category “Adult—Less than 3 years continued dancing experience”. She is a Mt Maunganui Club member but also dances at Tauranga. She heard Gail Schofield [NZB Education & Training Coordinator] talk about scholarships at Queen’s Birthday Weekend School so decided to give it a go.

Something for you to think about for next year?

What’s On in the Region:

- **Saturday 13 August**—Tokoroa Tea Dance (5.30pm Soup/ 6.15pm Dancing); Tirau Hall, Tirau
- **Saturday 27 August**—Balmoral Dance (1.30pm Cuppa/2pm Dancing); Awakeri Hall, SH2/SH30
- **Saturday 3 September**
 —Region General Meeting (2pm Cuppa/2.30pm Meeting) St Francis Church Lounge, 92 Mansel Ave, Hillcrest, Hamilton
 —Hamilton Scottish Tea Dance (5pm) Matangi Hall, Tauwhare Road, Matangi
- **Saturday 10 September**—Taupo Afternoon Dance (1pm) St Pauls Church Hall, Cnr Tamamutu St & Rifle Range Road, Taupo
- **Saturday 24 September**—Thames Tea Dance (5.30pm for 6pm) St James Church Hall, Pahau St, Thames



Glenna James

Scottish dancing can help keep old age at bay

A new study suggests Scottish country dancing can improve the health of those who take part.

IT HAS been taught in Scottish schools for generations and is world-famous for its boisterous reels and jigs and its smooth strathspeys.

But new research suggests that Scottish country dancing could also delay the ageing process. Older women who regularly take part in Scottish country dancing are fitter than those of the same age who carry out other forms of exercise, scientists have found. The researchers believe the skipping and step-changing of the lively activity can "delay the effects of ageing" on women's ability to carry out daily physical activities.



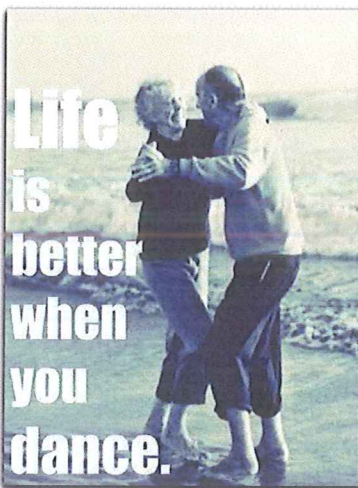
Now a study by the University of Strathclyde and the Active Ageing Research Group at the University of Cumbria has found that participating can help women retain their youthfulness.

Their study tested the fitness levels of women who took part in Scottish country dancing, to women who did walking, swimming and yoga. It compared a group of 26 Scottish country dancers, with at least ten years of experience, with a group of 34 healthy, physically active women who did not participate in Scottish country dancing. All the women were in their 60s and 70s and did the same amount of physical exercise each week. The dancers and non-dancers in their 60s had similar levels of fitness. However, the dancers in their 70s were just as fit as those in their 60s. But the women in their 70s who did not dance were less fit than younger counterparts.

The scientists say Scottish country dancing prevented the age-related decline in fitness that would usually be expected of women in their 70s. They believe the specific movements in Scottish country dance – forwards and sideways, turning and spinning to different rhythms during different set dances – trains the body to remain strong and responsive.

Dr Susan Dewhurst, lead researcher and an exercise physiologist at the University of Cumbria, said: "The group of women who did not participate in Scottish country dancing followed the normal age-related decline in their functional fitness that would be expected. However, they were very active, doing walking, yoga and swimming. "Scottish country dancing delayed or prevented this age-related decline. This is thought to be because of the movement patterns involved, such as turning, hopping and stepping which are more challenging than walking or swimming." "It encourages upright posture and keeps muscles strong and responsive. The social aspect makes it a fun way to support healthy ageing because when there's a social element people are more likely to stick with it."

The women were tested on how far they could walk in a few minutes, how fast they could cover six metres and how far they could reach towards their toes while seated. These tests were designed to mimic daily tasks such as crossing the road and getting out of a chair, which become more difficult as people get older.



The study, published in the *Journal of Aging and Physical Activity*, concluded: "Scottish country dance can delay the effects of aging on locomotion-related functional abilities." The authors add that physical degeneration, a consequence of older age, severely affects quality of life and puts a strain on health services. But regular physical activity, however, can lessen the potentially disabling effects of ageing.

Elizabeth Foster, executive officer, of the Royal Scottish Country Dance Society (RSCDS) welcomed the research. She said: "This adds to a growing bank of evidence that points to the overall health benefits of Scottish country dancing. In particular, it supports other studies which show that Scottish country dancing is superior to other forms of physical activity in building and maintaining levels of fitness and mobility. The RSCDS Health Strategy, which was developed in response to many proven health benefits, encourages those with a range of health issues or people who are looking to improve their fitness to be actively involved in Scottish country dance."

THE SCOTSMAN
SCOTLAND & SUNDAY

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