

# Scottish Country Dances

VOLUME 22 ISSUE 2

14TH MARCH 2022

## Dance Diary— **Dancing News**

### Special points of interest:

- *Ayr Summer Dance programme has been published (see page 3)*
- *The 2020 programme is being used as Covid stopped all summer dancing.*
- *Booklets with the programme will be available at Classes and the March Social Dancing. £2 min donation please*

### **March Version of MiniCrib 32-03** <http://www.minicrib.org.uk/>

Contains Banffshire 90<sup>th</sup> Anniversary Book

Magic of Music Book 2 – devised by Anne Thorn

Perth & Perthshire Branch 95<sup>th</sup> Anniversary Dances

The authors have decided to remove the list of abbreviations they use and the descriptions of dance figures (e.g. Zz Espagnole) from the different versions of MiniCrib - this makes the downloads smaller and faster. If you wish, you can download a handy reference document showing all the **abbreviations** they use and also all the **dance figures** in MiniCrib format from the downloads page. If you want to add additional detail to your cribsheet, you can easily copy and paste the appropriate dance figure(s) into you cribsheet.

**Mobile Cribs** Charles Inglis (Ottawa, Canada) has announced that his Mobile SCD Cribs app has been updated with additional functions and it is available in both the Apple Apps Store <https://apps.apple.com/us/app/mobile-scd-cribs/id1569432915> and the Google Play Store. [https://play.google.com/store/apps/details?id=ca.rscdsottawa.mobile\\_cribs](https://play.google.com/store/apps/details?id=ca.rscdsottawa.mobile_cribs) Some of these new functions are in response to requests from users.

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## **Postage Stamp Increase—4th April 2022**

1<sup>st</sup> class stamps are going up by 10p and 2<sup>nd</sup> class by 2p on 4<sup>th</sup> April 2022 making First Class 95p and second class 68p Large letter stamps will also increase, 1<sup>st</sup> class by 16p to £1.45 and 2<sup>nd</sup> class by 9p to £1.05. Remember if the weight of your letter is over the basic 100 gram limit you need to add extra postage to these prices.

If you or your Branch/Club purchase stamps in advance of such a price increase, to save some money, you need to use them up before 31st January 2023 or swap them for the new Barcode ones before then. (see below)

New **Barcoded** stamps are now being rolled out. This means stamps without barcodes can no longer be used after 31<sup>st</sup> January **2023**. Royal Mail will operate a 'swap out scheme' after 31<sup>st</sup> March 2022 to swap existing stamps with the new barcoded ones. This will be a free service. Full details of how it will work are not yet available.

SCOTTISH COUNTRY DANCES

<p><b>Date:- Monday 21<sup>st</sup> March Time:-</b> 7.30pm <b>Venue:-</b> Lesser Albert Hall, Stirling FK8 2QL <b>Cost:-</b> £8  <b>Band:- Jim Lindsay</b> <b>Organiser:-</b> Martice Club <b>Contact:-</b>Myra Smith 07974 427 022 <b>Event:-</b> Club Dance  <a href="http://www.netherleescdclub.com/martice04/">http://www.netherleescdclub.com/martice04/</a></p> <p><b>Programme:</b> - Sueno's Stone ; The First Rain of Spring ; Cuillins of Skye ; Anniversary Reel ; Gothenburg's Welcome ; The Bon Viveur ; The Countess of Dunmore's Reel ; Campbeltown Loch <b>Interval</b> Liquid Assets ; Reel of the Puffins ; The Wind on Loch Fyne ; The Kenora Reel ; The Hazel Tree ; Neidpath Castle ; West's Hornpipe ; Back to the Fireside.</p>
<p><b>Date:- Friday 25<sup>th</sup> March Time:-</b>7pm for 7.30pm <b>Venue:-</b> Greenock Town Hall PA15 1LY <b>Cost:-</b> £30/£27  <b>Band:- Ian Muir Sound</b> <b>Organiser:-</b> West Renfrewshire <b>Contact:-</b>Vera McKechnie <a href="mailto:vera6@hotmail.co.uk">vera6@hotmail.co.uk</a>  <b>Event:- Greenock Ball Reserve Ticket Please.</b></p> <p><b>Programme:-</b> Good Hearted Glasgow ; Whistling Wind ; Gang the Same Gate ; The Aviator ; Anniversary Reel ; Finnan Haddies ; A Capital Jig ; Ross Strathspey ; Countess of Dunmore's Reel ; Pelorus Jack ; Wisp of Thistle ; Falls of Rogie ; MacDonald of Keppoch ; Catch the Wind ; MacDonald of the Isles ; Farewell to Balfour Road ; Mairi's Wedding.</p>
<p><b>Date:- Friday 25<sup>th</sup> March Time:-</b>7.30pm <b>Venue:-</b> Dumfries Baptist Church Centre, Gillbrae Road, Dumfries DG1 4EJ <b>Cost:-</b> £20/£15 <b>Band:- Nicol McLaren</b> <b>Organiser:-</b> RSCDS Dumfries <b>Contact:-</b>Irene Minto <a href="mailto:iriemint@sky.com">iriemint@sky.com</a>  <b>Event:- February Ball (in March) 2 course plated supper.</b> <a href="https://www.dumfries-rscds.org/content/events/">https://www.dumfries-rscds.org/content/events/</a></p> <p><b>Programme:-</b> Hooper's Jig ; Maxwell's Rant ; Monymusk ; Granville Market ; Reel of the 51<sup>st</sup> Division ; Fair Donald ; Napier's Index ; The Sailor ; Cherrybank Gardens ; Machine Without Horses ; Bratach Bana ; Wisp of Thistle ; A Capital Jig ; Swiss Lassie ; The Gentleman ; The Jubilee Jig ; Scott Meikle ; Tambourine.</p>
<p><b>Date:- Friday 25<sup>th</sup> March Time:-</b> 7.30pm <b>Venue:-</b> Forres Town Hall, High Street, IV36 1PB <b>Cost:-</b> £10 + booking fee <b>Band:- Marian Anderson</b> <b>Organiser:-</b> Forres Branch <b>Contact:-</b>online booking only <b>Event:-</b> Spring Dance. Raffle and hot drinks at interval. <a href="http://rscdsforres.org.uk/venue/">http://rscdsforres.org.uk/venue/</a></p> <p><b>Programme:-</b> The Happy Meeting ; Flowers of Edinburgh ; Far North Queensland ; The White Heather Jig ; None So Pretty ; Ca' the Ewes Tae the Knowes ; Postie's Jig ; Cluny Hill Circle ; Dancing Bells ; Sugar Candie ; Reverend John McFarlane....<b>Refreshments and Raffle</b>...Links with St Petersburg ; The Orchards of County Armagh ; Blooms of Bon Accord ; Jennifer's Jig ; The Duke and Duchess of Edinburgh; Linnea's Strathspey ; MacDonald of Keppoch ; A Trip to Bavaria ; Mrs MacLeod of Raasay. Extra:- Farewell to Balfour Road.</p>
<p><b>Date:- Friday 25<sup>th</sup> March Time:-</b>7.30pm <b>Venue:-</b> Victoria Hall, Dunblane FK15 9EX <b>Cost:-</b> £? <b>Band:- Ewan Galloway</b> <b>Organiser:-</b> Stirling Branch <b>Contact:-</b> Jane Balman 01786 822 853 <b>Event:-</b> Spring Dance.  <a href="http://www.rscds-stirling.org/events.html">http://www.rscds-stirling.org/events.html</a></p> <p><b>Programme:</b> - Falls of Rogie ; Gaelforce Wind ; MacDonald of Keppoch ; Duke of Perth ; Best Set in the Hall ; Kilkenny Castle ; We've Nae Electric ; Uppies &amp; Doonies ; Rutland Reel <b>Interval</b> City of Stirling Reel ; The Aviator ; Culla Bay ; Recumbent Stone ; Jim's Haberdashery ; Chasing the Eclipse ; Portnacraig ; White Heather Jig ; Mairi's Wedding.</p>
<p><b>Date:- Saturday 26<sup>th</sup> March Time:-</b> 5.45pm for Dinner at 6.45pm <b>Venue:-</b> Drumossie Hotel, Old Perth Road, Inverness IV2 5BE <b>Cost:-</b>£45 <b>Band:- Marian Anderson</b> <b>Organiser:-</b>Highland Ball group  <b>Contact:-</b>Muriel McDonald 07752 306 660 <b>Event:-Highland Ball.</b> <i>See website for application form &amp; menu.</i>  <a href="https://www.invernesshighlandball.com/">https://www.invernesshighlandball.com/</a></p> <p><b>Programme:-</b> <i>8pm Grand March</i> ; Falls of Rogie ; Farewell to Balfour Road ; Distillery Reel ; Miss Eleanor ; Major Ian Stewart ; The River Ness ; The Thursday Dram ; Torridon Lassies ; Plantation Reel ; City Lights ; The Library of Birmingham ; Best Set in the Hall ; Red Ghillies ; The Magic of Mary Ross ; The Waternish Tangle ; The Countess of Dunmore's Reel ; Far North Queensland ; Campbeltown Loch ; MacDonald of Keppoch ; Mairi's Wedding.</p>

**NB** There will be a Highland Ball (Fundraiser) on 19<sup>th</sup> August 2022 within North Kessock Hall, Marine Park, IV1 3XS. Music by Frank Thomson's Band. Further details from Muriel McDonald or email [invernesshighland-ball@gmail.com](mailto:invernesshighland-ball@gmail.com)

**Date:- Friday 1<sup>st</sup> April Time:-**7.30pm **Venue:-** Normandy Hotel, Inchinnan Rd, Renfrew, PA4 9EJ **Cost:-** £29  
**Band:- Ian Muir Sound Organiser:-** Glasgow Branch **Contact:-** Aileen Warwick 07885 195 305 **Event:-**  
**End of Season Ball** <https://www.rscdsglasgow.org/dances> **Tickets must be reserved in advance.**

**Programme:-** New Year Jig ; Snowdrops in the Glen ; Salute to Glasgow ; Best Set in the Hall ; The Tri- Mariner ; Saint Columba's Strathspey ; Pelorus Jack ; Duke of Perth **Interval and Meal** The Kelloholm Jig ; Bratach Bana ; The Dream Catcher ; Tribute to the Borders ; Blooms of Bon Accord ; MacDonald of the Isles ; Follow Me Home ; Mairi's Wedding

**Date:- Saturday 2<sup>nd</sup> April Time:-** 7.30pm **Venue:-** Bridge of Allan Parish Church, Keir Street, Bridge of Allan, FK9 4NW **Cost:-** £8.50 (incl. supper) **Band:- Alan Ross Organiser:-** Stirling Castle Group **Contact:-** Janet Johnston 0131 337 0193 **Event:-** End of Season Dance <http://www.stirlingcastleclub.org/>

**Programme:-** Hooper's Jig ; Portnacraig ; The Daffodil ; The Last of the Lairds ; Clutha ; The Three Sisters ; The Bees of Maggieknockater ; The Duke & Duchess of Edinburgh ; Seann Truibhas Willichan ; Gaelforce Wind **Interval** The Aviator ; The Kiltmaker ; Cuillins of Skye ; Follow me Home ; The Irish Rover ; Neidpath Castle ; Liquid Assets ; The Deil Amang the Tailors.

**Owing to the pandemic and letting issues Helensburgh Branch weekend has had to be curtailed and a Half Day School is being held this year instead.**

**Date:- Saturday 2<sup>nd</sup> April Time:-**2pm-5pm **Venue:-** Parish Church Hall, Colquhoun Street, Helensburgh G84 8UP **Cost:-**£10 **Music:- Andrew Nolan Organiser:-** Helensburgh Branch **Contact:-** Anne Thorn 07490 274 871 **Event:-** Half Day School Class. Teacher: Rachel Shankland. **Application form on Branch website** <http://rscds-helensburgh.org.uk/2022-half-day-school/>

**Date:- Saturday 2<sup>nd</sup> April Time:-**7.30pm – 10.30pm **Venue:-** Parish Church Hall, Colquhoun Street, Helensburgh G84 8UP **Cost:-**£12 **Band:- David Oswald Organiser:-** Helensburgh Branch **Contact:-** Anne Thorn 07490 274 871 **Event:-** Half Day School Dance. <http://rscds-helensburgh.org.uk/2022-half-day-school/> **Application form on Branch website.**

**Programme:-** Nice to See You ; The Raven's Dance ; MacDonald of the Isles ; Happy Returns ; The Aviator ; The Gentleman ; Brecon In March ; White Heather Jig **Interval** Joie de Vivre ; Milton's Welcome ; (Teacher's Request) ; The Duchess Tree ; Follow Me Home ; Scott Meikle ; Cherrybank Gardens ; Kamo Karousel ; The Highland Rambler

**Date:- Friday 8<sup>th</sup> April Time:-**7.15pm **Venue:-** Alloa Town Hall, Mars Hill, Alloa FK10 1AB **Cost:**£25  
**Band:- David Oswald Organiser:-** Clackmannan Branch **Contact:-** Lesley Ross 01324 559 793  
**Event:-** Annual Dance. Ticket applications by 1<sup>st</sup> April 2022. **Application form on website** <http://www.dancediary.info/html/programmes.html>

**Programme:-** *The Grand March* ; Good Hearted Glasgow ; The Westminster Reel ; Wisp of Thistle ; Farewell to Crumlin ; Starlight ; Four Score and Ten ; Jennifer's Jig ; The Meeting of the Waters **Interval** John Cass ; Duke of Perth ; The Dream Catcher ; Auchinellan Jig ; West's Hornpipe ; MacDonald of the Isles ; Tribute to the Borders ; The Reel of the Royal Scots.

**Summer Dancing** It's official, Ayr Branch summer dancing in Troon Concert Hall will start on Monday 9<sup>th</sup> May 2022 until 22<sup>nd</sup> August 2022 except for Monday 6<sup>th</sup> June when there will be a Celebration Dance for the Queen's Platinum Jubilee (Details to follow). The Hospice dance will be held on 29<sup>th</sup> August with Colin Dewar.

<https://www.ayr-rscds.com/>

## SCOTTISH COUNTRY DANCES

**Date:- Friday 8<sup>th</sup> April Time:-7.30pm Venue:-**Gordon Arms Hotel, 4 The Square, Huntly AB54 8AF **Cost:£8 -**  
**Band:- Frank Thomson** **Organiser:-** Huntly Class **Contact:-** [robsoe@gmail.com](mailto:robsoe@gmail.com) **Event:-**Class Social Evening.  
 Bring own refreshments (non-alcoholic)

**Programme:-** Happy Returns ; Napier's Index ; The Cashmere Shawl ; The Spring Fling Reel ; Miss Hadden's Reel ;  
 St Columba's Strathspey ; Peacocks in the Glen ; Bill Clement MBE **Interval** Findlater Castle ; Airie Bennan ;  
 Broadway ; The Rutland Reel ; Pelorus Jack ; The Silver Grey ; Staircase in Styria ; Seton's Ceilidh Band. **Extras:-**  
 Mairi's Wedding ; Posties Jig.

**Date:- Monday 11<sup>th</sup> April Time:-** 7.30pm **Venue:-** St Mary's-Greyfriars' Church Hall, St Mary's Street, Dumfries  
**Cost:-£5 Band:- George Meikle** **Organiser:-** Dumfries Club **Contact:-** Robert Wilson 01387 770 228 or  
 Gavin Foster 01387 265 660 **Event:-**Spring Open Dance <https://www.dumfries-rscds.org/content/events/>  
 Bring own cup & snack.

**Programme:-** Raven's Dance ; Lochalsh Reel Sands of Morar ; Chequered Court ; Earl of Mansfield ; Jean Martin of  
 Aberdeen ; The 51<sup>st</sup> Travellers ; The Bon Viveur **Interval** Mrs Stewart's Jig ; Black Mountain Reel ; Belle of Bon  
 Accord ; Tattie Bogle ; The Sailor ; Wind on Loch Fyne ; Bees of Maggie Knockater ; Reel of the 51<sup>st</sup> Division.

**Date:- Friday 22<sup>nd</sup> April Time:-** 7.30pm **Venue:-** St Joseph's Hall, 15 Hill Street, Kilmarnock KA3 1HA **Cost:-**  
**£t.b.a. Band:- George Meikle Duo** **Organiser:-**Kilmarnock Branch **Contact:-** David Pinkerton 0141 881 7172  
**Event:-** Annual Dance. <http://rscdskilmarnock.org/home>

**Programme:-** Happy Returns ; Best Set in the Hall ; Spirit of the Dance ; Reverend John McFarlan ; Napier's Index ;  
 Dream Catcher ; The Whistling Wind ; Joe MacDiarmid's Jig **Interval** Outer Circle ; Jennifer's Jig ;  
 Belle of Bon Accord ; The Royal Patron ; EH3 7AF ; Bruce's Men ; Jubilee Jig ; Duke & Duchess of Edinburgh.

**Date:- Friday 22<sup>nd</sup> April Time:-** 7pm for 7.30pm **Venue:-** Station Hotel, 1 Leonard St, Perth, PH2 8HE **Cost:-** £30  
**Band:- James Coultts** **Organiser:-**Perth Branch **Contact:-** Janice MacDonald 07743 924 143  
[janmacd@hotmail.co.uk](mailto:janmacd@hotmail.co.uk) **Event:- Perth Ball Applications in advance by electronic application** (confirmation by  
 email) or download hard copy application from website. [https://www.rscds-perthandperthshire.com/classes-dances-](https://www.rscds-perthandperthshire.com/classes-dances-events/)  
[events/](https://www.rscds-perthandperthshire.com/classes-dances-events/) N.B. *No paper tickets will be issued.*

**Programme:- [Supper 7.30pm]** Happy Meeting ; Anniversary Reel ; Braes of Breadalbane ; Farewell to Balfour  
 Road ; Montgomeries Rant ; Sands of Morar ; MacLeod's Fancy ; Cherrybank Gardens ; Duke of Perth **Interval**  
 Joie de Vivre ; Scott Meikle ; Gang the Same Gate ; John Cass ; Maxwell's Rant ; Mrs Milne of Kinneff ; Mrs Stewart's  
 Jig ; Minister on the Loch ; Deil Amang the Tailors.

**Date:- Friday 22<sup>nd</sup> April Time:-**7.30pm **Venue:** Clarkston Hall, Clarkston Road G76 8NE **Cost:-** £10/£5 **Band:-**  
**Marian Anderson Duo** **Organiser:-** Glasgow Branch **Contact:-** Aileen Warwick 07885 195 305 **Event:-**Branch  
 Dance <https://www.rscdsglasgow.org/dances> **Tickets must be reserved in advance.**

**Programme:-** Hooper's Jig ; Swiss Lassie ; Asilomar Romantic ; The Chequered Court ; The College Hornpipe ;  
 The Corian Strathspey ; Rothesay Rant ; Polharrow Burn **Interval** Gothenburg's Welcome ; Ramadan-ce ;  
 Sands of Morar ; Luckenbooth Brooch ; City of Stirling Reel ; Barbara's Strathspey ; Irish Rover ; Edinburgh Toy Shop

**Date:- Saturday 30<sup>th</sup> April Time:-**7pm **Venue:-** Kendal Town Hall, Angel Yard, 21-23 Highgate, Kendal, LA9 4DL  
 England **Cost:-**£23/£20 **Band:- Nicol McLaren** **Organiser:-** North West Craven **Contact:-** **Application form on**  
**website** **Event:- Craven Ball and Tribute to Maureen Haynes.** [https://www.scottish-dancing-lakes-dales-](https://www.scottish-dancing-lakes-dales-lancs.org.uk/dances.html)  
[lancs.org.uk/dances.html](https://www.scottish-dancing-lakes-dales-lancs.org.uk/dances.html) **Numbers Limited.**

**Programme:-** The Raven's Dance ; Sueno's Stone ; Miss Gibson's Strathspey The Tattie Bogle ; Luck to Loyne (no  
 recap) ; MacDonald of the Isles ; The Hazel Tree ; Reel of the Royal Scots **Meal and Interval** Yan Tan Tethera ;  
 Ray Milbourne ; Crossing the Bay ; Gaelforce Wind ; Nether Kellet ; Neidpath Castle ; Quarries' Jig ;  
 Mrs MacPherson of Inveran

**Date:- Friday 6<sup>th</sup> May Time:-**6.30pm – 23.30pm **Venue:-** Linlithgow Burgh Halls, The Cross, Linlithgow, West Lothian, EH49 7AH **Cost:-** *Ticket Only* £35 **Band:-** **Jim Lindsay** **Organiser:-** Linlithgow Club **Contact:-** Norma MacLeod 07588 636 419 **Event:-**40<sup>th</sup> Anniversary Dance **Dress Formal** 2 course Buffet at 7pm Dancing from 8.30pm <http://www.linlithgowscdc.org/> for Application Form.

**Programme:-** *Grand March leading to:* Round Reel of Eight ; Jennifer’s Jig ; The Duchess Tree ; The Anniversary Reel ; Midnight Oil ; Gang the Same Gate ; The Bees of Maggiecknockater ; The Eightsome Reel **Interval – tea/ coffee/cake** Waltz Country Dance ; Ian Powrie’s Farewell to Auchterarder ; J. B. Milne ; MacDonald of Keppoch ; Scott Meikle ;The Luckenbooth Brooch ; MacDonald of the Isles ; Hooper’s Jig ;The Duke of Perth *Auld Lang Syne*

**Date:- Saturday 7<sup>th</sup> May Time:-**6.30pm **Venue:-** Greyfriars Kirk, Edinburgh EH1 2QQ **Cost:-** £45.50

**Band:-** **Iain MacPhail** **Organiser:-**Edinburgh Branch **Contact:-** [Events – RSCDS Edinburgh Branch](#)

**Event:-** Annual Ball. **Application form on website** Please note there are no recaps at this dance.

**Programme:-** The Reel of the 51st Division ; Miss Hadden’s Reel ; The Glasgow Highlanders ; The Royal Patron ; Miss Allie Anderson **Supper** Ian Powrie’s Farewell to Auchterarder ; The Platinum Strathspey ; Dancing Forth ; Tribute to the Borders ; Cuillins of Skye ; Ramadan-ce ; The Bees of Maggiecknockater ; The Balmoral Strathspey ; The Montgomeries’ Rant ; The Diamond Jubilee ; Jean Martin of Aberdeen ; Mairi’s Wedding.

**Extras:-** Cape Town Wedding ; Rest and be Thankful ; The White Heather Jig.

**Date:- Saturday 14<sup>th</sup> May Time:-** 6.45pm **Venue:-** Gatra Farm, Lamplugh, Workington, CA14 4SA **Cost:-** £22/£15 **Band:-** **George Meikle** **Organiser:-** Cockermouth Club **Contact:-** Linda McMillan 01768 776 428 **Event:-** 60<sup>th</sup> Anniversary Ball. Catered Supper. <https://www.dumfries-rscds.org/files/ball-2022-new-application-form.pdf>

**Programme:-** Hooper’s Jig ; The Falls of Rogie ; Bill Martin’s Strathspey ; The Diamond Jubilee ; The Reel of the Royal Scots **Interval for Supper** Scott Meikle ; The Celebration Strathspey ; The Celtic Cross ; Best Set in the Hall ; Double Diamond Strathspey ; Bratach Bana **Interval** Evelyn’s Dance ; A Jig for Joe ; Polharrow Burn ; Alison Rose ; Auchinellan Jig ; The Deil Among the Tailors.

**Date:- Friday 20<sup>th</sup> May Time:-** 7.30pm **Venue:-** Bearsden Hub, 69 Bearsden Road G61 3QT **Cost:-**£10/£5 **Band:-** **David Oswald** **Organiser:-** Glasgow Branch **Contact:-** Aileen Warwick 07885 195 305 **Event:-** Nice & Easy Dance. <https://www.rscdsglasgow.org/dances> **Tickets must be reserved in advance.**

**Programme:-** Circle of Cheer ; Cutty Sark ; Grant’s Reel ; Good Hearted Glasgow ; Staircase in Styria ; Silver Grey ; Granville Market ; Shiftn’ Bobbins **Interval** Grassmarket Reel ; Postie’s Jig ; Braes of Tulliemet ; Crabbit Shona ; Round Reel of Eight ; Friendships ; Tribute to the Borders ; Highland Rambler.

**Date:- Friday 20<sup>th</sup> May Time:-** 8pm **Venue:-** Portree High School, Viewfield Road, Portree, Isle of Skye IV51 9BW **Cost:-**£21 **Band:-** **Colin Dewar** **Organiser:-** Skye Branch **Contact:-** Alison Smit 01470 532 747

**Event:-** Skye Weekend. <https://www.skyerscds.org.uk/dances.html>

**Programme:-** Maxwell’s Rant ; Ciamar a Tha ; Haar on Skye ; Blooms of Bon Accord ; Chequered Court ; Kinfauns Castle ; Countess of Dunmore’s Reel ; An T-Uibhisteach Tapaidd ( The Agile Uistman) ; Memories of Mary Ann ; Australian Ladies **Interval** Napier’s Index ; Whistling Wind ; Culla Bay ; Snake Pass ; Miss Johnstone of Ardrossan ; Lady Peak’s Strathspey ; Major Ian Stewart ; J.B. Milne ; The Orchards of Co Armagh ; Alan J Smith.

**Extras:-** Tattie Bogle ; Reel of the 51<sup>st</sup> Division.

**Date:- Saturday 21<sup>st</sup> May Time:-** 7.30pm **Venue:-** Portree High School, Viewfield Road, Portree, Isle of Skye IV51 9BW **Cost:-**£21 **Band:-** **Colin Dewar** **Organiser:-** Skye Branch **Contact:-** :- Alison Smit 01470 532 747 **Event:-** Skye Weekend Dance <https://www.skyerscds.org.uk/dances.html>

**Programme:-** Good Hearted Glasgow ; Flight To Melbourne ; Broadway ; Hazel Tree ; John of Bon Accord ; Far North Queensland ; Welcome to Dufftown ; Glastonbury Tor ; Alltshellach ; Follow Me Home **Interval** Delivery Round ; Crossing the Line ; Bruce’s Men ; Staircase in Styria ; Gothenburg’s Welcome ; Triple Happiness ; Black Bear ; Neil M Grant ; MacDonald of Keppoch ; Mairi’s Wedding.

**Extras:-** Joie de Vivre ; Duke of Perth.



## DANCE DIARY

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<http://www.dancediary.info/>

- Let me know details of your dances—if you don't tell me I can't include them in a future Newsletter or on the website.
- If you email them to me it means I don't have to type them out.
- If you don't have access to a computer then pop the programme into the post.

You can download a copy of this and previous Newsletters in 'pdf' format from the Web Site.

Click on the "Country Dance" Page then the "Newsletters" page, where they are listed in descending order.

The web page has up-to-date information on these dances and programmes as they are notified.

**Date:- Saturday 28<sup>th</sup> May** **Time:-**7.30pm **Venue:-** Bridge of Allan Parish Church, Keir Street, Bridge of Allan, FK9 4NW **Cost:-** £? **Band:- Jim Lindsay** **Organiser:-** Stirling Branch **Contact:-** Jane Balman 01786 822 853  
**Event:-** Summer Dance. <http://www.rscds-stirling.org/events.html>

**Programme:** - Swiss Lassie ; Spiffin' ; Cape Town Wedding ; Lochalsh Reel ; City Lights ; Water of Leith ; Polharrow Burn ; Raven's Dance; Mrs Macpherson of Inveran **Interval** Portnacraig ; Torridon Lassies ; Autumn in Appin ; Trip to Timber Ridge ; Midnight Oil ; Mis Eleanor ; Sueno's Stone ; Birls Allowed ; Rest and be Thankful

**Date:- Saturday 11<sup>th</sup> June** **Time:-**7.30pm **Venue:-** Bridge of Allan Parish Church, Keir Street, Bridge of Allan, FK9 4NW **Cost:-** £? **Band:- Nicol McLaren** **Organiser:-** Stirling Branch **Contact:-** Jane Balman 01786 822 853 **Event:-** Summer Dance. <http://www.rscds-stirling.org/events.html>

**Programme:** -City of Stirling Reel ; Liquid Assets ; Mrs Milne of Kinneff ; Zytglogge ; Father Connelly's Jig ; Linnea's Strathspey ; Stirling at 90 ; Gothenburg's Welcome ; Ramadan-ce **Interval** Cadgers in the Canongate ; Dancing Master ; Jean Martin of Aberdeen ; Plantation Reel ; Waternish Tangle ; Byron Strathspey ; Scott Meikle ; Jim's Haberdashery ; Reel of the Royal Scots.

## After Covid News Report

You will notice this Newsletter is quite thin on dance details and that may be as a result of the hangover from two years of Covid restrictions. These are the only programmes I could source online and even the Society website has no current news according to the links on the **Blog page**. Looking at the [Society website](#) News & Blog Page I see the RSCDS news page latest link was to signal the lifting of Scottish public health enhanced measures on 24th January; the link to the **events page** latest article is dated October 2020; **Management Board Meeting Highlights** end on November 2021 and there have been no **Branch Mailings** at all in 2022. The only communication appears to be a monthly email called *Dance Scottish Together*.

However there are links on the **website Home page** and also the *Dance Scottish Together* email to **future Events** which are not referenced on the **Blog page**. It would be helpful if these links were all updated. Dancers following the out-of-date links will think there is nothing happening!

Following the lifting of Covid restrictions not all dance groups have restarted and this may be as a result of dancers being unsure if it is safe for us to mix socially. This has been reflected at most dance events to date where the numbers attending are down on pre-Covid numbers. I'm afraid we will just have to accept that Covid is here to stay just like flu, and flu didn't stop us dancing. Just remember what you are missing out on by not resuming dancing. The physical and mental health benefits of dance are far-reaching: Cardiovascular Benefits of Dance; Builds Muscular Strength; Helps Balance and Coordination; Strengthens Bones; Protects Against Dementia; and lots more.

Read the details at <https://www.uplifterinc.com/benefits-of-dance>.

Owing to circumstances, I have not been dancing since late 2021 and realised I was losing fitness as I am not allowed to ride my bicycle. Meantime I have signed on at a local gym. The instructors have devised a personal programme to help me regain my fitness and well-being. Dancing is much better, however, and I look forward to returning later this year.