

If anyone has jokes, stories, tips pertaining to SCD, Scotland or things Scottish-Canadian I'd love to hear from you. (Brenda).



## Royal Scottish Country Dance Society St. John's (Newfoundland) Branch

### CALENDAR OF EVENTS

Dec. 10, 2001	Last day of classes
Jan. 5, 2002	Twelfth Night Social - Vanier Elementary School, 8 p.m.
Jan. 7, 2002	Start of classes
March 23, 2002	Beginners' Social - Vanier Elementary School, 8 p.m.
May 4, 2002	Social - Vanier Elementary School, 8 p.m.
May 6, 2002	AGM - Gower St. Church, 7.30 p.m. with dancing to follow
May 13, 2002	Last day of classes

### UPCOMING WORKSHOPS

RSCDS Toronto Association: 9th & 10th Nov. 2001. Norman Wills - Registrar: (416) 447-5444. Details are on the notice board.

Victoria, B.C. Branch: 9th & 10th Nov. 2001. Details are on the notice board.

### COMMITTEE OF MANAGEMENT - 2000-2001

Elected positions:		Tel.(H)	Tel.(O)
Past Chairman:	Sue Scott <i>sascott@geoscott.nf.ca</i>	738-3355	738-3355
Chairman:	Brenda Burness <i>sascott@geoscott.nf.ca</i>	895-2712	
Secretary:	Michael Heald	754-3948	772-5286
Treasurer:	Ingrid Pardoe <i>ipardoe@morgan.ucs.mun.ca</i>	364-9305	777-7214
Members at Large:	Phil Hanley <i>hanleypj@nf.sympatico.ca</i>	745-2526	
	Susan Pfister <i>Susan.Pfister@c-core.ca</i>	576-2022	737-8584
	Denise Sharpe	895-2992	

### NEWSLETTER

November 2001

We are delighted to have a number of new dancers and the basic class is doing well.

**Cancellation of the November Social.** As many of our dancers have other commitments for the evening of November 10, unfortunately it has been necessary to cancel the November Social. There are not enough dancers available to come to enable us to cover the costs of holding the social.

Since there won't be another newsletter before our Twelfth Night social on January 5th, we give below the second verse of Auld Lang Syne.

And there's a hand my trusty fiere,  
And gie's a hand o' thine.  
We'll tak a right gude-willie waught,  
For auld lang syne.

It would be nice to have more than a half dozen people singing it at the Twelfth Night social! The first verse is not a problem.

The **St. Andrew's Society** is holding a ceilidh at the Crow's Nest on November 30th, starting at 8 p.m. The charge is \$5 and everyone is welcome.

**Notice Board.** Check the board for workshops etc. if you're planning a trip. There is also a catalogue and price list of booklets, videos and accessories available from Scotland. If you are interested in purchasing anything, please see Ingrid.

**Mugs.** To be environmentally friendly we encourage people to bring their own mug for refreshments. They can be left in the cupboard in the kitchen each week.

**Snow Line.** In the event of bad weather we try to contact individuals if dancing is cancelled. If there is any doubt about dancing going ahead you can call:

Brenda Burness 895-2712  
Sue Scott 738-3355

**Parking.** Up to now we have not had any parking problems around Gower Street Church. However, if there should be a problem, parking is available above the road across from Gower in the St. Andrew's Church parking lot. Also we can park at the back of the Anglican Cathedral Parish Hall.

### THE IMPORTANCE OF WARM UPS AND COOL DOWNS

Scottish Country Dancing is not only great fun but also great exercise, promoting a pleasant social interaction and aerobic activity. This includes increasing cardiovascular fitness and general muscle fitness. As with all exercise, it is important to prevent injury by Warming Up before you dance and Cooling Down after.

Warm Ups: These should always be done before dancing and should include light activity and stretching. The benefits are to increase blood and oxygen supply to the muscles, raises core body temperature, relaxes muscles, and increases coordination to prepare them for more vigorous activity. Focus on warming up the large muscle groups such as the calves, thighs and shoulders. Warm ups should last 5-10 mins. It takes your body 3 mins. to realize it needs to pump more blood to the muscles.

All joints that are used during dancing should be moved as this facilitates the spreading of synovial fluid to lubricate the joints.

Walking or light activity to raise the muscle temperature and increase the blood circulation should be done before stretching. Your muscles and tendons which are attached to the bones will be more flexible for stretching after mild movement has raised the internal temperature. This flexibility helps you increase the range of motion of your joints to help prevent injury such as muscle tears and pulls. If the weather is cold or if you are feeling stiff, take extra care to warm up before you stretch.

Do slow, gentle stretches (**No Bouncing**). Stretch gently for 15-20 secs. If it hurts back off a little. While stretching take slow deep breaths to help relax the muscles. End warm ups with slow skip change to get your body into the swing of dancing.

Cool Downs: After dancing, cooling down is as important as warm up to let your body recover gently. Cooling down serves two main purposes

1. To reduce your pulse rate
2. To return your blood to your heart in sufficient quantities to rid your muscles of lactic acid (a chemical result of muscle fatigue). Light exercise reduces tightness, cramping and soreness of worked muscles and will make you feel better.

If you stop suddenly the blood pools in your legs instead of returning to your heart. Dizziness, nausea and a worn out feeling are common symptoms of improper cool down.

Cool downs should last at least 5 mins. as it takes the body 3 mins. for your body to realize it does not need to pump all that additional blood to your muscles.

As in warm ups, do gentle skip change or walk after the dance session. Stretch each body part, giving special attention to ones used in dancing, holding for 10-15 secs. as in warm ups. If you are still sore the next day, doing some light exercises, stretching and some ice to the sore areas will help.

Barbara Ellis, Physiotherapist. (Barbara is a member of our branch).

The following is an e-mail from **Robert McIsaac** who is teaching in China until Christmas. It is dated 5th Oct.

"Happy thanksgiving from Northern China! In some ways it hardly seems that four weeks have past since I left Newfoundland; in others it seems an eternity.

Scottish Country Dancing is not a common form found in China, not even with the Ontario-Canadians with whom I work. Only one of the group has any idea of SCD, but only because she had a friend involved in Ontario. There are 19 of us here in Changchun (pronounced "chung tune"), the capital of Jilin province in the North of China, less than 300 miles West of Vladivostok and less than 150 miles North of the border with North Korea. This is a city of over 6 million, in very flat terrain, where the sky has been, on most days, cloudless. However, since coal is used to generate industrial and domestic energy, dust and ash are ever present. I am told that the winter season arrives early and is very dry, but is often accompanied by very cold winds.

I teach courses in electrical and electronic theory at Jilin University-Lampton College to Chinese students (the same course set I could ordinarily be teaching at the College of the North Atlantic in St. John's this Fall). These students are also studying English as a second language. Students are enthusiastic and very friendly, as are all Chinese I meet along the way. We English-speaking teachers share a floor in a student residence, and often eat in the cafeteria in this building. Each of us has a bedroom (with computer, phone, TV, desks and storage area) plus a small kitchen area and bathroom; we share a set of common rooms on this floor.

As I indicated above, there is no opportunity to engage in SCD here in Changchun, apart reading Pilling's, wearing kilt, sporran and hose occasionally, and perhaps launching into a few Pas de Basque steps while listening to the few CDs that I brought with me. (You might guess that I am suffering from SCD withdrawal). I will be back in St. John's before Christmas, more than ready to begin dancing when classes begin in January.

With best wishes for a successful Fall, Robert."

We have certainly missed Robert since he left, and will be glad to see him back dancing after Christmas.