



Hop...Step...Close...Ouch!: A Brief Overview of Dance Injuries

by Mark Caplin, EMT-P

Maybe you've had this experience, or know someone else who has: you're in a class or at a dance and you suddenly feel a twinge of pain in your foot, ankle or knee. Whether as a result of a slippery spot on the dance floor, from turning awkwardly, or some other reason, pain has crept into your dancing and has become your unwanted dance partner. Pain is usually the first sign of an injury. Injuries are usually caused by either overuse or trauma. In other words, pain is God's way of telling you, "Stop dancing!"

I thought that I would share with you some information that could possibly help you find the least painful way to get back onto the dance floor. In this article I'd like to talk a little about anatomy (don't worry there's no test!), some definitions and descriptions of injuries, treatments, and a little bit about prevention. These are my ideas, of course: what you do with your body is your business.

The nature of the dance steps in Scottish Country Dancing—the hop in skip-change-of-step and *pas de basque* setting steps—can, according to a study in the International Series on Biomechanics, exert the force of between four and ten times your body weight on your lower extremities and lower back. So you can see how overuse can lead to an injury, especially if you are not properly warmed up.

Let's start with a little anatomy. Basically we are just a big bag of water, chemicals and minerals. But our *bones* give us shape. Bones are hard connective tissue that provide support, protection, mineral storage, blood cell formation and, most importantly to us, movement. There are about 206 bones in the human body. Your foot alone contains 26 bones. Each. Then there's *Cartilage*. Cartilage is hard connective tissue that has some "give." You find cartilage on the end of your nose, it forms your ear, it's what's connecting your rib cage to your breastbone so that you can breathe, and it also makes up the cushions in your knees, called *meniscus*. Next are muscles. *Muscles* attach via tendons to bones to provide movement. You have about 630 muscles in your body. They come big and small but all of them cause movement by pulling on something. *Tendons* connect bones to muscles. The big muscle on the back of your lower leg that makes up your calf, which seems to be so prominent in Highland dancers, is called the *gastrocnemius*

muscle. It attaches to your Achilles tendon, which attaches to your heel. The *gastrocnemius* muscle pulls on the Achilles tendon and allows you to *pointe*. *Ligaments* connect muscles to each other. Ligaments help form joints. A ligament is fibrous connective tissue, which attaches bone to bone, and usually serves to hold structures together and keep them stable. Your knee, for example, has 7 ligaments. You may have heard about football players tearing their "ACL," which stands for Anterior Cruciate Ligament, a very common knee injury.

So now we know that the foot bones connect to the ankle bones, and the ankle bones connect to the shin bone, and the shin bone connects to your knee bones, and your knee bones connect to your thigh bone, and your thigh bone connects to your hip bone. All by ligaments and tendons. To put it another way, "Your *Calcaneus* (heel) connects to your *Talus* (a small bone that connects your foot to the ankle), which connects to the *Tibia* (the bone in front that makes up your shin) and *Fibula* (the big bone in the back of your lower leg) which connects to your *Patella* (knee cap), which connects to your *femur* (thigh) which connects to your pelvis." But it's a lot harder to sing that way.

Now let's talk definitions and describe some injuries:

First, a *Sprain*. A sprain is the overstretching or tearing of ligaments. Either by turning wrongly, twisting or "rolling" their ankle, you've probably heard of someone spraining their ankle. It is characterized by pain, bruising, and sometimes swelling at the joint. A sprain can look like a fracture and vice versa. Ankle sprains are classified into three categories:

Grade 1: Ligaments are stretched with some tearing on the microscopic level.

There is mild localized swelling and

Continued on Page 3

in this issue

hop... step... close... ouch!	page 1
classified ads	page 2
branch committee actions	page 4
asilomar 2005, etc.	page 4
something old... to the editor	page 7
calendar	page 8
volunteers	page 14
classes.....	page 15

Classified Announcements

Other Events

Come to the Spring Workshop!

The Spring Workshop is shaping up to be a very good time. You can choose the Advanced Technique Class, taught by Ellen Aaron (Hurry! Space is limited!) or the Forms and Figures Class, to be taught by Bruce Herbold. There will be live music in each class. It will be like a little bit of Asilomar in Alameda!

The Workshop will be held in conjunction with the May monthly party. This is also the day for the Branch Potluck and AGM. You'll be in easy walking distance from the Alameda Masonic Hall, so you can plan on going directly to the potluck and then to the dance. Here are the details:

When: May 7, 2005; 2:00 – 5:00 p.m.

Where: Advanced Technique: Twin Towers United Methodist Church, 1411 Oak St.,

Forms & Figures: Alameda Masonic Hall.

Cost: \$15 for Branch members, \$18 for non-members.

Look for a flyer in class or on the website, or contact Greg Reznick at greg@reznickfamily.com or at 925-417-2074.

Review for Dance of the Decade

Here's a chance to review the 18 dances on the DANCE OF THE DECADE program.

The Soquel Class will sponsor a Dance Review on Saturday June 11, starting PROMPTLY at 1 p.m. and running till 6 p.m., at the Soquel Grange Hall, 2800 Porter St., Soquel.

Paula Jacobson and Bob McMurtry will be the teachers; they'll take dancers through all the dances on the program, briefly. (Please note: since this is a review session, dances will **not** be taught in detail.)

The Soquel area is a great place to come to in June. Make a day of it and go to the beach!

Two different ways to get to Soquel are suggested on the flyer—one avoids the beach traffic.

Do pick up a flyer at Monthly Parties or at your class, or check the Branch Website: www.rscds-sf.org or email Alisa at reelgirl@sbcglobal.net

The Beginners' Ball 2005

Yes, the Santa Rosa Class is going to have the Beginners' Ball this year. And we have a very special treat in store; pianist Muriel Johnstone and fiddler Keith Smith will be playing for the Ball!

The Beginners' Ball honors the new dancers of the past year. With that in mind, we have planned a wonderful program of dances that beginners can do and all dancers will enjoy. We'll start the evening with a Grand March and end with a midnight buffet, and all dances will be talked through. So please help us celebrate the new dancers of 2004/2005.

This year's ball will be held on Saturday, June 16 at 7:30 p.m. at the Mt. McKinley Gym in the Recreation Center at Sonoma State University. There are directions to the center, and a map, on the flyer.

Look for the flyer in this issue of the *Reel & Strathspey*, on the brochure table at the next monthly party, at your local dance class, or on the branch Web site. For more information, contact Susan Scott, by phone (707.569.8307) or via e-mail (susanascott@earthlink.net).

Lost & Found

Found at the March 2005 monthly party in Alameda: one white wool shawl. Contact Witsie (925) 676-3637 or witken@astound.net.

Volunteer Opportunities

Wanted: literate, patient, pernickety person

to undertake editing and publication of the *Reel & Strathspey*. The present incumbent has announced his intention of retiring from these positions after the next (July/August 2005) edition, so the search is on for a successor.

If you have the interest and ability to take on these tasks, please let Paula Jacobson know, at pjacobson@myprimus.com, in the first instance. If you need further information as to what is involved in the job, please email Mike Hird for details, using "R&S Editorship" as the subject of the email message, at randnewsletter@pacbell.net.

Continued from Page 1

tenderness but little to no loss of function. Estimated time required for recovery is 2–10 days.

Grade 2: Partial tearing of the ligaments occurs with moderate swelling, bruising and pain. There is a moderate loss of function that may require you to stay off your feet for a few days. Estimated time required for recovery is 10–30 days.

Grade 3: A complete rupture of the ligaments with severe diffuse swelling, pain and hemorrhage (bleeding inside the tissues). The most severe sprain, a Grade 3 causes total loss of function with slow rehabilitation. The person prefers crutches to weight bearing. Estimated time required for recovery is 1–5 months.

Next are *Strains*. Strains are the stretching or tearing of muscles or tendons and are sometimes described as a “pulled” muscle. They are also characterized by pain and swelling. Remember: you *sprain* your ankle but you *strain* your back.

A *Fracture* is simply a broken bone. A fracture and a break are the same thing. It also involves pain and swelling but there may also be a deformity at the fracture site. By the way, a “compound” fracture is not a bone broken in more than one place. It just means that there is a break in the skin and is also known as an open fracture. In case you’re wondering a bone broken in more than one place is called a *comminuted* fracture.

A *Dislocation* is the displacement of any body part (usually a joint) from its normal position. This sometimes causes the ligaments to tear and may also have a fracture associated with it. This means that this joint is now more prone to dislocating in the future.

Itis—If you see “*itis*” on the end of a word it means inflammation. So, for example, tendonitis is inflammation of a tendon.

Shin Splints is a general term for overuse injuries causing pain in the front and top of the foot and lower leg. The fancy medical name for it is Medial Tibial Stress Syndrome. They sometimes involve tiny stress fractures of the *tibia* (the bone of the shin) or the *talus* (the small bone at the top of your foot).

And last but not least is the mysterious *Plantar Fasciitis*. Your *plantar fascia* is a hard supportive band on the bottom (the “plantar” surface) of your foot that runs from your heel to the base of your toes and helps form your arch. This becomes inflamed because of constant

force against it, which causes arch pain. Sometimes it’s called heel spurs but that’s not quite correct. A heel spur is calcium build up where the *plantar fascia* joins the *calcaneus* (heel) bone. It’s really the *plantar fasciitis* that’s causing the pain. It can be prevented with arch support, post dance stretching, and sometimes taping the bottom of your foot. But you should consult with your doctor or podiatrist before trying this.

So we have strains, sprains, inflammation, dislocations, and fractures, as well as shin splints and *plantar fasciitis*. Except for fractures and dislocations, the treatments are about the same. Remember, the first rule in medicine is “*Primum non nocere*”—first do no harm.

Let’s talk fractures and dislocations first. The idea is to keep the bone ends from moving. You do this by applying a splint above and below the fracture site. A good way to learn splinting is by taking a first aid class. If there is a major fracture or injury, call 9-1-1.

For sprains and strains we now use the mnemonic **PRICE**, which stands for **P**rotection, **R**est, **I**ce, **C**ompression and **E**levation. You may be familiar with **RICE**, but we have added the “**P**” for **P**rotection. This means protect it from further injury, *i.e.*, stop dancing!

Which leads us to **Rest**. This seems to be a tough concept for dancers. Rest means just that: Rest. Not only doing just strathspeys. Remember that muscle/tendon combination that allowed you to *pointe*? Well, think about your strathspey step. Works the same way. If it hurts, don’t push it.

And on to **Ice**. Things to remember: Ice is cold and there’s no “I” in heat. For acute injuries: Ice good, heat bad. Heat increases swelling. Traumatic injury can cause bruising, bleeding, inflammation, and pain. Swelling can cause additional damage to tissues by squeezing out circulation and consequently, oxygen. Reducing swelling reduces recovery time and cold therapy reduces swelling, along with pain, inflammation, and bruising. Applying pressure can also minimize swelling. Using ice and compression together as soon as possible after an injury can help to improve recovery and help you feel better in the meantime. Overuse injuries also benefit from cold therapy. A bag of ice works. So do commercial cold packs. But a bag of frozen peas works great too. (But don’t eat the peas). Don’t apply ice directly to the skin. Put a towel or something between the ice and body part. Also, don’t ice any longer than 20 minutes. After you remove the ice pack, the deeper muscles continue to cool.

Which brings us to **Compression**. Compression is achieved by using an Ace bandage. Ace bandages are designed to give a little squeeze. The bandage should be firm but not so tight that circulation is cut off (if the toes go blue or start feeling numb, for example, the bandage is too tight!). A three-

inch Ace works the best. It's hard to put an Ace wrap on yourself so, just like dancing, you'll need a partner. Ace wraps are designed to come off from the bottom. Think English toilet paper. They should roll on to the extremity. Pull on them a little bit to make them stretch. Body parts are tapered. Start at the "skinny" end and wrap around twice to anchor it, then wrap up to the wider part. As you go around overlap over half of the turn below it. If you're doing an ankle, start at the ankle to anchor it, then wrap a "figure-of-eight" around the front of the heel, around the foot and back up to the ankle. Or just start at the toes and work up to the ankle. Be careful to avoid wrinkles, as they can become a pressure point. I like to wrap an ankle with an Ace Wrap first then put the ice on top of it. Ace bandages are designed to be used once and thrown away. Don't wash them and reuse them. They'll end up down around your ankles, like old kilt hose.

Finally, we have **Elevation**. Keep the injured part above your waist when you sit or lie down to prevent swelling. This also aids in healing.

You can also take an NSAID anti-inflammatory medicine like *Advil* or *Motrin* (ibuprofen) or *Aleve* (naproxen). (NSAID stands for "non-steroidal anti-inflammatory drugs.") Different medicines work better for different people. Don't take them if you're allergic to them or have stomach problems.

If things don't start getting better after 24 hours, go see your doctor.

They say, "An ounce of prevention is worth a pound of cure." What great advice for dancers! We have all heard from our teachers or during workshops that turnout should come from the hip. Well, not only does it look good, but it also prevents injuries. Make sure you are properly warmed up. Warm ups and stretching are not the same thing. Warming up involves muscular contraction. Stretching involves the opposite—relaxing and lengthening the muscles. Warm ups should last at least 15 minutes. You're literally trying to "warm up" your muscles 2 or 3 degrees. Warming up involves gradual preparation of the muscles, joints, lungs, heart and nervous system. Warmed-up body parts do better on the dance floor. A warm-up results in improved strength, speed and coordination of muscle contractions. Don't run into the dance hall, do a quick stretch and then start dancing. Stretching cold muscles can actually cause an injury rather than preventing one. Stay well hydrated and do cool downs like gentle stretching after dancing. If you ice your ankles after dancing, you'll feel much better. For more information on preventing dance injuries, our own Keith Grant has written two great articles that are available on the web at <http://www.scottishdance.net/scd/tips/Scdinjr.pdf>.

So there you have it. I hope you never have to use this information. But if you do, just remember the principles that I talked about. Ice is your friend. If you take care of your feet

and ankles, they'll take care of you.

Happy (injury free) dancing!

Branch Committee Actions

March 2005

Reported by Greg Reznick, Recording Secretary

Events

Asilomar: Cameron presented the budget for the 2005 weekend. She intends to keep ticket prices the same as last year.

Valentine's Ball: Art reviewed the results of the recently held ball. Financially the ball ended with a deficit of approximately \$200. This was due to somewhat lower attendance. He was pleased with the catering this year. Art read a letter that he planned to send to the teachers asking them to solicit feedback from their class members regarding their experience. On behalf of the Branch, the chair thanked Art and his committee for their hard work and for a wonderful evening.

Jean Patrick Dance: Larry presented the preliminary budget for the 2005 Jean Patrick Dance. The dance will be held in the Pleasanton Veterans' Hall.

Branch Gala: Witsie provided a detailed status report on the plans for the gala. The program is established, flyers have been distributed, and so far all is on budget.

Spring Workshop: Greg reported that Ellen Aaron had agreed to teach the Advanced Technique class and that Bruce Herbold had agreed to teach the Forms and Figures class. Musicians and halls have been booked. At the time of the meeting, 8 registrations for the Advanced class (out of a limit of 24) had been received.

Reports

Treasurer's Report: Gary had provided the committee with year-to-date financial reports prior to the meeting. The committee reviewed them and found everything as expected.

Insurance: Kathy reported she is quickly coming up to speed as insurance coordinator and will make use of the Class Managers' meeting to review her information regarding insurance requirements with the class managers.

Class Managers Coordinator Report: Larry reported that he would be chairing the class managers' meeting based on an agenda provided by Sandra. He promised to remind the class managers of their financial and insurance reporting responsibilities.

Membership: Witsie reported that Gene Bissell has agreed to use the new renewal letter that was developed by the committee.

Nominating Committee: Larry reported that the nominating committee had identified six candidates (with only one incumbent) for the five open slots in this year's branch committee election. Special thanks go out to Dotty Lieber for

her extraordinary recruitment efforts

Other Items

Shoe Lending Proposal: Patti reviewed a proposal submitted by Lyle Ramshaw regarding a shoe lending library to provide shoes for out-of-town guests whose shoes are not “gooped” as is our Branch custom. The committee expressed interest and suggested that Lyle be asked to write a letter for the *Reel & Strathspey* to find out if someone in the Branch would be interested in taking on the project.

Payment of personnel at Branch events: Paula noted that there was some confusion at the Valentine’s Ball regarding who was to be paid and when. The committee agreed to adopt the following policy: *Event chairs will submit to the Branch treasurer a list of payees and amounts for personnel to be paid at the event at least one week before the event and that such instructions be included in the event guidebook.*

More fans: Witsie felt that the Branch could use a couple more cage fans (with extension cords) for use at Branch events. Greg agreed to acquire them.

Asilomar 2005 and some Experiences of an Event Chair

by Cameron McDonald

The 2005 Asilomar Weekend will be on Oct. 28–30, 2005. Normally, I like to get information out to readers of the *Reel & Strathspey* before we mail the applications, however, this year, that did not happen. We did not have official acceptance from all of the invited teachers or musicians selected in time for the *Reel & Strathspey*’s February deadline.

Better late than never, here is the lowdown on this year’s event. The teachers this year will be: Fiona Carnie, Calgary AB; Juliet Davoren, Sunnyvale CA; Mairi Hand, Boise ID; Bob McMurtry, Felton CA; Mary Murray, North Vancouver BC; Geoffrey Selling, Philadelphia, PA.

Fiddlesticks and Ivory will play for the Kim McGarrity Memorial Ball. BarbaraMcOwen, accompanied by local musicians Andy Imbrie, Deby Benton Grosjean, and Micah Reinhold, will play for the Friday night dance. An exciting and very talented group of players will keep us in good spirits through our Saturday classes.

Sadly, the cost of the Asilomar Weekend has had to be increased again this year. After a significant increase last year, I had no intention and did not want to increase the cost yet again. Unfortunately, Asilomar is now charging the RSCDS-SF Branch rental for the rooms used as dance classrooms. Asilomar put into practice the extra room charge last year for all other participants but gave the RSCDS-SF Branch one year’s grace, because we have been such longtime repeat customers. The additional charge for the rental of the dance class rooms came close to \$2,000.

As always, Branch members needing financial assistance to attend are encouraged to put in requests for scholarships and/or investigate opportunities for doing a Work Exchange. The Work Exchange discount is now \$50.

As usual, there will be ball previews in a few locations in the Bay Area in September and / or October. The exact time and places will be announced in a later edition of the *Reel & Strathspey*.

Ruminations and Opinions

This is my last year as the Asilomar Weekend committee chairperson. Patti Cobb is the new chairperson. I took on the chair as a personal challenge and in the belief that I could perform the duties, and frankly, because of the incredible support and work of the various individuals of the committee, the duty was actually easy and a great deal of fun. Yes, it took up some extra personal time, with meetings with the Asilomar Weekend committee and reports to the RSCDS-SF Branch committee, but not really that much time, and the members of the Asilomar weekend committee are people with whom working is fun!

Before I step down, I would like to remind Branch members about the unique aspects of the Asilomar Conference Center. Asilomar is run by a contractor to the California Parks and Recreation Department, a state agency. Asilomar is a state park and is limited in what it can offer by state regulations. There is supposed to be a quiet time after 10:00 p.m. The people running Asilomar graciously bend that rule for the RSCDS-SF Weekend. Also, in years past, Asilomar did not allow alcohol on the premises. Again, Asilomar has adjusted to the Scottish Country Dancers by controlling alcohol use by selling it on the grounds. We cannot put any flyers or flowers on the walls of Merrill Hall because it is considered a historical site and nothing can attached to the wood in order to preserve the historical site. This was a state-wide policy implemented to protect all historical sites under Park control.

The Asilomar Conference Center does not treat the RSCDS-SF Branch Weekend any differently from any other customers, except for the relaxing of the couple of rules mentioned above. Asilomar is simply limited to what it can provide as a state park within state rules.

Following last year’s Asilomar weekend, I received several comments regarding three important topics that I would like to discuss. These comments involved children attending the weekend dance activities, the lack of activities for non-dancers, and dance floor etiquette.

Historically, Asilomar has been considered an adult dancing event. I received a number of complaints in relation to children on the crowded dance floor when the children had been accepted as non-dancers. Non-dancers were not discouraged, but people accepted as non-dancers were never supposed to participate in any dancing activity. When anyone

who is accepted as a non-dancer attempts to participate in the dancing activities, over-crowding results. We limit the number of dancers accepted for the weekend to ensure that those who do attend have a reasonable expectation of adequate space to dance in Merrill Hall. Dancers pay more for the weekend to cover the costs of putting on the Friday night welcome dance and the Kim McGarrity Ball on Saturday. This includes renting Merrill Hall, paying musicians, and paying for sound equipment and technicians.

Personally, I do not mind young people on the dance floor as long as they know what they are doing. In fact, I like seeing new, young blood. My only request of any participant, regardless of age, in a set of Scottish Country Dancing is that they be able to perform the footwork and the figures, and be able to dance most dances on a program without coming to a dead stop in confusion. Everyone is going to make a mistake or two throughout the night, but please come prepared to do the program. I think that if we want Scottish Country Dancing to continue, we need to welcome the younger dancers and encourage them to participate.

However, a significant number of people who attended the 2004 event voiced a non-acceptance of children on the dance floor. In light of these comments, the Asilomar Weekend Committee, after much discussion, has chosen to follow the guidelines already set down in the "Guidelines for Children Dancing with the Royal Scottish Country Dance Society, San Francisco Branch". These guidelines suggest that only dancers above the age of 16 should attend an adult event. Therefore, this year we added an age limit of 16 years or older for all dancers.

Additionally, I received a number of comments addressing the lack of activities for non-dancers or children of dancers. I think it would be wonderful to have a program for non-dancers and children, but it is logistically impossible for the branch to provide such. It takes the combined involvement of about nine to ten people a year to set up the Asilomar Weekend for dancing activities. The addition of extra activities for non-dancers or children would mean extra work for everyone on the committee, or the addition of one or two extra volunteers to the committee. Planning activities on the Asilomar grounds for non-dancers or children would mean yet another increase in the costs of participating in the Asilomar Weekend, as the branch would have to pay for rooms for such activities and any costs incurred, such as extra teachers to conduct beginner classes.

Some have suggested that the branch coordinate groups visiting the many attractions in the Monterey and Pacific Grove area. This seems a good idea at first glance. However, volunteers would be needed to coordinate and or lead such trips, organize and pay admission and transportation costs, and deal with the issue of liability, especially where other's children are involved.

Our volunteers and work exchange people offer their services to assist with the overall success of the weekend's events. They are willing and eager to give up two to three hours (spread throughout the entire weekend) while on Asilomar grounds. Would you be willing to spend several hours away from an event you have paid for, leading a field trip away from that event?

One of the most important aspects of Scottish Country Dancing is etiquette on the dance floor. Unfortunately, we as a group seem to be slipping away from the high standards members have previously exhibited. I received several comments about etiquette following the 2004 weekend. One of these had a particular impact on me, so much so that I asked the person who submitted the comment for permission to reprint it for all to read. The individual agreed. Here is an edited version of the comments:

"I have been dancing for 2 years and try very hard to do well and be "up to snuff" in the sets. I feel very encouraged and supported by advanced dancers in my group. However, I feel quite intimidated by many of the "regulars" at Monthly parties and sometimes at these balls. There seems to be "cliques" that pretty much have all their dances promised and leave the new comers to "fend for themselves." While I can understand how comfortable they are with each other, I was encouraged by Bill Zobel's articulating how important it is to include everyone and give assistance rather than criticism or disgust to less experienced dancers in the set. I think that this is the attitude that must prevail if Scottish dancing is to grow and thrive. I was pleased to hear one of the announcers at the Asilomar Weekend actually encourage experienced dancers to look to the back of the room and notice those who weren't being invited to dance. I think that should happen more often."

I was saddened to read this comment, mostly because I have seen similar behavior at other dances and hoped it was not affecting the newer dancers. Scottish Country Dancing is the only group of which I have been a part for most of my adulthood. I am not really much of a joiner, but I have loved the time I spend dancing. In general, Scottish Country Dancers are the nicest, friendliest, most sincere and welcoming group I have known. But sometimes that is not always true. I would like to see the more experienced dancers welcoming new dancers by asking the newer dancers to dance. I understand wanting to dance with a certain friend or favorite partner. But, one to three dances a night with someone new will not seriously damage anyone's evening, and might just make the evening

something to be remembered with joy by a new dancer.

Finally, I want to thank all the people who have assisted with Asilomar during 2003, 2004, and 2005. It was a joy to work with each and every one of you, and made my experience as chairperson easy and fun. More important, however, is the contribution each of you made to the overall success of each event, and the enjoyment of the participants. Let us all keep dancing!

Something Old, Something New

by Witsie McKelvy

As our San Francisco Branch nears its 40th Anniversary, we'll celebrate our past and look towards an exciting future. We are one of the largest RSCDS Branches in the world, and it's time to celebrate! On Saturday, June 25th, in the Greek Orthodox Cathedral in Oakland, the Dance of the Decade will be an event you won't want to miss. The ball program has been designed especially to celebrate ourselves and our beginnings. One third of the dances are locally devised and what a difficult selection that was among all the great choices! Another third of the dances come from programs of forty years ago. Eugene Bissell, one of the Branch's founding members, unearthed early dance programs from events and parties to provide a selection of popular dances from the early years. The rest are Branch favorites to balance out a terrific program.

We're also known throughout the country for the quality of the live music we enjoy; in fact, this year's Asilomar Workshop will be a tribute to our magnificent local musicians. Unfortunately, these wonderful musicians never get the chance to dance with us since they're usually playing. So, for this event, we are trying something new by bringing over Green Ginger, a group from the UK, who will be making this their US debut. Green Ginger consists of Meryl and Ian Thomson and Cas Sloan, playing fiddles and piano. Their early interest in Scottish music was sparked by hearing Alastair Fraser playing. They tried dancing themselves, then playing Scottish music, and eventually expanded into researching eighteenth century fiddle music by such old masters as Niel Gow, Robert Mackintosh and William Marshall. Their unique arrangements are now well known in the UK and on the Continent, and their CD's have been used in the US for teaching and dancing. Even though their bookings stretch into 2007, we were able to persuade them to come over for their US debut. Their website is <http://www.greengingerband.co.uk>. We know that their love of Scottish music will communicate itself to all the dancers on the floor.

If you'd like to volunteer to help at the Gala, or if you

have questions, please contact Witsie McKelvy (925) 676-3637 (email witken@astound.net), Paula Jacobson (831) 688-8295 (email pjacobson@myprimus.com), or Nancy Page (510) 835-5853. Get your ticket order in so you won't miss the Dance of the Decade!

To the Editor

Reel & Strathspey

Dear Sir,

I am one of the preliminary teacher candidates, and I think I can say with certainty that I am voicing the sentiments of my fellow candidates also. As I write, we have just completed our exams. None of us know at this time if we will receive a pass or fail. I would like to express our collective gratitude, however, to the many, many persons in this Scottish Country Dance community who have supported us throughout the long six months of training.

Thank you to our long-suffering and hard-working tutors, Alan Twigg and Bruce Herbold, who even as they nagged us about our many faults, wanted only the best for each of us. Thank you to Witsie McKelvey, our class manager and den mother who quietly managed the organizational details and served as a central communication link. Thank you to the musicians who played for our classes and for the exam weekend, including Lyle Ramshaw, Susan Worland, Steve Wyrick, and several others. Thanks to Cheryl Ishida who made sure our physical needs were met at our retreat, our classes, and the final day of the exams, and thanks as well to Celine Passage and Cheryl's other helpers. Thank you to all our friends and family members who suffered with us and supported us emotionally through an experience that proved more grueling than we expected. Finally, thank you to all the angels and to Archangel Kathleen McAdam who faithfully came when they could and endured our endless attempts at teaching. Mark Caplan would agree that EVERYONE now knows that skip change of step starts with a hop.

The San Francisco Branch possesses something very special, though I think it is too easy to take it for granted. That something is community. On the most stressful day of the practical exams, surrounded by a horde of dancers who had given up their Saturday to be there at the Lafayette Veterans Hall, I felt the arms of that community all around us.

Gail Erwin

April 12, 2005

RSCDS-SF CALENDAR OF EVENTS • 2005

Revised 03/31/05 • Compiled by Dotty Lieber:
dottyl@cruzio.com

APRIL, 2005

- 2, Sa: 7:30 p.m. MONTHLY PARTY: Mountain View Masonic, 840 Church St., MOUNTAIN VIEW, hosted by San Jose Class. Sandra: dancingsands@hotmail.com
- 6, We: 7:45 p.m. MOUNTAIN VIEW CLASS SPRING PARTY at Mt/ View Sports Pavilion, 1185 Castro St., Mt. View. Denise: denisemfrancis@yahoo.com
- 8, Fr–10, Su: SO CAL SCD WORKSHOP at Julian. Bill & Ellen Ewing; 858-453-8286, socalweekend@yahoo.com
- 9, Sa: SACRAMENTO SPRING WORKSHOP & BALL, www.rscds-Sacramento.org
- 16, Sa: SAN FRANCISCO SCOTTISH FIDDLERS CONCERT at Palace of Fine Arts, SF mail@alasdairfraser.com
- 23, Sa: 1:30 p.m. : TEACHERS COMMITTEE MEETING, location TBD: brucehamilton@macconnect.com
- 30, Sa: CHILDRENS BALL, by invitation only: Kathleen, 925-934-6148

MAY, 2005

- 7, Sa: 2–5 p.m. : BRANCH SPRING WORKSHOP, Alameda: Advanced Technique Class, Formations and Figures Class Complete information and Registration Form at www.rscds-sf.org Greg Reznick: 925-484-2629
- 7, Sa: 5:30 p.m. : BRANCH POTLUCK before the Monthly Party .Alameda Masonic. Susie: 415-333-9372 or susielk@itsa.ucsf.edu
- 7, Sa: 7:30 p.m. : MONTHLY PARTY AND AGM: Alameda Masonic, 2312 Alameda Ave., ALAMEDA, hosted by Berkeley Classes. Sandra: dancingsands@hotmail.com
- 14, Sa & 15, Su: LIVERMORE SCOTTISH GAMES: Don MacQueen: dmacq@ucscalumni.com
- 25, We: 7:45 p.m. MOUNTAIN VIEW CLASS YEAR END PARTY at King's Head Pub, 201 Orchard City Dr., Campbell. denisemfrancis@yahoo.com

JUNE, 2005

- 4, Sa: 7:30 p.m. MONTHLY PARTY: Soquel Grange, 2800 Porter St., SOQUEL, Hosted by Monterey, Santa Cruz, Soquel Classes Sandra: dancingsands@hotmail.com
- 11, Sa: 1–6 p.m. REVIEW SESSION FOR DANCE OF THE DECADE, at Soquel Grange Hall, 2800 Porter St., Soquel. Alisa: 831-469-8313 or reelgirl@sbcglobal.net
- 11, Sa, & 12 Su: TRUCKEE WORKSHOP, DANCE & HIKE Dave Wilson: allenortep@sbcglabal.net
- 15, We–19, Su: MUSIC AND DANCE CONFERENCE at Sonoma State University for musicians, teachers and advanced dancers. Ron Wallace: 707-795-2185

- 17, Fr, evening: MURIEL JOHNSTONE & KEITH SMITH CONCERT at Sonoma State University. Ron Wallace: 707-795-2185
- 18, Sa: 9 a.m.–5 p.m. CAMPBELL HIGHLAND GAMES, Campbell Community Center, Campbell Ave. & Winchester, Campbell . Sparky Gregory, 408-257-2294 sparkyg@pacbell.net
- 18, Sa: 7:30 p.m. : BEGINNERS BALL Music by Muriel Johnstone & Keith Smith. McKinley Gym, Sonoma State University–Susan Scott: 707-569-8307 or susanascott@earthlink.net
- 25, Sa: DANCE OF THE DECADE: 40th Anniversary of the Branch! Greek Orthodox Cathedral, Oakland—Green Ginger playing. Witsie: witken@astound.net
- 30, Th 7:45 p.m. SF CLASS SUMMER SOLSTICE PARTY: Noe Valley Ministry, 1021 Sanchez SF. Linnea, 415-841-9456, linneaj@spursuits.com
- 30, Th: 7:45 p.m. SANTA CRUZ CLASS FAMILY NIGHT. 8:30 p.m. Social dancing for adults. Juliet: juliet@davoren.net

JULY, 2005

- 9, Sa: 1:30 p.m. : TEACHERS COMMITTEE MEETING, location TBD. Bruce: brucehamilton@macconnect.com
- 9, Sa & 10, Su: DUNSMUIR HIGHLAND GAMES, Oakland. Zoe: 510-234-8985

AUGUST, 2005

- 6, Sa & 7, Su: MONTEREY HIGHLAND GAMES at Toro Park. Sara: Saragratiot@aol.com

SEPTEMBER, 2005

- 3, Sa & 4, Su: PLEASANTON HIGHLAND GAMES: Alastair Brown: 510-222-0871, alastairbrown@sbcglobal.net
- 3, Sa: 7:30 p.m. : 24TH ANNUAL JEAN PATRICK MEMORIAL DANCE, Pleasanton Veterans Memorial Bldg., 301 Main St., Pleasanton. Hanneke Cassel, Fiddle & Andy Imbrie, Piano. Larry: lcwakeman@sbcglobal.net or 925-676-1058
- 16, Fr–18, Su: FT. WORDEN WORKSHOP & BALL–“Flowers of Scotland” Port Townsend, Washington www.rscds-seattle.org
- 29: Th: 7:45 p.m. SANTA CRUZ CLASS FAMILY NIGHT. 8:30 p.m. Social Dancing for adults. Juliet: juliet@davoren.net

OCTOBER, 2005

- 28, Fr.–30, Su: THE 37TH ANNUAL ASILOMAR WEEKEND WORKSHOPS & BALL Julee Montes, 650-722-0473 or julm-hcs@pacbell.net

The RSCDS-SF Branch invites you to
SCOTTISH COUNTRY DANCE
MONTHLY PARTIES

Fun, social, great live music, popular dances



© Lori Howard 2005

FIRST SATURDAYS
7:30 PM

\$8 RSCDS members

\$10 non-members

\$2 new dancers (with coupon)

Free for spectators

Refreshments served after the dance

Spring 2005 Schedule

April 2

Hosted by: The San Jose Class

MC's: Marianna Harvey, Bob McMurtry, Kathy Allen

Musicians: Ron Wallace (band leader)-recorder, Susan Worland-fiddle,
Gary Thomas-piano, Michael Bentley-percussion

Mountain View Masonic Hall, 840 Church Street, Mountain View (see back)

May 7

Hosted by: The Berkeley Monday and Friday Classes

MC's: Dwayne McQuilliams, Bruce Herbold, Claudette Sigg

Musicians: Janet Kurnick (band leader)-fiddle, David Strong-fiddle,
Andy Imbrie-piano, Donald Robertson-snare drum,
Shelley Phillips-flute and other instruments

Alameda Masonic Hall, 2312 Alameda Avenue, Alameda (see back)

• 5:30 PM: Potluck Supper; 7:30 PM: AGM (brief); Branch Committee election results

June 4

Hosted by: The Soquel, Santa Cruz, and Monterey Classes

MC's: Bob McMurtry, Paula Jacobson, Juliet Davoren, Sara Gratiot

Musicians: Deby Grosjean (band leader)-fiddle, Janet Kurnick-fiddle,
Andy Imbrie-piano, Jim Oakden-woodwinds, tenor banjo, accordion,
Renata Bratt-cello

Soquel Grange Hall, 2800 Porter Street, Soquel (see back)

• Many dancers wear Hawaiian or tie-dye themed outfits to this dance.

Dance programs are available in classes and at: <http://www.rscds-sf.org/parties.html>

Fall Monthly Parties will be on October 1, November 5, and December 3. No Monthly Parties in the summer.

Sponsored by The Royal Scottish Country Dance Society, San Francisco Branch, Inc. • For more information, contact Sandra Fritts at: dancingsands@hotmail.com, or visit the RSCDS-SF Website at: www.rscds-sf.org

RSCDS-SF Monthly Parties

How To Get There

Mountain View Masonic Hall, 840 Church Street, Mountain View

Directions: From 280: exit at S. El Monte Avenue, to Foothill Expressway. Right on Foothill Expressway, left on Miramonte Avenue, across El Camino Real W., to S. Shoreline Blvd. Turn right onto Church Street.

From 101: Exit at Moffett Blvd. Follow Moffett Blvd. south to Central Expressway. Cross Central Expressway to Castro Street. Turn right onto Church Street (5 blocks).

Park in the lot behind the building or on the street.

Alameda Masonic Hall, 2312 Alameda Avenue, Alameda

Directions: From the North: Take 880 S, exit at 23rd Avenue exit. Continue going south on Kennedy Street to the bridge at 29th Street and turn right. Upon crossing the bridge going west, you will be on Park Street. Continue on Park to Alameda and turn right.

From the South: Take 880 N, exit at High Street and drive west across the High Street bridge into Alameda. Continue on High Street for about 6 blocks and turn right onto Central Ave. Go for another 10 blocks to Park Street. Turn left on Park, go 1 block and turn right on Alameda.

Park on the street or in the free parking lot across the street from the hall. It can be entered from Alameda or from Central. The dance floor is on the top floor. Walk up or take the elevator.

Soquel Grange Hall, 2800 Porter Street, Soquel

Directions: From Highway 1 (Cabrillo Highway), south of Santa Cruz, take the Porter Street exit. At the stop sign, turn north onto Porter. Hall is two blocks.

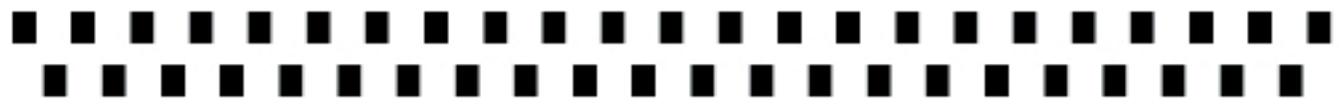
Park in the lot behind the building or on the street.

Public Transit directions

Exact directions from any given cross street in the Bay Area may be found at: <http://transit.511.org/>. Contact Donald Robertson for help using public transit: donaldf@speakeasy.net, or 415-621-2113.

Carpools

Please consider setting up carpools or transit travel groups. They make going to a party more social, save gas money, make parking easier, and help the environment!



The Santa Rosa Class

Presents

THE
BEGINNERS'
BALL

To Honor the New Dancers of 2005

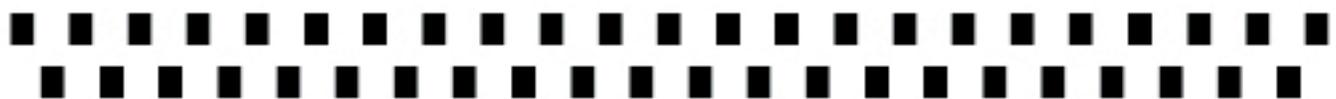


Music by

MURIEL JOHNSTONE & KEITH SMITH

Saturday June 18, 2005 at 7:30 p.m.

Mt. McKinley Gym, Recreation Center
Sonoma State University,
1801 East Cotati Ave., Rohnert Park, CA



THE BEGINNERS' BALL

Saturday June 18, 2005 at 7:30 p.m.
 Mt. McKinley Gym, Recreation Center, Sonoma State University
 1801 East Cotati Avenue, Rohnert Park, CA

THE PROGRAM

Mrs. Stewart's Jig 35:1 - 32J3	Argyll's Fancy Gr:23 - 48J4
Catch the Wind Island Bay Collection - 32R3	The Birks of Invermay 16:2 - 32S3
John McAlpin Galloway Album - 32S3	Orcadian Arcassian Circle Flyer - R32
The Happy Meeting 29:9 - 32J2	Strip the Willow 1:7 - Jig
Fair Donald 29:4 - 32S3	Seann Triubhas Willichan 27:9 - 32S2
Peironella 1:1 - 32R2	Mrs. Madeod 6:11 - 32R3
Light and Airy 4:5 - 32J3	Lamb Skinner 14:12 - 32J3
Invercauld's Reel 11:10 - 32S3	Lord Elgin's Reel 26:5 - 32S3
The Triumph 1:2 - 24R2	The Montgomerie's Rant 10:1 - 32R3

Refreshments: After-Ball Buffet

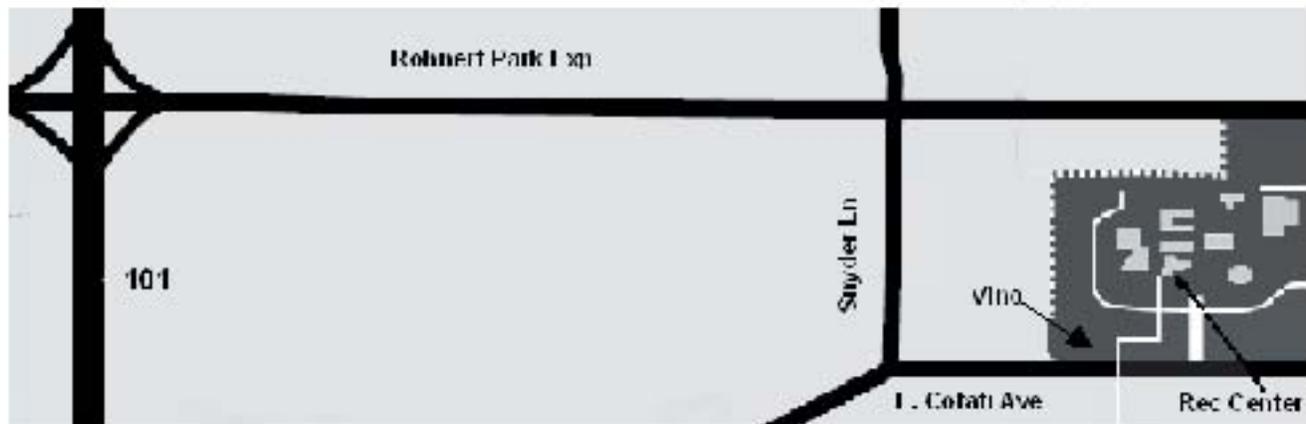
Attire: Festive to Formal

Tickets: \$20 adults/\$10 children (16 and under)
 \$25 adults/\$10 children after June 6th
 \$ 6 spectators (includes buffet)

Hospitality: For hospitality with local dancers contact
 Connie Beall, 707.548.5103 or cbeall@earthlink.net by
 June 6th.

Questions: Susan Scott 707.589.8307 or
 susanascott@earthlink.net

Directions: Rohnert Park is 4 miles south of Santa Rosa. Take Hwy 101 to the Rohnert Park Expressway exit. Go east on the Expressway (right turn from south, left from north); 2 mi. to Snyder Lane. Turn right on Snyder; .7 mi. to E. Cotati Ave. Turn left on E. Cotati; .4 mi. to Vine stoplight. Turn left on Vine, into the Sonoma State campus; follow Vine to its end as it curves sharply to the right, then sharply to the left. Park in Lot D. Before you park, look slightly ahead and to the right; the Recreation Center is the largest building on your right. You can find a campus map at: www.sonoma.edu/university/maps.shtm



Name of Dancer	New Dancer (Y/N)	Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please make checks payable to: RSCDS-SF-Santa Rosa
 Mail to: Susan Scott 928 Beaver Street Santa Rosa, CA 95404

Total _____

THE STAY-TIED SHOELACE TIE

THE SHOELACE KNOT THAT WILL STAY TIED,
YET IS EASY TO UNTIE.

BY SUSIE LANGDON KASS

The tie is great for kid's shoes,
athletic shoes and dancing shoes!

No double knot is needed.



1. Start as if to tie an ordinary loop tie,
but do not pull the loops tight (Figs.
1, 2 & 3).

2. Take the second loop and bring it
up and over the top of the knot and
put it through the same hole that it
went through the first time (Fig. 4).

3. Now pull the two loops at once
firmly so knot is very tight (Fig. 5).
The shoe laces will now be firmly tied
and will not easily become untied.

4. To untie simply pull both shoelace
ends firmly at the same time.

My father, John Langdon, taught this knot to me
when I was a young child. SLK

Published in 1983 as "The Langdon Tie."

Diagrams © 1993 by Susie Langdon Kass

Description © 1993 by Susie Langdon Kass

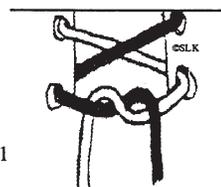


Fig. 1

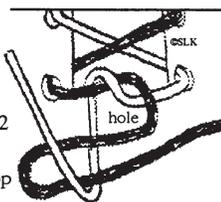


Fig. 2

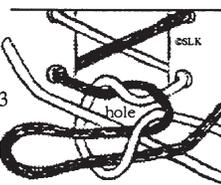


Fig. 3

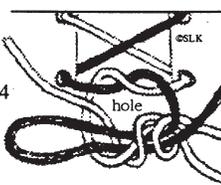


Fig. 4

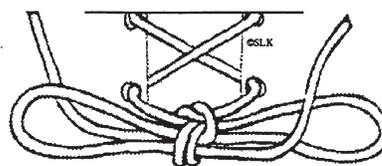


Fig. 5

VOLUNTEERS

Cheers to all our volunteers, those listed below, other committee members, our class managers, and other helpers not listed. Your commitment, effort, and time given to Scottish Country Dancing in the Bay Area is invaluable! Thank you.

✂ Copy and cut out to fit inside Branch directory ✂

RSCDS-SF BRANCH COMMITTEE MEMBERS 2004-2005

If you have any concerns about the S.F. Branch, or would like to attend a Branch Committee (Board of Directors) meeting, please contact one of the members. Branch Committee meetings are usually held in the afternoon before Monthly Parties.

Paula Jacobson, **CHAIR, SCHOLARSHIPS:** 831-688-8295, pjacobson@myprimus.com (03-05)

Larry Wakeman, **VICE CHAIR, NOMINATING COMMITTEE:** 925-676-1058, lcwakeman@sbcglobal.net (04-06)

Gary Knox, **TREASURER:** 510-223-4201, gary@gknox.net (03-05)

Nancy Page, **CORRESPONDING SECRETARY, NOMINATING COMMITTEE:** 510-835-5853, Fax: 510-839-5417, nancyp@sonic.net (04-06)

Greg Reznick, **RECORDING SECRETARY, WEBSITE MANAGER:** 925-484-2629, greg@reznickfamily.com (03-05)

Witsie McKelvy, **MEMBERSHIP COMMITTEE:** 925-676-3637, witken@astound.net (04-06)

Patti Cobb, **MEMBERSHIP COMMITTEE:** 415-826-2287, pkcobb@pacbell.net (03-05)

Sandra Fritts, **MONTHLY PARTY VENUES/SCHEDULING COORDINATOR, CLASS MANAGERS' COMMITTEE COORDINATOR:** 707-643-9162, dancingsands@hotmail.com (03-05)

Kathy Allen, **INSURANCE AND SAFETY COMMITTEE CONTACT:** 408-252-8406, kathy_allien@hotmail.com (04-06)

• Please consider running for the Branch Committee this year, or suggest candidates. Contact Dotty Lieber

OTHER RSCDS-SF BRANCH VOLUNTEERS you may want to contact:

BRANCH REGISTRAR/DIRECTORY/CHANGE OF ADDRESS: Eugene Bissell: 101 Via Lucia, Alamo, CA 94507, 925-837-9483

REEL & STRATHSPEYPER (S.F. Branch Newsletter) EDITOR & PRODUCTION: Mike Hird: randsnewsletter@pacbell.net, 415-884-2716, 81 Flicker Dr., Novato, CA 94949;
DISTRIBUTION: Marge Henry: margehenry@aol.com, 925-447-2735

CLASS LISTS & VOLUNTEERS LIST (R&S, website, brochures): Susie Langdon Kass: 415-333-9372, susielk@itsa.ucsf.edu

CALENDAR COORDINATOR: Dotty Lieber: 831-423-6165, dotty@cruzio.com

BRANCH MUSIC COORDINATOR: Andy Imbrie: 408-246-9495, mail@andysherryl.net

MONTHLY PARTY VENUES/SCHEDULING COORDINATOR: Sandra Fritts: dancingsands@hotmail.com

MONTHLY PARTY PROGRAMMING CONTINUITY PERSON: Bruce Herbold: 415-826-2287, Bherbold@aol.com

MONTHLY PARTY SUPPLIES COORDINATOR: Michael Suckow, 408-861-9622, suckow@exemplary.com

BOOKSTORE MANAGER: Jane Muirhead: 510-782-0519, jane@stat.berkeley.edu

ASILOMAR (Fall weekend workshop) CHAIR: Cameron McDonald: mcdonald.cameron@epa.gov, 650-365-5574; **REGISTRAR:** Julee Montes: julm-hcs@pacbell.net

VALENTINES' BALL CHAIR: Art Tarsa: 650-365-5574, atarsa@lsil.com; **REGISTRAR:** Julee Montes: julm-hcs@pacbell.net

JEAN PATRICK MEMORIAL DANCE (Pleasanton Games Dance) CHAIR: Larry Wakeman: 925-676-1058, lcwakeman@sbcglobal.net

TEACHERS' COMMITTEE CHAIR: Armin Busse: 408-586-8478, arminbusse@hotmail.com. • *TEACHER INFORMATION PACKET*

TEACHER TRAINING TUTORS: Alan Twhigg, alant@juniper.net; and Bruce Herbold, 415-826-2287, Bherbold@aol.com

YOUTH CLASSES COORDINATOR: Kathleen McAdam: 925-934-6148

CLASS MANAGERS' COMMITTEE COORDINATOR: Sandra Fritts, 707-643-9162, dancingsands@hotmail.com

INSURANCE AND SAFETY COMMITTEE CONTACT: Kathy Allen: 408-252-8406, kathy_allien@hotmail.com

WEBSITE MANAGER: Greg Reznick: 925-484-2629, greg@reznickfamily.com; **WEBSITE:** www.rscds-sf.org

PUBLICITY COMMITTEE: Susie Langdon Kass: 415-333-9372, susielk@itsa.ucsf.edu; **FOR CLASSES:** Class Managers

MEMBERSHIP COMMITTEE: Witsie McKelvy, 925-676-3637, witken@astound.net, Eugene & Virginia Bissell, Susie Langdon Kass, Patti Cobb • **VOLUNTEERS WELCOME!**

SCHOLARSHIPS COMMITTEE: Paula Jacobson: 831-688-8295, pjacobson@myprimus.com; Dan Shapiro: 831-234-3098, dgs@stanford.edu; Jonathan Lovell 408-924-4437, jhlovell@pacbell.net

NOMINATING COMMITTEE/BALLOTS: Larry Wakeman, Nancy Page, Dotty Lieber: 831-423-6165, dotty@cruzio.com

BRANCH ARCHIVES: Virginia Bissell: 925-837-9483

ASSISTANT TREASURER (deposits): Sid Kass: 415-333-9372

SCOTTISH HIGHLAND GAMES: SACRAMENTO (April): 916-557-0764, www.sacaledonian.org/; **LIVERMORE (May):** Don MacQueen: <dmacq@ucscalumni.com>, 925-447-1833;

CAMPBELL (June): Sparky Gregory: KENT_Gregory@hp.com, 408-257-2294; **OAKLAND/**

DUNSMUIR (July): Zoe Pollock: 510-234-8985, paloma1256@earthlink.net; **MONTEREY (August):** • *No SCD event this year*; **PLEASANTON (September):** Alastair Brown: 510-222-0871, alastairbrown@sbcglobal.net;

DIXON (September): Jane Samuelson, 707-746-0810;

GAMES INFORMATION TENT, SUPPLIES, BANNERS: Susie Langdon Kass: 415-333-9372; **SJ STAGE:** Sparky Gregory: 408-257-2294

Revised March 8, 2005 • SLK

✂ Copy and cut out to fit inside Branch directory ✂

PLEASE SEND CHANGES FOR THIS LIST TO:

Susie Langdon Kass
susielk@itsa.ucsf.edu, 415-333-9372

SCOTTISH COUNTRY DANCE CLASSES IN NORTHERN CALIFORNIA

Visit: www.rscds-sf.org or www.rscds-sacramento.org for more information about classes and other events.

The symbol, "&", indicates that classes meet in separate rooms at the same location.

San Francisco Branch Classes

Berkeley

FRIDAYS: **Beginners:** 8pm. Grace North Church, 2138 Cedar at Walnut. Teacher: Claudette Sigg. **Experienced Social:** 8pm. All Souls Episcopal Parish, 2220 Cedar at Spruce. Teacher: Dwayne McQuilliams. Call Zoe Pollock 510-234-8985. **Summer: Combined Social** (guest teachers): 8pm. **Free intro party:** 9/16; **New Beginners:** 9/23. **Youth Classes: Experienced:** 6:30pm; **Beginners:** 7:15pm. All Souls Episcopal Parish, 2220 Cedar at Spruce. Call Mary McQuilliams, teacher, 415-564-9773. **No summer classes.** Resumes 9/23.

MONDAYS: **Intermediate Technique:** 8pm; St. Clement's Episcopal Church, 2837 Claremont Blvd. at Russell near Ashby. Call Julie Carapanos 925-930-6533. Teacher: Bruce Herbold. **No summer classes.**

Lafayette

THURSDAYS: **Beginners & Intermediates:** 7:30pm. Call Witsie McKelvy 925-676-3637. **New beginners:** 9/8. **Youth Classes** (3 Levels): 5pm, 5:45pm. Call Kathleen McAdam 925-934-6148. **New beginners:** 9/15. Veteran's Hall, 3491 Mt. Diablo Blvd. at First Street. Teachers: Eugene Bissell, Kathleen McAdam, Cathy Bertics.

Livermore

MONDAYS: **Beginners:** 7pm; **Intermediates:** 8pm. Foresters Hall, 171 J Street. Call Gale Holladay 925-447-5771. Teachers: Sheena MacQueen, Coletta Hill. **New beginners:** 9/12.

WEDNESDAYS: **Children's Class: Beginners** 6pm; **Experienced** (by invitation only) 7pm; Foresters Hall, 171 J Street. Call Sheena MacQueen 925-447-1833.

FRIDAYS: **Family Class:** 7:30pm. Call Sheena MacQueen 925-447-1833 for information.

Monterey

MONDAYS: **Beginners:** 6:30pm; **Experienced:** 7:30pm; Monterey Senior Center, 280 Dickman at Lighthouse. Call Kathy Wendell 831-663-3227 or Brian Campbell 831-656-9923. Teachers: Sara Gratiot, Brian Campbell. **Summer social class:** 6/6-8/29, 7-8:45pm. **New beginners:** 9/12.

Mountain View

WEDNESDAYS: **Basic Skills & Experienced:** 7:45pm; Mountain View Sports Pavilion, 1185 Castro Avenue. Call Denise Francis 510-713-7813 or Anita Geleynse 408-262-9705. Teachers: Alan Twigg, Armin Busse, Bruce Hamilton, Jo Hamilton. **Dancing in the Park:** 6/1-6/15, 7pm-dark; **Summer social class** (no teachers): 6/22-7/27. **Bring-a friend night:** 9/7; Classes resume: 9/14.

San Francisco

THURSDAYS: **Beginners & Experienced:** 8pm; Noe Valley Ministry, 1021 Sanchez Street at 23rd Street. Call Linnea Johnson 415-841-9456 or Susie Langdon Kass 415-333-9372. Teachers: Trina Merriman, Bruce Herbold. **Summer social class** (guest teachers): 7/7-9/1; **Free intro party:** 9/8; **Beginners:** 9/15.

SUNDAYS: **Beginners/Experienced:** 6:30pm; SF Youth Ballet Academy, 3149 Vicente at 43rd Avenue. Call Susie Langdon Kass, teacher, 415-333-9372. **Summer session:** call for information.

MONDAYS: **Youth Classes: Beginners:** 4-5:15pm; **Experienced:** 4:45-6pm; Ballet Russe, 1944 Clement Street at 21st Avenue. Call Daphne Ball 415-751-3119 or Susie Langdon Kass 415-333-9372. Teachers: Pat O'Brien, Susie Langdon Kass. **No summer session;** Classes resumes 9/12.

San Jose

MONDAYS: **Beginners:** 7:30pm; **Experienced:** 8:30pm; American Legion Hall, 1504 Minnesota Avenue. Call Sparky Gregory 408-257-2294 or Jonathan Lovell 408-924-4437. Teachers: Marianna Harvey, Bob McMurtry. **Summer social class** (no teachers): 8pm. **New beginners:** 9/12.

Santa Cruz

THURSDAYS: **Intermediates/Beginners:** 8pm; First Congregational Church, 900 High Street. Call Karen MacQuarrie 831-479-1615. Teacher: Juliet Davoren. **Beginners anytime.**

Santa Rosa/Cotati

MONDAYS: **Beginners:** 7pm; **Intermediates:** 8:15pm; Santa Rosa Veterans Memorial Building, 1351 Maple Street. Call Emily Evans 707-874-2512. Teachers: Gary Thomas, Ron Wallace, Emily Evans. **Summer social class:** June, July/August: no regular classes. Classes resume 9/12.

WEDNESDAYS: **Youth Class:** 11am; Monroe Hall, 1400 West College Avenue. Call Ron Wallace, teacher, 707-795-2185.

THURSDAYS: **Hard Shoe:** 7pm; **Ladies' Step:** 8pm. Church of the Oaks, Page and West Sierra Ave, Cotati. Call Ron Wallace, teacher. FRIDAYS: **Advanced SCD** (with permission): 7pm. Cotati. Call Emily Evans 707-874-2512 or Gary Thomas, teacher, 707-795-2185.

Soquel

FRIDAYS: **Beginners:** 7pm; **Intermediates:** 8:30pm; Soquel Grange Hall, 2800 Porter Street. Call Alisa Pura 831-469-8313 or Bob McMurtry 831-335-7459. Teachers: Paula Jacobson, Bob McMurtry. **No summer classes.** Classes resume 9/9.

South Bay Youth Class

MONDAYS: 3:45pm; St. Mark's Episcopal Church, 800 Colorado Ave., Palo Alto. Call Louise Perry 408-374-1969 or Jo Hamilton, teacher, 650-328-0474. **No summer classes.** Resumes 9/12.

Demonstration Teams

Dunsmuir Scottish Dancers

TUESDAYS: 7:30pm, San Pablo: **Advanced** (by invitation only). Call Shari Salis 510-558-8644 or Ron Wallace, director, 707-795-2185.

New World Scottish Dancers

THURSDAYS: 8pm, Pleasant Hill: **Advanced** (by invitation only). Call Claudette Sigg, director, 510-526-8192.

Red Thistle Dancers

THURSDAYS: 8pm; Palo Alto: **Advanced** (by invitation only). Call Jennifer Kelly, director, 650-327-1350.

Santa Rosa Scottish Dancers

FRIDAYS: 8pm; Santa Rosa: **Advanced** (by invitation only). Call Gary Thomas, director, 707-795-2185.

Sacramento Branch Classes

Sacramento

FRIDAYS: **Beginners:** 7pm; **Experienced:** 8:15pm; YLI Clubhouse, 1400 27th Street. Call Margo Glenn-Lewis 530-753-7213 or BJ Bailey 916-482-1158. Teachers: Peggy Hamilton, Lynne Lockwood, Sandra Kesler.

MONDAYS: **Technique/Demonstration Class:** 7:30pm; YLI Clubhouse, 1400 27th Street. **No summer classes.** Resumes 9/12.

SATURDAYS: **Youth classes** (8-18 years): **Beginners:** 9am; **Intermediates:** 10am; **Experienced/White Heather Dancers:** 11am. YLI Clubhouse, 1400 27th Street. Call Carrie Leeman 916-783-9675. Teacher: Lynne Lockwood. **No summer classes.** Resumes 10/1.

Stockton

WEDNESDAYS: **Experienced Social/Beginners:** 7:30pm; Unitarian Church, Bristol & Pacific. Call Charles Wood 209-465-8871. Teacher: Carolyn Hunt. **No summer classes.** Resumes 9/7.

Other Classes

Arcata

FRIDAYS: **Experienced Social:** 4pm. Arcata Presbyterian Church, 11th & G Streets. Call Helen Macpherson 707-822-3056. Teacher: Ann McClary. **Beginners: anytime.**

Campbell

FRIDAYS: **Beginner and Basic Intermediate classes;** Campbell Community Center. Call Rebecca Davis, teacher, 408-378-3817.

Grass Valley

MONDAYS: **Beginners/Experienced:** 7pm. Call Ed Johnston, teacher, 530-622-1519, or Jean Hoy 530-265-9714. **Beginners: anytime.**

Merced

THURSDAYS: **Beginners/Experienced:** 7:30pm; Merced Multicultural Arts Center, 645 W. Main Street. Call Pattee Russell-Curry, teacher, 209-722-7030.

Mill Valley

FRIDAYS: **Beginners:** 7:30pm; **Experienced Social:** 8:15pm; Almonte Hall, Wisteria Way at Almonte. Call Mike Hird or Marghie Goff 415-884-2716. Teacher: Marghie Goff. **No summer classes.** Classes resume 9/9.

Rancho Cordova

THURSDAYS: **Beginners/Experienced:** 7:30pm. Call Ed Johnston, teacher, 530-622-1519, or Recreation & Park District 916-36-1841. **Beginners: anytime.**

Redding

THURSDAYS: **Beginners:** 6:30pm; **Experienced:** 7pm. Call Margaret Anne Schlobohm, teacher, 530-472-1154. **Beginners: anytime.** **No summer classes.** Classes resume 9/8.

San Mateo

TUESDAYS: **Beginners/Experienced:** 7:30-8:45pm; Beresford Community Center, 28th and Alameda de las Pulgas. **Spring session:** 3/29-6/7; **Summer session:** 6/14-8/2. Call Lin Pettengill, teacher, 650-728-9105.

Reno, Nevada (Silver State Dancers)

WEDNESDAYS: **Beginners/Experienced:** 7:30pm. **May-August:** Stroh home, 4818 Ramcreek Trail. (Call to confirm location!) Call Marian Stroh, teacher, 775-825-1224 or Debby Dahlstrom 775-324-1999. **Beginners: anytime.**

THURSDAYS: **Intermediate/Advanced:** 8pm. Nevada Dance Academy, 1790 W. 4th. Call Dave Wilson, teacher, 775-825-6867.

Step Dancing Classes

Atherton/Menlo Park

TUESDAYS: **Intermediates:** 7pm, **Beginners:** 8:15pm. Carriage House, Atherton. Call Jo Hamilton, teacher, 650-328-0474.

THURSDAYS: **Experienced:** 7:30pm, Peninsula School, Menlo Park. Call Jo Hamilton, teacher, 650-328-0474.

Pleasant Hill

THURSDAYS: **Beginners:** 6pm; **Experienced:** 7pm. Diablo Light Opera Co., 1948 Oak Park Blvd. at Douglas Lane. Call Claudette Sigg, teacher, 510-526-8192.

San Pablo

WEDNESDAYS: **Advanced Soft Shoe Step** (with permission): 7:30pm; **Advanced Hard Shoe Step** (with permission): 8:30pm; San Pablo Sportsmen's Club, 5220 Glen Avenue. Call Ron Wallace, teacher, 707-795-2185.

Scottish Step and/or Cape Breton Step classes are held also in Monterey, Sacramento, and Santa Rosa. Call Sara Gratiot 831-384-4783, Peggy Hamilton 209-956-6676, Bob Schuldbetzs 209-745-9063.

CHANGES DUE MAY 25
Contact Susie at: susielk@itsa.ucsf.edu

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