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➤ If you are looking for music you can check out Bobby Brown's new web site at:

www.bobbybrownband.ca

Registration Night is:

➤ At MacNab Church on Wednesday, September 10th at 7:30 pm – social dance to follow.

Hamilton Branch Weekend

➤ October 17, 18 & 19 at Burlington Seniors' Centre at 2285 New Street, Burlington

Special booking for the Wine Tour on Sunday.

Teachers are Ruth Jappy, Vancouver and Craig Williams, Ottawa.

Chairman's Message

Summer is here and many of you will be taking a break from dancing. This Rant should help you to keep in touch and anticipate a new dancing season starting in September. Many of you will be keeping your feet and minds in shape by continuing to dance throughout the summer months by "dancing in the park" or stooing at summer school. I hope you will consider the Blue Jays game on 9th July.

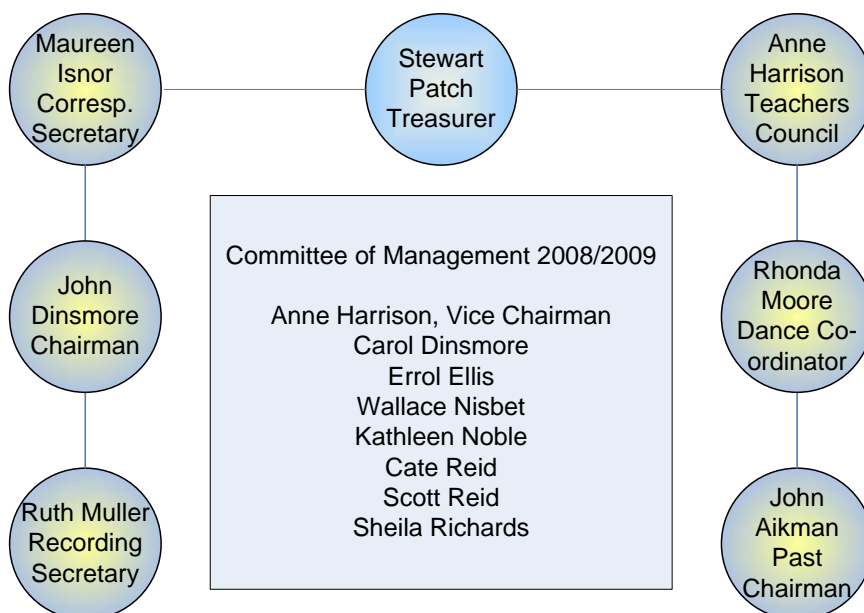
A new Committee of Management was elected at the recent AGM. My thanks to those who volunteer and serve in this important aspect of Branch Life. We say goodbye to Lauren Woods, Sharon Boule and Trang Huynh and welcome Carol Dinsmore, Errol Ellis and Wallace Nisbet. John Aikman has now completed his two year stewardship of the COM and will continue for another year in the ex officio position as Past Chairman. My special thanks to John for all his hard work and imaginative ideas over the past four years. The COM will meet during the summer to plan the next year's programmes.

I am delighted that the indefatigable John Middleton has agreed to teach a candidates' class during the 08-09 year and I wish every success to those of you who will be taking the classes. Your interest and commitment are vital to the future of dancing in Hamilton.

I look forward to serving again as Branch Chairman and invite you to be in touch with any ideas or suggestions for your Committee of Management.

John Dinsmore
Chairman

2008/2009 COM





Wilma & Charlie visit Brazil

Wilma and Charlie Atkinson enjoyed a 2-week holiday in Brazil starting on March 12 with a long non-stop overnight flight from Toronto to Sao Paulo, Brazil's largest city. As Charlie will tell you they flew from Sao Paulo to Foz de Iguacu 1100km to the WSW. They were able to visit 4 completely different parts of Brazil: the famous Iguacu waterfalls; Manaus and the Amazon jungle; Brasilia, the totally new capital inaugurated in 1960; and finally, the old coastal city of Salvador.

The Cataratas do Iguacu are ranked with Niagara Falls in Canada and Victoria Falls on the Zambezi River in Africa as wonders of the world. The Iguacu Falls have a total length of 2700m and contain 275 separate cascades with a total fall of 80m although for much of the length there are 2 roughly equal steps. The Falls are located at S25° 35' W54°25' at the corner where Paraguay, Argentina and Brazil meet. In fact, a substantial part of the Falls are within Argentina and to see the full spectacle a visitor must enter Argentina. The average flow of water is about 6500 cubic metres per second (cms) which compares with some 5100cms for the Niagara River of which only 2830cms passes over the Falls, the balance being used to generate hydro power. Although March is near the end of the rainy season the river flow was only about 1500 cms at the time of our visit but the Falls were spectacular nevertheless.



In the evening of our day at Iguacu we were able to visit a night club for a 2-hour dance show. Many kinds of traditional Latin music and dancing were presented, including the sensual tango, flamenco dancing, Mexican mariachis and dances which were part of the culture the slaves brought from Africa. The latter dances involved a lot of leaping around the stage by the men and a generous display of their posteriors by the women. Cont'd/4

Dance for Free... Stooge for TAC and attend a dance that night at no charge

Every year at TAC (Teachers Association Canada) Summer School there are classes given for prospective RSCDS teachers. Because stooges are essential for these exams, you are invited to attend for part of or a whole day.

When: August 13 thru August 15
Time: 9:00 am thru 5:30 or 6:00 pm
Maybe: August 16th, am only
Where: University of Waterloo

During stooging you will be able to gain experience in steps, formations and dances for a variety of new teachers studying for different levels for their certificates.

When you volunteer you are invited to attend some of the Summer School evening entertainment that night. There are lots of restaurants in the area or pre-arrange to eat in the Cafeteria.

There might also be a need for stooges on August 4th through August 9th.

The contact for STOOGES is:

Elizabeth McDonald

e.mcdonald1201@rogers.com

Tel: 519-936-2033

Address 417 Hydr Park Rd, Unit 1, London, ON N6H 3R9
Help support this RSCDS function

SCD in Barbados

Our very own Dora Robertson went dancing in Barbados (with Phillis Haack from Cambridge and Moira Hinshelwood from Burlington). Their teacher was Ken Thomson and they had a great time. The Islanders really enjoyed the visitors from our area.

The three ladies went on to enjoy a pleasant evening at the Yacht Club in Barbados.

Info from.

Dora Robertson

Belfast, Ireland

Recently (in June) I got a call from Roy Hewitt asking if there was any dancing in the area. We took him to St. Catharines' to dance in-the-park. Roy enjoyed himself immensely and was very impressed with the standard of dancing in the area. It was nice to note that a good 50% of the dancers were men, hopefully Roy noted that too.



Jokes

Note: I've decided to add some jokes but a good way to stop this practice is to send articles in to fill up the Rant so there is no room for fillers. If these are bad it's your fault.

1. Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.
2. A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."
3. Two peanuts walk into a bar, and one was a salted.
4. A dyslexic man walks into a bra.
5. A man walks into a bar with a slab of asphalt under his arm and says: "A beer please, and one for the road."
6. Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"
7. "Doc, I can't stop singing 'The Green, Green Grass of Home.'" "That sounds like Tom Jones Syndrome". "Is it common?" - - Well, "It's Not Unusual."
8. Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning." "I don't believe you," says Dolly. "It's true, no bull!" exclaims Daisy.
9. An invisible man marries an invisible woman. As it turns out, the kids were nothing to look at either.
10. Deja Moo: The feeling that you've heard this bull before.
11. I went to buy some camouflage trousers the other day but I couldn't seem to find any.
12. A man woke up in a hospital after a serious accident. He shouted, Doctor, doctor, I can't feel my legs!" The doctor replied, "I know you can't - your arms were amputated!"
13. I went to a seafood disco last week...and pulled a mussel.
14. What do you call a fish with no eyes? A fsh.
15. With all the sadness and trauma going on in the world at the moment, it is worth reflecting on the death of a very important person, which almost went unnoticed last week. Larry LaPrise, the man that wrote 'The Hokie Pokey' died peacefully at the age of 93. The most traumatic part for his family was getting him into the coffin. They put his left leg in. And then the trouble started.....



Prince Edward County SCD

DANCING AWAY. Workshop and Tartan Tea on Sunday afternoon – April 27, 2008. The weekend's guest teacher was Sheila Scott and she taught challenging and interesting workshops. Her lessons introduced dancers to the delights of lively English community dances, including contra dances popularized in New England, as well as the more elegant dances from the 17th century to the present day. Some of the figures were familiar, but had different names. A "reel" for instance is called a "hey" and can be danced with three, four or six people. Sheila Scott was an excellent teacher.

During the weekend, we spent our free time wine tasting at local wineries, visited a cheese factory and enjoyed the beautiful harbour environment of Picton.



Brian Sabourin (pictured above) made John Middleton and Hamilton proud as he danced in "The Reel of the 51st". It has become an annual Picton tradition for men to perform this dance while the ladies clap and cheer!

Lauren Woods

Candidates Class

There will be new classes starting for new teachers. These will start early in the dance season with preparation for uUnits 1 & 2. Later in March for the personal dancing portion. These classes will be run by John Middleton.

For more information talk to John at 905 522-2151.



Brazil continued..

Manaus is over 2400km north of Iguazu and is just south of the equator at S3°21' W54°21'. This port city is over 1200km from the Atlantic Ocean but is easily reached by large ships. It is located on the north bank of the Rio Negro a major tributary which forms the Rio Amazon when it joins the Rio Solimões a few kilometers downstream from Manaus. The Rio Negro is black because of the large quantity of tannin in the water and it is quite acidic (pH 4.6), while the Rio Solimões is described as cappuccino for its light brown colour arising from a lot of sediment. The 2 rivers do not mix readily and maintain their separate colours for a long distance as they flow eastwards to the sea.

Manaus began as a small village but became the centre of rubber production in the late 19th century. As a result the population expanded rapidly and is now around 3 million. Fortunes were made by the 'rubber barons' and they endowed the city with some architectural gems, the most prominent of which is the 'Teatro Amazonas' which has a seating capacity of 800. We were able to see the ornate interior of this building and to listen for a while to the orchestra which was rehearsing for a production. Despite the few gems, the overall aspect of the city is a depressing collection of shacks and slums.

Another feature of Manaus is the bustling port area which must accommodate a water level range of some 15-20m. This is accomplished with a floating dock which was built in Liverpool, England and towed across the Atlantic for installation in 1902. This dock is still in daily use and a Princess Cruise liner was moored there during our visit, having cruised from Miami. The port also held another dozen ocean-going ships.

The highlight of our trip was a 6-day cruise up both the Rio Solimões and the Rio Negro aboard a small 24-passenger boat. Cabins were quite spacious with 2 single beds instead of bunks, air conditioning, a meeting room and a dining room. Meals were prepared on board and were excellent, as was the bar which served a local drink called a 'caipirinha' which contained pulped limes, sugar and cachaça (40% alcohol from sugar cane).

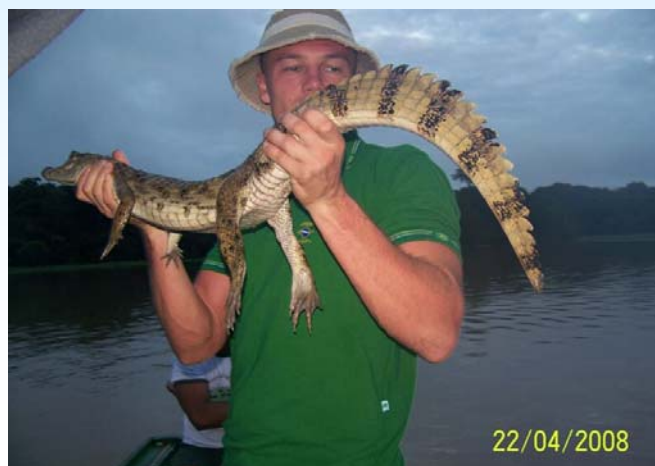
Each morning started with a wake-up call at 5-30am, just before dawn, so that we could head off into the flooded jungle in large motorized canoes to search for wildlife. A similar evening excursion provided another opportunity to search for animals. Our guides shone a spotlight and had an amazing ability to spot the reflections from the eyes of caimans (akin to alligators) or snakes while searching the dark banks. The caiman can reach up to 6m in length but we saw only small

ones of 1 to 2m. Apparently they are rather timid and don't like humans (who are noisy) but prefer to lie motionless in the water waiting for its prey to pass close enough to grab with a quick turn of the head. We also saw quite a number of pink dolphins which inhabit the Rio Amazon. These animals are reputed to be playful and very intelligent with a brain about 40% larger than humans.

A visit to an Indian village provided an interesting glimpse into native life and revealed the startling fact that 20 baby girls are born for every boy and indeed there were girls everywhere but only a few boys. We also saw the making of 'manioc' the starch staple of native people and learned that the cooking and pressing process eliminates naturally-occurring cyanide – a careless batch could be deadly.

Most days included a 'jungle walk' in which we explored an uninhabited area of jungle along narrow pathways strewn with fallen logs, vines and branches. In this way we saw large tarantula spiders (15 to 20 cm across) which live in holes in the ground, 'stick spiders' which look like a 15cm bit of twig, red fire ants able to give a most painful bite and big black ants 2 to 3 cm long. After a couple of hours of hiking and sweating through the jungle in the heat of the day (over 90% humidity) we were ready for a return to the boat and a chance to swim around the boat. We were advised that the waters were swarming with piranha but that the voracious little fish with the very sharp teeth were not interested in active moving animals but preferred dead meat. The message was very clear – keep moving as if your life depended upon it. Later we went fishing for piranha using a bit of meat on a fish hook and our canoe (12 people) caught over 20 fish. Wilma caught a 25cm trout – the first fish she has ever caught.

One beautiful sunny afternoon our boat headed for a lovely sandy beach on a large island in the Rio Negro and moored with the front of the boat grounded on the beach.





Brazil concluded..

About noon on the 6th day the boat arrived back in Manaus and we headed immediately for the airport and flew to Brasilia, the new capital that replaced Rio de Janeiro in 1960. A number of well-known architects were engaged to design the major government buildings, the Presidential Palace and the vice-presidential Palace and while these individual buildings are outstanding, the entire city gives an impression of sterility. In part this is due to the use of concrete for almost every structure, a parade of rectangular office blocks for civil servants and the provision of wide streets and green areas which favour vehicular movement rather than pedestrian traffic. In consequence, we had trouble trying to walk anywhere and very few pedestrians were seen on the street. The city has a large central lake (600 square kilometers) which is crossed by a unique bridge composed of 3 arches which alternate from one side of the roadway to the other and support the road by means of steel cables.

Our last stop was in Salvador, the first capital of Brazil, with a present population of 2.5 million. It is located on the east coast some 1000km north of Sao Paulo and at the entrance to 'Bahia de Todos os Santos' (All Saints Bay). This large bay is claimed to be the second largest in the world (after Hudson Bay in Canada) and was a principal refuge for sailing ships. The first Portuguese colonizers arrived in 1500 and the city was officially founded in 1549. My guide book says "Tomé de Souza arrived with his small fleet of ships carrying a troupe of workers, numerous Jesuits for converting the native inhabitants and a small flock of prostitutes. So it was that Salvador's inception was marked by a mixture of Catholicism, indigenous enslavement (for those who did not convert) and bawdiness."

Salvador became the most important trading port between Brazil and Europe in the 16th and 17th centuries and was the destination port for most of the 'blackbirders' bringing slaves from Africa to South America. The result is that the present population of Salvador is about 80% of African origin and the city is known as the African soul of Brazil. The older part of the city has narrow cobbled streets reminiscent of Europe and could easily be mistaken for a city in Spain or Portugal or Italy, complete with sidewalk cafés and restaurants. Fortunately, the city is close to many lovely beaches and has good hotels in the outer areas.

So ended our Brazilian adventure. On March 26 we returned to Toronto with over 1600 digital photos in our cameras.

Charles Atkinson

BOBBY BROWN RELEASED TWO CDS IN MAY!

Listening Through the Years to Bobby Brown's Scottish Accent & The Cape Breton Symphony Fiddlers.

This is an exceptional listening CD featuring music from two albums produced for the band's two tours of Scotland with Bobby's other group, The Cape Breton Symphony Fiddlers. You may have heard some of these tracks when the band has played at concerts or ceilidhs through the years.

Bobby narrates an introduction, providing tidbits of information about the history of the band, as well as commenting on each of the 18 tracks.

Listening Through the Years also features Graham Townsend, North American Fiddle Champion, playing some cracking tunes!

Don't miss this opportunity to listen to the band playing outside the boundaries of dance music. This collection of slow airs, waltzes, pipe marches, jigs, reels and medleys is a must for your collection of Bobby Brown CDs! Available from Bobby Brown (or buy direct on stage):

Brownrigg Productions
25 Fairview Road West UPH 6
Mississauga, ON L5B 3Y8

Email: lisa_bobby@sympatico.ca
Tel: 905-897-0287

Hamilton Branch Dances 2008/2009

Mark the following nights on your calendar!!

November 1 st	MacNab Church
December 6 th	Scottish Rite
January 3 rd	MacNab Church
February 7 th	MacNab Church
March 7 th	MacNab Church
April 4 th	Scottish Rite – Ball

Toronto Branch

Dance at the Roger's Centre during a Blue Jays' heritage game which will focus on Scottish heritage. This happens **July 8th** and Ian Patterson from the Toronto branch will be happy to receive your call. Ian's number is 416-346-9628 or ianpat@cogeco.ca.



Eating well for the dance...

"Health is the vital principle of bliss, and exercise, of health." James Thomson, Scottish Poet 1700-1748

A night out dancing takes a lot of energy and stamina. Some key places to make sure we don't lose our footing include staying well hydrated, avoiding excess alcohol and caffeine, and snacking wisely.

Hydration tips - working up a sweat increases our chance of becoming dehydrated, as we become dehydrated we may start to feel more tired, irritable, or develop a headache.

Drinking fluids throughout the day *and* during our dancing event can help us to enhance our performance.

Aim for 8 cups (2 L) of non-caffeinated fluids throughout the day (this is merely to replace our usual daily losses).

Have another 1 cup 30 minutes before our dancing begins.

Drink 1/2 - 1 C of fluid every 30 minutes that we are dancing.

Water is our best choice for good hydration. If we are dancing vigorously for more than 60-90 minutes, a sports drink or diluted juice is helpful to replenish the carbohydrates that we need for energy.

Caffeine initially gives us an energy boost but in large amounts it can dehydrate us. Limiting caffeine to no more than 300 mg/day leaves us room for about 3 medium cups of coffee/day. Too much caffeine can leave us feeling jittery, nervous, and with an upset stomach.

Limit alcohol. Alcohol dehydrates us, leaves us tired early and adds a lot of empty calories. It also lowers our inhibition which increases the likelihood that we will overeat or snack on less healthy options.

Choosing healthy snacks and drinks can help us to perform our best. Prior to hitting the dance floor, snack on foods that are fairly easy to digest. Avoid foods that are high in fat or fibre. Healthy snacks include the following:

Veggies and lower fat dip

Whole grain crackers and lower fat cheese

Sandwich on whole grain bread with lean meat or fish

Fruit and yogurt

Cereal with lower fat milk

Every person is different in terms of how much time they need to digest before they start their activity. Trial and error *before* the day of a dance competition will help us get to know ourselves best. Start with a small meal or snack 2 hours before a practice and over several practices trial changing the timing of your snack up to 30 minutes before your dance.

If you have questions about healthy eating and nutrition, contact a Registered Dietitian.

Hamilton Public Health Nutrition & PA Advice Line (905)546-3630

Eatright, ON (1-877- 510-510-2)

Dietitians of Canada www.dietitians.ca

Written by

Susan Bird, MScA, RD

References:

www.peakperformance.ca Accessed Dec.4, 2007

Coaching association of Canada, Competition Nutrition. www.coach.ca

International Association for Dance Medicine and Science. Fueling the Dancer. www.dancemedicine.org



Branch Delegate

A bit of an introduction/clarification to our members about our Branch Delegate's role.

Iain Martin, member of the Aberdeen Branch (Scotland) of the RSCDS, attends occasional classes and events in Aberdeen. His primary involvement is because of his wife's involvement in the Society. Jean is a Teacher and so he attends the AGM with her and from time to time goes with her to workshops or events where she is teaching. As our Branch Delegate, he is responsible for voting on motions or other issues according to our wishes at the AGM.

For direct contact with the **Management Board** at Headquarters, our representative is Christina France in Edinburgh.

Maureen Isnor
Branch Secretary

Take me out to the ball game!

The Toronto Association is participating in a Scottish night during the ballgame at the Rogers Centre on July 8th.

If you want to volunteer they can use the numbers. Featuring the dances of Scotland, the National Anthem sung by a Scottish tenor and a Pipe Band (maybe 48th Highlanders).

Add your name by contacting Hamilton teacher Anne Miller at (519) 753-9707 or Ian Paterson (direct) 416-346-9628 or email Ian at ianpat@cogeco.ca.

Editor for this Rant:
Kathleen Noble

Proofed by Maggie McEwan



Next Rant:

Deadline: August 01, 08
Distributed: August 15, 08

Submissions Welcome

Hotel Supplies We're still collecting



Just as a reminder, we are still gathering hotel items that will be sent to Interval House throughout the summer. So if you travel over the next several months, please collect the products from the hotel. If you need more information, contact Lauren Woods.

Thank you and happy travels!

Lauren Woods

Colin Dewar Band

Coming to Canada, performing at a Dance in London, Ontario on:

Date: September 30, 2008
Time: 7:00 pm
Cost: \$45 each
Contact: Helen Bell at 519-471-0623
Details: www.excelle.net/sd

The band is also playing for the Ottawa Valley Weekend Workshop on October 3-5, 2008. For details contact (613) 741-2320.



Hamilton Branch Ball

Scottish Rite, Hamilton
April 4, 2009
Mark your calendar

RSCDS Hamilton Branch Annual Weekend

Friday and Saturday, October 17th and 18th, 2008

***Optional Sunday Excursion**

Burlington Seniors' Centre, Burlington, Ontario

This is a beautiful facility that will accommodate all of our needs at one location.

Hospitality happily offered (hotel rates upon request).

Teachers: ***Ruth Jappy - Vancouver***
Craig Williams - Ottawa

Friday Registration at 7:30 p.m. followed by a Welcome Dance
 Music by Bobby Brown and Laird Brown
 Ceilidh at the **Burlington Seniors' Centre**. (Cash Bar, complimentary food)

Saturday Classes, Catered Lunch, Dinner and the Ball (Cash Bar)
 Music by **Bobby Brown and the Scottish Accent**
 Chairman's Reception following the Dance

Sunday Optional Winery Excursion and Visit to Twenty Valley (**extra cost and limited space**)
 (see back)

Great Instructors, Great Social and a Great Time!

---DETACH THE FORM BELOW AND MAIL IT WITH YOUR CHEQUE TO THE REGISTRAR (Cate Reid)---

Cate Reid, 2227 Previn Court, Burlington, ON, L7P4J3

caterstoall@hotmail.com or (905) 332-2049

Name(s) _____
 Address _____ City _____
 Class Level Preferred _____ Level 1- under 5 years or Level 2- over 5 years
 Email _____ Phone _____ R.S.C.D.S. Branch _____

Fees: *Full Dance Package (Friday and Saturday) \$135.00 Cdn.

Friday Night Dance and Ceilidh only	\$ 25.00 Cdn.	_____
Saturday Night Dinner, Ball, and Chairman's Reception	\$ 60.00 Cdn.	_____
Saturday Classes with Lunch only	\$ 55.00 Cdn.	_____
Sunday Wineries and Twenty Valley Bus Excursion (+Optional and Extra)	\$ 35.00 Cdn.	_____
TOTAL Enclosed		_____

***Post dated cheques option for Full Dance Package (May \$50.00, July \$50.00, Sept. \$35.00)**
 Please make cheques payable to R.S.C.D.S. Hamilton Branch Weekend

Are you requesting Hospitality? Yes No
 Will you have an individual Ceilidh act for Friday night's social? Yes No
 If participating in a Group Act, what is your Group's Name? _____

