



### Why Should I Join the RSCDS?

by The San Francisco Branch Committee

Whether you're highly addicted to Scottish Country Dancing or whether you're an occasional social dancer or something in-between, and you're not yet a Branch member, here are some things to think about. If you were a member in the past, but allowed your membership to lapse, please discuss any concerns with your teacher or with any Branch Committee member. For you, too, here are some things to think about.

Your class in its present form is only possible because of the support it gets from the Branch, which publicizes it, pays for insurance, and enables the certification of your teachers. Just consider what your class would be like without highly trained and dedicated teachers!

The monthly parties, featuring a select group of talented musicians, are paid for mostly by the Branch. What could be better than dancing to live music?

Very special events, such as Asilomar and the Valentine's Ball, are underwritten by the Branch and probably would not happen at all without the support of the Branch.

You'll save money at dance events (such as Asilomar and the Valentine's Ball) and monthly parties, most of which carry a healthy discount for RSCDS Branch members.

You'll be able to access the "members only" portions of our Branch website, to look up someone's address or telephone in the Directory, to see the latest issue of the Reel & Strathspey, and to access other areas not accessible to the general public.

*You lead down the middle and up, look over, see a grin on your partner's face, and know that everything is right with the world. You are setting to corners and partner, and you know that you were born to do this. Being connected, a sense of belonging: these are healthy positive feelings. As social beings we thrive when we connect and belong. So break out of your cocoon, pay your dues, and be part of our big set. Belonging may not improve your dance technique, but will certainly improve the pleasure of the dance! You'll be part of a world-wide organization with a proud heritage and a rich repertoire of services. Become a part of this community – the RSCDS San Francisco Branch - dedicated to this beautiful art form!*

#### Save the Date

Asilomar 2008:

October 30 - November 2

This will be our 40th Asilomar and special treats are planned so be sure to mark your calendar now!

### Branch Committee News

Reported by Tom Ward, Recording Secretary  
November, 2007

#### Events

**Valentine's Ball:** The Valentine's Ball for 2009 has been set for February 21<sup>st</sup>, to avoid conflicts with a number of other Scottish events on the normal "default" date of February 14<sup>th</sup>, which would be President's Day Weekend. The date for the 2008 Ball is unchanged and everything is "on track" for a great evening.

**Jean Patrick Dance:** This excellent Event was enjoyed by 90 dancers from around the region. Despite careful cost control, keeping the overall expense below that of the 2006 Dance, this year's Event showed a budget deficit of \$990. The 2008 Event Committee will evaluate different venues for the 2008 Dance, including a possible return to the Pleasanton Veteran's Hall once remodeling is complete. Our thanks to Michael Gregg for Chairing a very enjoyable and well-executed program.

#### Reports

**Insurance:** Kathy reported that all event and Branch coverage is in place, and that she is anticipating a straightforward renewal process at the end of the year.

**Corresponding Secretary:** Many thanks to Cathy Bertics and Fred DeMarse for joining the delegation representing the Branch at the Annual General Meeting of the Society in Scotland. Fred provided the Committee with a detailed report on both social and administrative activities at the AGM. The "social" included a Friday night dance and a Saturday night Ball, each attended by 700 (!) people – emcee's had to rely on "spotters" to see the set counts! On the administrative side, the Society is going through some changes. We have a new Honorary President, Dr. Alasdair MacFadyen, filling the shoes of the Earl of Mansfield, who provided excellent leadership for so many years. On the financial side, the Society is running a deficit, with FY06-07 expenses exceeding income of £667,000 by £28,300. Currently, all Society

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# Monthly Parties

**January Monthly Party**  
**7:30 p.m., Saturday, January 5, 2008**  
**Alameda Masonic Hall, 2312 Alameda Avenue, Alameda**  
**Hosts: Lafayette/Livermore Classes**

Dance	Source	Type	Level
Kendall's Hornpipe	Graded/22	32 J 2	B
Gang the Same Gate+	36/4	32 S 3	A/I
Alan J Smith+	45/3	32 J 3	I
Lady Auckland's Reel	18/2	32 S 2	B
The Cadies Lady	30/7	40 R 3	B/I
Tribute to the Borders	RSCDS Lflt 31	32 J 3	I
Bill Little's Strathspey	Goldring/Graded & Social 2	32 S 4	I
Crom Allt	Goldring/Graded & Social 1	32 R 3	B/I
From Scotia's Shores We're Noo Awa'+	RSCDS Lflt 8	32 S 3	A
Thornycroft	Goldring/Graded & Social 2	32 R 2	B/I
Pelorous Jack	41/1	32 J 3	I
Seann Truibhas Willichan+	27/9	32 S 2	B
Caddam Wood	SCD Archives	32 R 5	A
The Braes of Breadalbane	21/7	32 S 3	B/I
General Stuart's Reel+	10/3	32 R 3	I
+ new this month			

**March Monthly Party**  
**7:30 p.m., Saturday, March 1, 2008**  
**San Rafael Masonic, Lootens Place at 4th Street, San Rafael**  
**Hosts: Dunsmuir/Santa Rosa**

Dance	Source	Type	Level
The Happy Meeting+	29/9	32 J 2	B/I
The Silver Tassie+	RSCDS Leaflet 30	32 S 3	I
Crom Allt	Goldring/Graded & Social 1	32 R 3	B/I
Gang the Same Gate	36/4	32 S 3	A/I
The Merry Lads of Ayr+	1/12	32 R 3	B/I
Kendall's Hornpipe	Graded 22	32 J 2	B
Bill Little's Strathspey	Goldring/Graded & Social 2	32 S 4	I
Alan J Smith	45/3	32 J 3	I
From Scotia's Shores We're Noo Awa'+	RSCDS Leaflet 31	32 S 3	A
Thornycroft	Goldring/Graded & Social 2	32 R 2	B/I
Tribute to the Borders	RSCDS Leaflet 31	32 J 3	I
Seann Truibhas Willichan+	27/9	32 S 2	B
Polharrow Burn+	RSCDS 2007/Glend. 18	32 R 5	A/I
Cherrybank Gardens+	Drewry/Bankhead 1	32 S 3	I
General Stuart's Reel+	10/3	32 R 3	I
+ new this month			

## How To Get There:

**ALAMEDA MASONIC TEMPLE**  
 (between Park and Oak Streets).

**FROM THE SOUTH:** Take 880 North, exit at High Street (south of the Bay Bridge) and drive west across the High Street bridge into Alameda. Continue on High Street for about six blocks and turn right on Central Avenue. Go for another 10 blocks to Park Street (with traffic light, past Park Avenue). Turn left on Park Street, go one block and turn right on Alameda Avenue. The Masonic Temple is on the left about 1/2 block before Oak Street.

**FROM THE NORTH:** Take 880 South and exit at 23rd Avenue. When you have crossed the bridge going west, you will be on Park Avenue. Continue on Park until you come to Alameda Avenue and turn right. There is free parking after 6:00 p.m. in a city lot right across the street from the Temple, but accessible only from Central Avenue, one block east. You can turn right from Alameda onto Oak, right on Central and right into the lot, after about 1/2 block—or just drive straight across Park the lot after about 1/2 block, and walk to the Temple at the far end of the lot. The party will be in the Banquet Room on the fourth floor. There is an elevator.

## SAN RAFAEL MASONIC

**FROM 101 N:** take the "Central San Rafael" exit. Continue straight on Irwin St. and turn left onto 4th St. Turn right onto Lootens Place

**FROM 101 S:** take the "Central San Rafael" exit. Stay straight on Hetherston St. and turn right onto 4th St. Turn right onto Lootens Place.

The Masonic is in the middle of the block on your right. Parking is plentiful.

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members, including our Branch members, pay annual Society dues of £10. Against this, the Society spends an average of £17.85 per member covering a wide range of services. The Society is undertaking a number of new initiatives to streamline operations and reduce its costs, while still providing a high level of support and service. After a spirited debate, drawing in delegates from 239 Society Branches worldwide, a motion to increase Society annual dues by £5.00, to £15/year, was passed.

Donna has passed on to Gene Bissell, for storage in the Archives, a very interesting booklet covering the first 50 years' history of the Society. It's in German, but still interesting to peruse for its view of the Early Days.

**Teachers:** The Teachers' Workshop on October 28<sup>th</sup> was well-attended and very successful, attracting current Teachers as well as many dancers with aspirations in that direction. Confounding early projections of low attendance and a budget deficit, there was enough revenue from the 30 attendees to return a modest profit.

**Class Managers:** The Class Managers' meeting has been scheduled for Saturday, March 1<sup>st</sup>, 2008, in conjunction with the March Monthly Party in San Rafael. Larry has received a number of requests from classes to host Class Websites. He has set up space on the new Branch Website for links to Class Websites, and assured us that there is sufficient storage space on our server to host the websites. A motion was passed allowing Larry to use the Branch server to host Class Websites. Class Managers are invited to work with Larry to make the best use of the new Branch Website's capabilities and resources.

#### **Other Items**

**Web Site:** The Ultra New, Ultra Modern Branch Website was launched in the wee hours of the morning of November 12<sup>th</sup>. All Members are invited to sign on and explore its many new features, including the many new Members-only services available through the "Branch Resources" link. Our many thanks go to Larry Wakeman for his long and diligent efforts in setting up the new website, and for providing us with a secure, dynamic, up-to-date tool for enhancing the Branch's activities.

**Spring Workshop:** The Spring Workshop is scheduled for May 3<sup>rd</sup>, 2008 in Alameda. The Committee has appointed Greg Reznick to be the Chair of the event. Greg will work with Kathy Allen and the Teachers' Committee to develop a valuable and fun learning experience.

#### **Thoughts from the Chair**

Larry Wakeman ([lwakeman@sbcglobal.net](mailto:lwakeman@sbcglobal.net))

I am sure that most of you have noticed that dues and event prices have been rising. We have a problem in this branch that is shared by other social organizations. Costs of putting on events and supporting the membership keep rising and when the costs are passed on to the membership; members don't renew their membership or attend events. This is the issue. How do we provide for our membership without driving the branch into bankruptcy? The shortfalls for events have been small, but not one event over the last few years has broken even or made a profit. The expenses covered by membership dues are under control at this time, but the Branch Committee has to keep on top of it.

Why am I bringing up this subject? The first is to warn the membership that dues will increase significantly this year, but I will discuss that in a moment. The other reason is that as events get budgeted, we have to attempt to insure that the event costs are covered. The event chairs have to estimate the expenses, estimate the number of attendees and then calculate a cost for the event. The goal is to have each event break even. The event chairs will also look at how to reduce expenses so that the cost of the event isn't as expensive but this may mean that some of the things that you enjoy about certain events may be changed. Sherry Socials and Refreshments may be reduced. Halls that are rented may not be as lavish as we are used to. Don't worry about Asilomar, several times we have searched for other facilities that could support the Fall Workshop but have not been able to find another venue.

As for membership dues, I can guarantee an increase in the dues this spring. Realize that the dues we pay is composed of two portions, the dues for our branch and the dues to be a member of the RSCDS in Scotland. This year, members paid \$20.90 to the branch and \$19.10 to headquarters. The local dues can be increased by 10% every year, so it is possible, if the Branch Committee determines it is necessary, to raise the local dues to \$22.99.

The headquarters dues have been 10£ for several years. Part of the problem is that we have to guess the exchange rate that will be in effect when we pay the Headquarters dues. The current exchange rate is 2.0613 \$ to the £. If we calculate the rate incorrectly, the branch will absorb the difference but you can see that last April when we estimated the exchange rate, we guessed 1.91 \$ to the £.

There is another issue with the headquarters dues. At the AGM held in Perth, Scotland last month, the delegates voted to increase the headquarters dues to 15£, an increase of 50%. This was presented to the Branch Committee with less than a month to discuss the increase and with no data to explain the reason for the increase. Our only recourse was to tell our delegates to vote

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## Notes from the Corresponding Secretary

*Donna Weidenfeller*

The management Board of the RSCDS sponsored "Dance Scottish Week" this year from 7-15. September. The goal was to publicize Scottish Country Dancing throughout the world. Headquarters sponsored a reception for the public media and other cultural agencies, opened their doors for tea to members, and organized a dance and a formal ball. The grand finale was the unveiling of a memorial plaque to Dr. Jean Milligan. Below I have quoted Pat Houghton's description of this event; she is our branch liaison to headquarters.

"On Friday 14 Sept an event was held at the University of Strathclyde, Jordanhill Campus to commemorate the Life and Work of Dr Jean Milligan. (Miss Milligan had been awarded an honorary doctorate by the university towards the end of her life.)

The event was planned by a committee representing the University of Strathclyde and the RSCDS Glasgow Branch and was sponsored by the Dean of the Faculty of Education. Many representatives of the RSCDS were invited.

The event began with a gathering of guests over coffee and delicious shortbread and it was wonderful to see again so many well-known faces from past and present.

We then moved through to the Crawford Theatre. The event was most ably managed by Prof. Effie Maclellan of Strathclyde University who acted as MC.

The introduction and welcome was made by the Principal and Vice-Chancellor of the University, Prof. Andrew Hamnett.

Irene Bennett gave the opening address and she outlined the history of the RSCDS and Miss Milligan's involvement with it. She had known Miss Milligan and illustrated her talk with personal memories and anecdotes which were very entertaining.

The engraved plaque commemorating Miss Milligan was unveiled by Mrs Irene Caithness. Irene Grant (as she then was) had been a member of the original RSCDS International Team and had traveled abroad with them and with Miss Milligan on several occasions in the 1950's. (Many items of memorabilia belonging to Irene were to be seen on display at Coates Crescent during Dance Scottish Week.)

There were two dancing demonstrations at the event. The first was by the pupils of Garscadden Primary School and it was evident that the team of 10 year olds had been well-trained and enjoyed their dancing. They danced "The Reel of the 51st Division" and "Lady Catherine Bruce's Reel".

The second dem was by the Dem Team from Glasgow RSCDS Branch. It was a polished performance which included "The Earl of Mansfield", an innovative version of "Miss Milligan's Strathspey" and an energetic "New Virginia Reel" Gordon Simpson accompanied both teams on the fiddle in his usual superb fashion and it was difficult to sit still in our seats!

The final tribute of the morning was given by Robert Mackay. He recounted personal memories of Miss Milligan, her music and her musicians and was most amusing and entertaining.

At the end of the formal proceedings, Dorothy Paterson of the RSCDS gave a vote of thanks to all involved.

The guests were then entertained to a light lunch and again had the opportunity to meet old friends and make new ones.

I thoroughly enjoyed the morning and I think Miss Milligan would have approved!"

San Francisco Branch was represented at these events by Pat, Robert MacKay, one of our delegates; and Harry Andrews whom many of you have met at Asilomar and Truckee workshops.

Hopefully many of our members had the opportunity to meet Pat at Asilomar. I'm sure she will return; she had a wonderful experience for her first Asilomar weekend. Dave, her husband quite enjoyed bird watching.

Harry Andrews returned for his third visit to Asilomar. This year he assisted Patti at the ceildh and sang for us. Many commented how much they enjoyed singing together at the beginning of the ceildh.

Thank you Harry and we look forward to seeing you next year; you may have a volunteer job again!

The Branch Committee thanks Fred DeMarse and Cathy Bertrics for representing us at the AGM. With our current membership we are entitled to 8 delegates. Except for David Normand-Harris, previous delegates have lived in the UK or Europe. By having local representatives who can report directly to our membership, we are able to have a better understanding of how the AGM works. A Branch member is eligible to be a delegate.

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### BAY AREA NATIONAL DANCE WEEK APRIL 25-MAY 4 2008

**Registration begins Monday December 3, 2007**, for groups or classes wanting to participate in Bay Area National Dance Week 2008, which runs from Friday April 25 through Sunday May 4. The Branch Committee has allocated a budget to cover registration fees for Branch classes or groups who want to participate, and appointed Elizabeth Wright to coordinate the Branch offerings. For more info, contact Elizabeth: ewright@sfsu.edu, 415 647-5871, or [www.bayareandw.org](http://www.bayareandw.org), info@bayareandw.org, 415 568-7726

**Early Registration & Advertisement Discount Deadline: Saturday January 19, 2008**

**Final Registration and Advertisement Deadline: Friday February 8, 2008**

This is a great way to publicize Scottish dancing in the Bay Area, and to make connections with the rest of the Bay Area dance community! Contact me if you have any questions: Elizabeth Wright, ewright@sfsu.edu, 415 647-5871.

# RSCDS-SF CALENDAR OF EVENTS • 2007-08

Revised 12/1/07 • Compiled by Dotty Lieber: [dotty@cruzio.com](mailto:dotty@cruzio.com)

## DECEMBER 2007

- 1 Sa: 1 PM. BRANCH COMMITTEE MEETING, in Palo Alto. Info: 831-423-6165 or [dotty@cruzio.com](mailto:dotty@cruzio.com)
- 1, Sa: 7:30 PM MONTHLY PARTY at Mountain View Masonic Hall, 840 Church St., Mountain View, Mountain View Class hosting. [dancingsands@hotmail.com](mailto:dancingsands@hotmail.com)
- 15, Sa: BERKELEY CLASSES HOLIDAY PARTY 6 PM potluck dinner, 7:30 PM Caroling, 8 PM Dancing to Live Music. At Arlington Community Church. Jane: 707-746-0810 or [arvillajane@aol.com](mailto:arvillajane@aol.com) or Irene: 510-527-9097
- 20, Th: 7:45 PM SAN FRANCISCO CLASS WINTER SOLSTICE PARTY, with live music. At Noe Valley Ministry, 1021 Sanchez at 23<sup>rd</sup> St., San Francisco. Info: 415-841-9456 or [linneaj@spursuits.com](mailto:linneaj@spursuits.com)
- 29, Sa: 5 PM SCROLL CELEBRATION AND LAFAYETTE TWEEN PARTY, with dinner by advance registration. Veterans Memorial Building, 3780 Mt. Diablo Blvd., Lafayette. Witsie: [witken@astound.net](mailto:witken@astound.net).

## JANUARY 2008

- 5, Sa, 1 PM . BRANCH COMMITTEE MEETING, in Oakland. Info: 831-423-6165 or [dotty@cruzio.com](mailto:dotty@cruzio.com)
- 5, Sa: 7:30 PM MONTHLY PARTY at Alameda Masonic Hall, 2312 Alameda Ave., Alameda. Lafayette and Livermore Classes hosting. [dancingsands@hotmail.com](mailto:dancingsands@hotmail.com)
- 19, Sa: EARLY REGISTRATION AND ADVERTISEMENT DISCOUNT DEADLINE for Bay Area National Dance Week, 2008. Contact Elizabeth Wright: [ewright@sfsu.edu](mailto:ewright@sfsu.edu) or 415-647-5871 [www.bayareandw.org/](http://www.bayareandw.org/) 415-568-7726
- 19, Sa: 1:30 Video, 2 PM start: TEACHERS COMMITTEE MEETING at Harveys'. Kathy Allen: [Kathy\\_allien@gmail.com](mailto:Kathy_allien@gmail.com)
- 25, Fr: 8 PM BURNS BIRTHDAY BASH, with dances, remembrances, refreshments. Music by Plaid Attitude. \$8. Info and reservations: Jane Samuelson, [Arvillajane@aol.com](mailto:Arvillajane@aol.com)
- 26, Sa: 2 – 4:30 PM BALLGOWN SALE AND TEA PARTY– **NEW LOCATION!** at Deb Hurtig's house: 1690 Triton Court, Santa Clara, CA 95050. \$3. Donation for scholarship fund. Information: Deb Hurtig, 408-248-1178 or [dahurtig@hotmail.com](mailto:dahurtig@hotmail.com), Rebecca Davis, 408-378-3817 or [rrdavis@isp.com](mailto:rrdavis@isp.com) Susie: 415-333-9372 [susie.langdon-kass@ucsf.edu](mailto:susie.langdon-kass@ucsf.edu)

## FEBRUARY 2008

- 2, Sa: VALENTINE'S BALL REHEARSAL with live music. At Noe Valley Ministry, 1021 Sanchez at 23<sup>rd</sup> St., San Francisco. Info: 415-841-9456 or [linneaj@spursuits.com](mailto:linneaj@spursuits.com)
- 8, Fr: FINAL REGISTRATION AND ADVERTISEMENT DISCOUNT DEADLINE for Bay Area National Dance Week, 2008. Contact Elizabeth Wright: [ewright@sfsu.edu](mailto:ewright@sfsu.edu) or 415-647-5871 [www.bayareandw.org/](http://www.bayareandw.org/) 415-568-7726
- 9, Sa: 7 PM Social, 7:30 PM Grand March: ANNUAL VALENTINE'S BALL, "A HIGHLAND BALL" followed by Midnight Buffet, at Scottish Rite Center, Oakland. Info, registration: [julm-hcs@pacbell.net](mailto:julm-hcs@pacbell.net) or 650-722-0473 or Susan at 650-799-9001 [susan@celtic-lass.com](mailto:susan@celtic-lass.com)

## MARCH 2008

- 1, Sa, 1 PM . BRANCH COMMITTEE MEETING, place TBD. Info: 831-423-6165 or [dotty@cruzio.com](mailto:dotty@cruzio.com)
- 1 Sa: 6 PM ANNUAL CLASS MANAGERS MEETING, San Rafael Masonic Hall. Witsie: 925-676-3637 or [witken@astound.net](mailto:witken@astound.net)
- 1, Sa: 7:30 PM MONTHLY PARTY at San Rafael Masonic Hall, Lootens Place at 4<sup>th</sup> St., San Rafael, Dunsmuir and Santa Rosa Classes hosting. [dancingsands@hotmail.com](mailto:dancingsands@hotmail.com)
- 8, Sa: SACRAMENTO BRANCH SPRING BALL AND WORKSHOP, sponsored by Sacramento Branch, RSCDS, at Micke Grove Ballroom in Lodi, CA. Workshops taught by Sarah Harriman. Contact: Peggy Hamilton [peggyh@earthlink.net](mailto:peggyh@earthlink.net) or [www.rscds-sacramento.org](http://www.rscds-sacramento.org)

## APRIL 2008

- 5, Sa, 1 PM . BRANCH COMMITTEE MEETING, place TBD. Info: 831-423-6165 or [dotty@cruzio.com](mailto:dotty@cruzio.com)
- 5, Sa: 7:30 PM MONTHLY PARTY at Mountain View Masonic Hall, 840 Church St., Mountain View, San Jose Class hosting. [dancingsands@hotmail.com](mailto:dancingsands@hotmail.com)
- 19, Sa: 1:30 Video, 2 PM start: TEACHERS COMMITTEE MEETING at location TBD. Kathy Allen: [Kathy\\_allien@gmail.com](mailto:Kathy_allien@gmail.com)
- 25, Fr – Sunday, May 4: NATIONAL DANCE WEEK – more information to follow. Elizabeth: [ewright@sfsu.edu](mailto:ewright@sfsu.edu)

## MAY 2008

- 3, Sa, 1 PM . BRANCH COMMITTEE MEETING, place TBD. Info: 831-423-6165 or [dotty@cruzio.com](mailto:dotty@cruzio.com)
- 3, Sa: 7:30 PM MONTHLY PARTY AND AGM at Alameda Masonic Hall, 2312 Alameda Ave., Alameda. Berkeley Classes hosting. [dancingsands@hotmail.com](mailto:dancingsands@hotmail.com)
- 3, Sa: A GRAND BALL, Celebrating the 25<sup>th</sup> Anniversary of the Orange County Branch, at the Womens Club of Orange. Music by Muriel Johnson and Keith Smith. More info at: [rscds-oc.org](http://rscds-oc.org)
- 31, Sa: CHILDRENS' BALL, by invitation only. Details to follow.

## JUNE 2008

- 7, Sa, 1 PM . BRANCH COMMITTEE MEETING, place TBD. Info: 831-423-6165 or [dotty@cruzio.com](mailto:dotty@cruzio.com)
- 7, Sa: **6:30 PM – Note early start time!** MONTHLY PARTY at First Congregational Church, 900 High St., Santa Cruz. Santa Cruz and Monterey Classes hosting. [dancingsands@hotmail.com](mailto:dancingsands@hotmail.com)
- 19, Th: 7:45 PM SAN FRANCISCO CLASS SUMMER SOLSTICE PARTY, with live music. At Noe Valley Ministry, 1021 Sanchez at 23<sup>rd</sup> St., San Francisco. Info: 415-841-9456 or [linneaj@spursuits.com](mailto:linneaj@spursuits.com)
- 21, Sa: **7:00 PM NEW TIME!** BEGINNERS BALL, at Hermann Sons Hall, 860 Western Ave., Petaluma. Info: Sandra Craig 707-575-8328 [sandracruz47@yahoo.com](mailto:sandracruz47@yahoo.com)
- 28 Sa: TRUCKEE WORKSHOP AND DANCE in Truckee, CA. Info: Dave [allenortep@gmail.com](mailto:allenortep@gmail.com)

## OCTOBER 2008

- 31, Fr. to 2 Nov. Su: 40<sup>TH</sup> ANNIVERSARY ASILOMAR WORKSHOPS AND BALL Information: [julm-hcs@pacbell.net](mailto:julm-hcs@pacbell.net)

## Avoid "Cramping" Your Dancing Style

Mark Caplin MICP, PA-S

Last time we talked about dance injuries and how to treat them (Rest, Ice, Compression, and Elevation) and a little about prevention. Now let's discuss something that many of us have experienced, muscle cramps. You may have had this experience: You're at a great dance, with great music, and great partners, so you dance your heart out. You have a cup of tea at the end of the night; enjoy some good food and good conversation. You say your goodnights and head home. About 3:00 in the morning you roll over and a severe pain grips your calf muscle. You try not to scream so you don't wake the person in bed next to you and hobble to the bathroom trying to stretch out your leg muscles. You have just experienced a muscle cramp.

A muscle cramp, technically, occurs when your muscle tightens and shortens causing sudden severe pain. Muscle cramps generally result from overexertion and dehydration. When you don't have enough fluids in your system, it leads to an electrolyte imbalance that causes your muscles to cramp up. Electrolytes are minerals such as sodium, magnesium, calcium and potassium that help the cells to function normally. An imbalance occurs when we have too much or too little of one or more electrolytes in our system. The main electrolytes affecting muscle cramping are potassium, sodium and calcium.

There are four major types of cramps. These include "true" cramps, tetany, contractures, and dystonic cramps. Cramps are categorized according to their different causes and the muscle groups they affect.

### "True" Cramps

"True" cramps involve part or all of a single muscle or a group of muscles that generally act together, such as the muscles that flex several adjacent fingers. Most authorities agree that "true" cramps are caused by hyperexcitability of the nerves that stimulate the muscles. They are overwhelmingly the most common type of skeletal muscle cramps. "True" cramps can occur in a variety of circumstances as follows:

**Injury:** Persistent muscle spasm may occur as a protective mechanism following an injury, such as a broken bone. In this instance, the spasm tends to minimize movement and stabilize the area of injury. Injury of the muscle alone may cause the muscle to spasm.

**Vigorous Activity:** "True" cramps are commonly associated with the vigorous use of muscles and muscle fatigue (in sports, dancing or with unaccustomed activities). Such cramps may come during the activity or later, sometimes many hours later. Likewise, muscle fatigue from sitting or lying for an extended period in an awkward position, or any repetitive use can cause cramps. Older adults are at risk for cramps when performing exaggerated physical activities.

**Rest Cramps:** Especially in older adults, cramps at rest (often during the night) are very common. Rest may be experienced at

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## RSCDS EVENTS ELSEWHERE • 2007 - 08

Revised 12/03/07

Compiled by Dotty Lieber: [dottyl@cruzio.com](mailto:dottyl@cruzio.com)

For more information on these and other events, try the Inter-City Scot: [www.intercityscot.org/eventList.php](http://www.intercityscot.org/eventList.php)

### FEBRUARY 2008

- 8, Fr – 10, Su: EDMONTON, ALBERTA BALL AND WORKSHOPS, sponsored by Edmonton Caledonian Country Dance Society. Teachers: **Fred DeMarse** and Rebecca Blackhall-Peters, with music by Muriel Johnstone and Jim Lindsay. [www.geocities.com/eccds](http://www.geocities.com/eccds)
- 15, Fr- 17, Su: HONOLULU ALOHA WINTER WEEKEND, sponsored by RSCDS Hawaii Branch. Workshops taught by **Bruce Herbold and David Newitt**, music by **Humuhumunukunukuapua'a and Strathspey Society Band**. Bruce McEwan, 808-538-7707 [bemac@hawaii.IT.com](mailto:bemac@hawaii.IT.com) or [www.rscdshawaii.org](http://www.rscdshawaii.org)
- 16, Sa: 45<sup>TH</sup> ANNUAL TARTAN BALL celebrating the 50<sup>th</sup> anniversary of the founding of the RSCDS Toronto Association, at the Fairmount Royal York Hotel. Music by Bobby Brown and the Scottish Accent.. Information at [www.rscdstoronto.org](http://www.rscdstoronto.org)
- 21, Th – 26, Tu: WINTER SCHOOL, sponsored by RSCDS, in Pitlochry, Scotland. Information, contact Jill Henderson: [jillhenderson@rscds.org](mailto:jillhenderson@rscds.org)

### MARCH 2008

- 8, Sa: SACRAMENTO BRANCH SPRING BALL AND WORKSHOP, sponsored by Sacramento Branch, RSCDS, at Micke Grove Ballroom in Lodi, CA. Workshops taught by Sarah Harriman. Contact: Peggy Hamilton [peggyh@earthlink.net](mailto:peggyh@earthlink.net) or [www.rscds-sacramento.org](http://www.rscds-sacramento.org)
- 28, Fr – 30, Su: VISCDs 32<sup>ND</sup> WORKSHOP & BALL WEEKEND in Victoria, BC, sponsored by Van Isle Dancers. **Alan Twigg**, Gail Michener and Rosemary Coupe teaching, music by Ken Nattrass and Ron Krug. Jill Leslie, Registrar, 250-391-3908 or [jleslie@uoguelph.ca](mailto:jleslie@uoguelph.ca) or [www.viscds.ca](http://www.viscds.ca)

### MAY 2008

- 3, Sa: A GRAND BALL, Celebrating the 25<sup>th</sup> Anniversary of the Orange County Branch, at the Womens Club of Orange. Music by Muriel Johnson and Keith Smith. More info at: [www.rscds-oc.org](http://www.rscds-oc.org)
- 9, Sa & 10, Su: PEARL HOLMBERG WORKSHOP FOR TEACHERS AND MUSICIANS in Vancouver, BC [www.rscdsvancouver.org](http://www.rscdsvancouver.org) AND THISTLE BALL IN Vancouver BC. Contact Sandy Caruth at 604-929-6884

### JUNE 2008

- 28 Sa: TRUCKEE WORKSHOP AND DANCE in Truckee, CA., sponsored by Silver State Scottish Country Dancers. Workshops taught by Elaine Brunken, music by Thistle Glen. Info: Dave at 775-825-6867 or [al-lenortep@gmail.com](mailto:al-lenortep@gmail.com)

(Continued on page 8)

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

Great live music,  
popular dances,  
social, and fun

**FIRST SATURDAYS**  
**7:30 PM**

New Admission Fees:

**\$10 RSCDS members**

**\$15 non-members**

**\$2 new dancers** (with coupon)

**Free for spectators**



© Phil Katz 2006 - May/June Party at San Rafael Masonic Hall

Spring Monthly Parties will be held on  
April 5, May 3, and June 7. Save the dates!

Dance programs are available at class, in the R & S,  
and at <http://www.rscds-sf.org/parties.html>

## Winter 2008 Schedule

January 5

Party hosted by: The Lafayette Class and The Livermore Class

Musicians: Susan Worland Bentley, Patty Van Winkle-fiddles, Katherine Carvajal-flute, Patti Cobb-piano, David Mostardi-accordion (band leader)

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

February 9

The San Francisco Branch Annual Valentines Ball, a "Highland Ball"

*No Monthly Party February 3. See separate flyer for ball at [www.rscds-sf.org](http://www.rscds-sf.org)*

Musicians: *Fiddlesticks & Ivory*: Susan Worland Bentley, Deby Benton Grosjean, Janet Kurnick, John Taylor-fiddles, David Mostardi-accordion, Lyle Ramshaw-piano (band leader), David Reyna-string bass, Donald Robertson-drum

Scottish Rite Center, 1547 Lakeside Drive, Oakland

March 1

Party hosted by: The Santa Rosa Class and The Dunsmuir Scottish Dancers

Musicians: Steve Wyrick, Michele Winter, Janette Duncan, Regan Hemphill-fiddles, Ron Wallace-recorder (band leader), Gary Thomas-piano

San Rafael Masonic Hall, Lootens Place at 4th Street, San Rafael (see back)

Refreshments served after the dance

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

*(Continued from page 3)*

against the increase, which they did. The cause of the increase was presented at the AGM, headquarter expenses have risen to 17£ per member. Expect another increase from Scotland in the near future.

Bottom line, we are looking at dues of \$50-55 next year. I know that some of you will have to make the difficult decision to not renew your membership but I would like to encourage you to continue as a member. The Branch does have some reserves, but, if the drain continues, that will eventually be exhausted. If you enjoy Scottish Country Dancing, imagine what would happen if the Branch could no longer support its membership. Events would disappear, classes would vanish. Where would we go to do SCD.

Now after all that gloom and doom, I will close by hoping that the holidays are joyous and fulfilling.

**Annual Ball Gown Sale  
and Tea Party  
Saturday afternoon,  
January 26, 2007  
2:00 – 4:30 PM**

Come and join us for a good time browsing, trying on, buying, or selling. You're sure to find some great bargains! In the past, we've had fun admiring and commenting on dresses others were modeling. Our new location for 2008 has lots of space and many mirrors. So...don't get rid of that gown that doesn't fit or no longer seems to be the right color! Bring it to the Ball Gown Sale!

The annual pre-Valentines Ball tea party and ball gown swap will be held at Deb Hurtig's home in Santa Clara. Susie Langdon Kass and Rebecca Davis will co-host to makes all goes smoothly. The date is **Saturday, January 26** from 2:00-4:30 p.m. Even if you don't find something to buy, you still can enjoy a cup of tea, good food, and socializing.

The proceeds of each sale go to the seller, but the entry donations (\$3 per person suggested) will go to the scholarship fund. If you can't make it, you can still send in garments for possible sale.

Look for flyers with directions to Deb's house and **SAVE THE DATE!**

**Trip to Perth and the 2007 RSCDS AGM Weekend**

I've just returned from a wonderful weekend in Scotland attending this year's Society AGM. My trip was short, but it was very exciting and eventful! I am disappointed to have missed the Asilomar weekend this year, but my trip to Perth was very much worth it!

I stayed at the Royal George Hotel, a very grand hotel located on the River Tay in the heart of Perth. Many of the guests at the hotel were Scottish country dancers, since the dance and meeting venue were a short walk away.

The weekend's activities started with a formal Ball on the Friday night. The sight of over 600 dancers dressed in formal attire is a sight to behold! And the music for the evening, provided by David Cunningham Jr. and his band, was phenomenal! And this was still Friday night – the beginning of the weekend!

On Saturday, I attended a class in the morning, ably taught by Mervyn Short, a teacher from the South of England. There were at least 200 people in the class, so it was no small effort to lead us and to teach us!

The actual AGM took place on Saturday afternoon. This Society AGM was the first one I've attended, and believe it or not, it was quite interesting! Chairman Irene Bennett opened the meeting with welcoming remarks. The Earl of Mansfield, the Society's Honorary President, presided over the rest of the meeting.

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**JULY 2008**

- 7, Mo – 11, Fr: ENGLISH-SCOTTISH SESSION at Pinewoods Camp, sponsored by Country Dance and Song Society. [www.cdsboston.org/ess](http://www.cdsboston.org/ess)
- 11, Fr – 14, Mo: SCOTTISH SESSION I at Pinewoods Camp, sponsored by Boston Branch, RSCDS. [www.rscdsboston.org](http://www.rscdsboston.org)
- 14, Mo – 19, Sa: SCOTTISH SESSION II at Pinewoods Camp, sponsored by Boston Branch, RSCDS. [www.rscdsboston.org](http://www.rscdsboston.org)

**AUGUST 2008**

- 10, Su – 17, Su: TAC SUMMER SCHOOL in Waterloo, Ontario, Canada, sponsored by Teachers Association of Canada. Teachers: Janet Johnston, Geoffrey Selling, Val Mitchell <http://tac-rscds.org>

(Continued from page 4)

Anyone interested can contact a Branch committee member.

Below is a copy of an email sent to me. Copying it to the "Reel and Strathspeyer" seems like an efficient way to share this information.

TAC (Teachers Association Canada) will be running Candidate classes this coming summer at **Wilfrid Laurier University, Waterloo, Ontario**, between August 3rd and August 17th 2008.

#### **RSCDS TEACHING CERTIFICATE PART 1:**

**Unit 2 (Dance):** Course runs from the evening of Sunday August 3rd until Friday August 8th 2008.

**Tutor:** Stella Fogg

**Musician:** Elma Grech

**Exam:** Friday August 8th 2008

**Unit 3 (Teaching):** Course runs from the evening of Friday August 8th until Saturday August 16th 2008.

**Tutor:** John Middleton

**Musician:** Ron Krug

**Exam:** Friday/Saturday August 15th/16th 2008

**Applications to be in to the TAC exam coordinator by April 1st 2008**

**TAC Exam Coordinator:** Deirdre MacCuish Bark:

[barkd@rogers.com](mailto:barkd@rogers.com) 905-822-1707

It is necessary to sit **Unit 1 (Written)** prior to taking the unit 2 and unit 3 courses. This can be done in your own area. Unit 1 exams are offered 3 times per year. The next two opportunities are as follows:

**Saturday 9th February 2008**

**Saturday 12th April 2008**

Applications must reach RSCDS HQ in Edinburgh 6 weeks prior to the Written Examination date. (i.e. for February 9th that would be **29th December 2007**, and for April 12th that would be **1st March 2008**. Application and information direct from HQ, Edinburgh, RSCDS examinations officer Craig Jackson [craig.jackson@rscds.org](mailto:craig.jackson@rscds.org) )

More information form Deirdre MacCuish Bark, TAC North America Exam Coordinator

#### **RSCDS TEACHING CERTIFICATE PART 2:**

TAC is also running a **Unit 5 course (Teaching)**, from the evening of 3rd August to 14th August. The **Unit 4 Record of Teaching Practice** to be in the hands of the TAC Exam Coordinator by December 2007 and will be forwarded to HQ, Edinburgh by the end of January 2008. These have to reach HQ, 6 months prior to the unit 5 exam.

**Unit 5 Tutor:** Irene Paterson

**Musician:** Muriel Johnstone

There are 14 Candidates signed up for this course, and space for perhaps one more.

More information on TAC web-site [www.tac-rscds.org](http://www.tac-rscds.org) and from the Exam Coordinator [barkd@rogers.com](mailto:barkd@rogers.com)

Deirdre MacCuish Bark; TAC Exam Coordinator, North America.

## **Dunsmuir Annual Report for the 2006-07 season**

*Submitted by Shari Salis*

What was Dunsmuir up to during the 2006-2007 season? The first order of business is to thank our artistic director, Ron Wallace, for believing in us, challenging us, and bestowing upon us his contagious passion for his love of dance. It is his vision that takes us places we didn't know we could go. A huge thank-you to our incredible musicians, Ron Wallace, Gary Thomas, Mike Hird, Micah Reinhold, and Michele Winter. Steve Wyrick lends his talents on occasion as well. We are so fortunate to have live music at every class. The season kick-off was the Pleasanton Games where we had 3 adjudication sets, followed by our traditional post-games party that Cindy and Jerry Sobrero so graciously hosted. In October, we performed at the Sacramento World Music and Dance Festival. The performance was a private fundraising event to help reinstate the annual festival that had been dropped due to a lack of city funding. The last we heard, it was successful, and a festival is being planned for 2008. In December, we danced at The Dunsmuir House holiday party where yours truly broke her foot. Also in December, we performed at the Oakland Yacht Club for the local ASHI (American Society of Home Inspectors) chapter's holiday party. January brought our annual retreat at the Bishop's Ranch in Healdsburg, which was spent fine-tuning the SF Ethnic Dance Festival audition scheduled the day after the retreat. We were so very excited and honored to hear that we had been invited into the Festival. Conceived and beautifully choreographed by Ron Wallace, assisted by Gary Thomas, it was the story of Scotland's majestic stone circles coming to life through step dances inspired by the ancient legends of the mysterious Stone Maidens of the Hebrides. Also in January, we performed at the Inverness Yacht Club. In April, we were the entertainment at a benefit dinner to raise money for abused children. In May, there was a retirement center performance. June was a very busy month. There was the SF Ethnic Dance Festival, the SF Free Folk Festival workshop and performance, and the Marin County Fair performance. Dunsmuir open auditions, also held in June, brought us Becky Robinson and Jordan Murphy. Welcome Becky and Jordan! In true Dunsmuir style, we arrived at the hall to find it had been double-booked, so the audition took place in the parking lot. In July, we participated in the Dunsmuir House Games. Some social events this year included, but were not limited to: a lovely Victorian high tea hosted by Mary Counihan in her lovely Victorian home; numerous mah-jongg games; and a trip to the Santa Cruz Boardwalk where the Dunsmuir Dare Devils defied depravity and dined on dogs (corn) and no one got sick. 'Til next year, keep dancing!

**"While I Dance I Cannot Judge, I Cannot Hate,  
I Cannot Separate Myself From Life ... I Can Only Be Joyful  
And Whole. That Is Why I Dance" – unknown**

**Supreme 60s Party**

*Paula Jacobson*

On September 8th, five members of the SF branch who will turn or have turned 60 years of age this year held a party to celebrate. We are Linda Braswell, Jill Breslauer, Russ King, Paula Jacobson, and Donna Weidenfeller. We called it the Supreme 60s Party. Branch dancers enjoyed a varied program of 12 Scottish Country dances to the sensational music of John Taylor and Lyle Ramshaw. After a superb pot-luck dinner, followed by the obligatory birthday cake, many of us extended the evening's pleasure with some ceilidh dancing. From all reports, a grand time was had by all, but you needn't take my word for it, just have a look at some pictures from the event.



## VALENTINE'S BALL PREVIEW SESSION

Saturday, February 2, 2008 • 1:00 - 5:00 PM

Noe Valley Ministry, 1021 Sanchez Street  
at 23rd Street in San Francisco

\$9.00

Teachers: Bruce Herbold, Susie Langdon Kass,  
& Trina Merriman

Music by: The Humuhumunukunukuapua'a  
and Strathspey Society Band:  
Heather MacKay, David Newitt, Patti Cobb, Bruce  
Herbold

All dances will be briefed, walked through for one or  
more couples and danced once for each couple.  
Some knowledge of the dances is desirable.

**This is a review session.**

**Dances will not be taught in detail.**

Sponsored by the San Francisco Class  
For information call Linnea 415-841-9456  
or Susie 415-333-9372

### Directions:

**Street parking or pay-lot on 24th Street (\$5) only;**  
carpools or public transit **STRONGLY** suggested.

**By car: From 101:** Take Cesar Chavez (Army) Street  
west exit, Cesar Chavez west 1.3 miles to Sanchez,  
then right (north) to 23rd Street.

**From 280 north:** Take the San Jose Avenue exit (next  
exit after Geneva). Go north on San Jose, which be-  
comes Guerrero. At 24th Street turn left, go 0.4 mile,  
then right on Sanchez.

**By public transit:** Muni: J-Church streetcar, 24-  
Divisadero bus, 48-Quintara bus; or BART to a  
downtown station and transfer to the J-Church street-  
car, or BART to the 24th Street station and walk

*(Continued from page 8)*

Certainly the highlight of the meeting, and the entire weekend, was the presentation of the Society Scrolls. There were seven deserving recipients this year, including Kathleen McAdam. I am being very honest when I say it was a very emotional moment for me when the citation for Kathleen was read aloud and she received the Scroll from Lord Mansfield. It was such an emotional moment that I “fumbled the ball” and didn’t “capture the moment” with the camera! Fortunately, there were others with steadier hands and heads so the event is documented! And I’m eternally grateful to Angela Young for helping me to e-mail the photos to many of you at Asilomar so you could share in this momentous occasion!

After this emotional beginning to the meeting, we proceeded with the business issues on the agenda. The San Francisco Branch delegation – eight of us led by Robert MacKay, Head Delegate – had front-row seats to observe the events. The meeting proceeded with the presentation of the committee reports and the elections to the Management Board and the various Committees.

There was further emotion displayed during the meeting when the first motion on the agenda was presented for discussion. This motion proposed an increase in the annual subscription from £10 to £15 per person per annum, starting 1 July 2008. A very lively discussion ensued. As instructed by the San Francisco Branch Executive Board, our delegation voted against this motion. With 175 votes in favor and 62 votes against, the motion passed.

Another noteworthy item during the meeting was the retirement of the Earl of Mansfield from his position as the Honorary President of the Society after 30 years of service. The Society wished to express its sincere gratitude for his service by arranging to plant a cedar of Lebanon tree (Lord Mansfield’s choice) at Scone Palace, his family home. Dr. Alasdair MacFadyen was then confirmed as the new Honorary President of The Royal Scottish Country Dance Society. This “changing of the guard” was also a very notable occasion in Society history.

After the meeting, which lasted over 3 hours, we quickly changed for the evening’s informal dance. Again there were over 600 dancers on the floor enjoying the wonderful music of Marian Anderson’s band.

Sunday morning arrived far too early – the UK had already moved their clocks back the previous weekend – and I needed to head back to Edinburgh and then to the Bay Area and reality. This AGM weekend was my first one to attend, but it will certainly not be my last. I very much enjoyed the music and dancing, the meeting of old and new friends, and the opportunity to be a part of the inner workings of the Society and to represent our Branch at the Society seat of government.

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any age, however, including during childhood. While not life-threatening, night cramps can be very disruptive of sleep and otherwise quite disturbing. They sometimes recur frequently (that is, many times a night, and/or many nights each week) and are very painful. The actual cause of night cramps is unknown. Sometimes, such cramps seem to be initiated by making a movement that shortens the muscle, which then cramps. An example is pointing the toe down while laying in bed, which shortens the calf muscle, a common site of cramps.

**Dehydration:** Sports and other vigorous activities can cause excessive fluid loss from perspiration. This kind of dehydration increases the likelihood of "true" cramps. These cramps are more likely in warm weather and can be an early sign of heat stroke. Chronic volume depletion of body fluids from diuretics (medicine that promote urination) and poor fluid intake may act similarly to predispose to cramps in seniors. Sodium depletion has also been associated with cramps. Loss of sodium, the most abundant chemical constituent of body fluids outside the cell, is usually a function of dehydration.

**Low Blood Calcium, Magnesium:** Low blood levels of either calcium or magnesium directly increase the excitability of both the nerve endings and the muscles they stimulate. This may be a predisposing factor for the spontaneous "true" cramps experienced by many older adults, as well as for those that are commonly noted during pregnancy. Low levels of calcium and magnesium are common in a normal pregnancy unless these minerals are supplemented to the diet. Cramps are seen in any circumstance that decreases the availability of calcium or magnesium in body fluids, such as from diuretics, hyperventilation (over breathing), excessive vomiting, inadequate calcium and/or magnesium in the diet, inadequate calcium absorption due to vitamin D deficiency, poor function of the parathyroid gland (a tiny gland in the neck that regulates calcium balance) and other conditions.

**Low Potassium:** Low potassium levels occasionally cause muscle cramps. More often, low potassium is associated with muscle weakness.

Cramps may also occur after inactivity, such as sitting too long in one place without moving a muscle. Sometimes you can even get a cramp when you're just lying in bed, though researchers cannot define a cause. Most often people get cramps in their calves; however, you can also get them in your thighs, feet or just about any muscle. Cramps can be eased by a few simple methods. First, relax the tightened area. You should gently massage the area that's cramped, whether it's a crick in your calf from over exercising or a spasm in your feet. Second, stretch the muscle out slowly and gently, as long as you don't feel pain. For calf cramps, do a wall stretch. Stand about three feet away from the wall, with your knees straight and your heels on the floor. Lean into the wall, supporting yourself with your hands. You will feel the stretch of your calf muscles. Hold for 60 seconds and repeat three times. You should also make sure to drink

plenty of fluids. If you get muscle cramps after exercise, drink water or a sports drink or juice to rehydrate and restore your electrolyte balance. Most of the time water will be sufficient to rehydrate you, however, you are then better off choosing a sports drink containing electrolytes. You can also add Alacer Emergen-C Mixed Berry, High Calcium.

You may also undo a cramp with ice. Ice is both a pain reliever and an anti-inflammatory. Try massaging the area with ice for no more than ten minutes or until the area is bright red, which indicates that blood cells have returned to heat the cramped muscle. If ice is too uncomfortable, try heat. Heat improves superficial blood circulation and makes muscles more flexible, so some people find that heat is more soothing for muscle cramps than ice. Try a heating pad for 20 minutes at a time or even a warm shower or bath. Make sure to massage the muscle with your hands following ice or heat.

Of course, if cramps are severe, frequent, persistent, respond poorly to simple treatments, or are not associated with an obvious cause, you need to consider the possibility that more intensive treatment is indicated or that the cramps are a manifestation of another disease. As alluded to above, the possibilities are extremely varied and include problems with circulation, nerves, metabolism, hormones, medications, and nutrition. It is not common that muscle cramps would result from a medical condition without some other obvious signs that the medical condition is present, but if you're not sure, go see your Doctor, PA or NP.

So if you stay hydrated, do cool down stretches after dancing, and keep your electrolytes up, maybe you won't limp out of bed at 3 am trying to stifle that scream on your way to the bathroom.

**A Jimmy Buffett Ceilidh***By Greg Reznick and Patti Cobb*

At Asilomar in 2006, Patti and I were playing guitar at 2 or 3 in the morning after the ball and the ceilidh, and this song just started to write itself. Many of you asked for the words after we shared it with you in 2007. It is presented with thanks to all of the denizens of late nights and with apologies to Jimmy Buffett

**Wasting Away Again Down at Asilomar**

Driving through Seaside  
 It's been a long ride  
 But now I can see the Monterey Bay  
 There's time for a quick stop  
 At a nearby shop  
 A bottle of Scotch, and now we're on our way

Wasting away again down at Asilomar  
 Wonderin' why the set just came to a halt  
 Some people claim that their partner's to blame  
 But I know it's nobody's fault

I stayed up all night  
 At my age that's not right  
 But the fiddlers continued to play  
 It's the reels that I love  
 Strathspeys I want more of  
 Pour me a drink 'cause I'm going to stay

Wasting away again down at Asilomar  
 Wonderin' why the set just came to a halt  
 Some people claim that the music's to blame  
 Now I think, hell it could be my fault

Now it's Sunday morning  
 It came without warning  
 I can't believe it's time for the class  
 But now I am warmed up  
 The sets are all formed up  
 I just hope I don't fall on my ass

Wasting away again down at Asilomar  
 Wonderin' why the set just came to a halt  
 Some people claim that the teacher's to blame  
 But I know it's my own damn fault  
 Some people claim that Bruce Herbold's to blame  
 And you know, I think it might be his fault!

**Directory Additions and Changes**

Note: The web version of the Reel and Strathspey퍼 does not include Directory Additions and Changes. Please see the email announcing the availability of the newsletter for that information.

# 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 2007—2008

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.

Larry Wakeman, **CHAIR, NOMINATING COMMITTEE, WEBMASTER:**  
lcwakeman@sbcglobal.net, 925-381-2282 (06-08)

Dotty Lieber, **VICE CHAIR, CALENDAR COORDINATOR:**  
dotty@cruzio.com, 831-423-6165 (07-09)

Louise Brewer, **TREASURER:** dancingchi@earthlink.net, 707-829-8608 (07-09)

Donna Weidenfeller, **CORRESPONDING SECRETARY:**  
sfdonna@hotmail.com, 415-731-6517 (07-09)

Tom Ward, **RECORDING SECRETARY:** 925-449-5932,  
tomtomward@comcast.net (07-09)

Witsie McKelvy, **CLASS MANAGERS COMMITTEE COORDINATOR, MEMBERSHIP COMMITTEE, GAMES COORDINATING COMMITTEE:**  
925-676-3637, witken@astound.net (06-08)

Kathy Allen, **INSURANCE COORDINATOR:** kathyallien@gmail.com,  
408-252-8406, (06-08)

Jim Passage: jpassage@sonic.net 707-829-9775 (06-08)

Miriam Mueller: mimimueller@juno.com, 415-648-6062 (07-09)

✦ Please consider running for the Branch Committee next year, or suggest candidates. Contact Greg Reznick: 925-425-9418. Come to a meeting to find out what it's like. Call for the location.

## 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:** Greg Reznick: Greg@reznickfamily.com, 925-425-9418; **DISTRIBUTION:** Marge Henry: margehenry@aol.com, 925-447-2735

**WEBSITE MANAGER:** Larry Wakeman, 925-381-2282, info@rscds-sf.org; **Website:** www.rscds-sf.org

**CALENDAR COORDINATOR:** Dotty Lieber: dotty@cruzio.com

**CLASSES LIST & VOLUNTEERS LIST COMPILER:** (brochures, website, R&S): Susie Langdon Kass: Susie.Langdon-Kass@ucsf.edu

**BOOKSTORE MANAGER:** Jane Muirhead: 510-782-0519, jane\_muirhead@terpalum.umd.edu

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

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

**MONTHLY PARTY VENUE & HOSTING SCHEDULING COORDINATOR:** Sandra Fritts: dancingsands@hotmail.com

**MONTHLY PARTY SOUND:** Paula Jacobson: 831-688-8295, pj1314@att.net

**MONTHLY PARTY SUPPLIES COORDINATOR:** Michael Suckow, 408-505-6078, suckow@pacbell.net

**ASILOMAR (Fall weekend workshop) CHAIR:** Patti Cobb: pkcobb@pacbell.net, 415-826-2287 **Registrar:** Julee Montes: julm-hcs@pacbell.net, 650-722-0473

**VALENTINES' BALL CHAIR:** Susan Spiegel, 650-799-9001, susan@campspiegel.com; **REGISTRAR:** Julee Montes: julm-hcs@pacbell.net, 650-722-0473

**JEAN PATRICK MEMORIAL DANCE (at Pleasanton Games) CHAIR:** Michael Gregg: gregg128@comcast.net, 925-413-3633

**CLASS MANAGERS COORDINATOR:** Witsie McKelvy: 925-676-3637, witken@astound.net

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

**MEMBERSHIP COMMITTEE:** Witsie McKelvy, 925-676-3637, witken@astound.net, Eugene Bissell, Susie Langdon Kass • Volunteers welcome!

**TEACHERS' COMMITTEE CHAIR:** Armin Busse: 408-586-8478, arminbusse@hotmail.com • Teacher Information Packet

**TEACHER TRAINING INFORMATION:** Contact: Alan Twhigg: keltech@earthlink.net, 650-962-1939

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**NOMINATING COMMITTEE/BALLOTS:** Greg Resnick: 925-425-9418, greg@reznickfamily.com, Larry Wakeman

**PUBLICITY COMMITTEE:** Susie Langdon Kass: 415-333-9372, Susie.Langdon-Kass@ucsf.edu; Greg Reznick: 925-425-9418, greg@reznickfamily.com; **CLASSES:** Class Managers

**SCHOLARSHIPS COMMITTEE:** Paula Jacobson: pj1314@att.net, 831-688-8295; Jonathan Lovell: jhlovel@pacbell.net, 408-924-4437; Dan Shapiro: dgs@stanford.edu, 831-234-3098

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

**BRANCH ARCHIVES:** Eugene Bissell: 925-837-9483

**SCOTTISH HIGHLAND GAMES:** ARDENWOOD (April); SACRAMENTO (April): 916-557-0764, www.sacaledonian.org/; LIVERMORE (May): Michael Gregg: gregg128@comcast.net, 925-413-3633; CAMPBELL (June): Sparky Gregory: 408-257-2294,

KENT\_Gregory@hp.com; MONTEREY (July/August): Sara Gratiot: saragratiot@aol.com, 831-384-4783; OAKLAND/DUNSMUIR (July): Dwayne McQuilliams, boldmary@aol.com, 415-332-2817; PLEASANTON (September): CELTIC HERITAGE AREA MANAGER: John Taylor, jstathome@comcast.net; **GAMES COORDINATING COMMITTEE:** Witsie McKelvy 925-676-3637; DIXON (September); LOCH LOMOND (October): Rebecca Davis, 408-378-3817

**GAMES SCD PROMOTION:** (Banners, Table Supplies, Flyers): Susie Langdon Kass: Susie.Langdon-Kass@ucsf.edu

**BRANCH STAGES:** (interim) Larry Wakeman, 925-381-2282, lcwakeman@sbcglobal.net

Revised December 5, 2007 • SLK

✂ Copy and cut out to fit inside Branch directory ✂

PLEASE SEND CHANGES FOR THIS LIST TO:  
Susie Langdon Kass  
Susie.Langdon-Kass@ucsf.edu  
415-333-9372

👉 **CHANGES DUE Jan. 25**

# SCOTTISH COUNTRY DANCE CLASSES IN NORTHERN CALIFORNIA

Visit: [www.rscds-sf.org](http://www.rscds-sf.org) or [www.rscds-sacramento.org](http://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.

◀ Changes for R&S due **January 25**

## SAN FRANCISCO BRANCH CLASSES

### **Berkeley**

MONDAYS: **Intermediate Technique**: 8pm; St. Clement's Episcopal Church, 2837 Claremont Blvd. at Russell near Ashby. *Call Lynn Sande 510-332-4530.* Teacher: Bruce Herbold. • FRIDAYS: **Basic**: 8pm; Grace North Church, 2138 Cedar at Walnut. **Intermediates**: 8pm; All Souls Episcopal Parish, 2220 Cedar at Spruce. *Call Jane Samuelson 707-746-0810 or Irene Harrison 510-527-9097.* Teachers: Dwayne McQuilliams, David Newitt. • **Youth**: **Intermediate**: 6:30pm; **Beginners**: 7:15pm; All Souls Episcopal Parish. **Advanced**: 7:15 pm Grace North Church. Teachers: Mary McQuilliams, Dwayne McQuilliams, Christopher Berner. *Call Mary McQuilliams, 415-716-7999.*

### **Crockett**

TUESDAYS: **Beginners**: 6:30pm; **Intermediates**: 8pm; Crockett Community Center, 850 Pomona Street. *Call Lori Howard, 925-934-1928, or Sandee Schultz, 510-549-9224, teachers.*

### **Lafayette**

THURSDAYS: **Beginners & Intermediates**: 8pm. Teachers: Eugene Bissell, Kathleen McAdam. *Call Witsie McKelvy 925-676-3637.* **Youth** (7 yrs. & up) (3 Levels): 5pm, 5:45pm; *Call Kathleen McAdam 925-934-6148.* Teachers: Kathleen McAdam, Cathy Bertics. All classes: Veterans Memorial Building, 3780 Mt. Diablo Blvd.

### **Livermore**

MONDAYS: **Beginners & Intermediates**: 8pm; Veterans Hall, 522 South L Street. Teachers: Sheena MacQueen, Coletta Hill. • FRIDAYS: **Family Class**: 7:30pm; Valley School of Dance Theatre, 2247 Suite B Second Street. Teachers: Sheena MacQueen, Don MacQueen. *Call Michael Gregg 925-413-3633 or Sheena MacQueen, 925-447-1833.* • SUNDAYS: **Youth**: **Beginners**: 6pm, **Experienced**: 7pm; Valley School of Dance Theatre, 2247 Suite B Second Street. *Call Sheena MacQueen, teacher, 925-447-1833*

### **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.* Teacher: Sara Gratiot.

### **Mountain View**

WEDNESDAYS: **Basic Skills & Experienced**: 7:45pm; Mountain View Sports Pavilion, 1185 Castro St. *Call Jo Hamilton, 650-328-0474, Michelle Cale 650-327-4402, or Sue Anderson 650-327-0762.* Teachers: Alan Twhigg, Armin Busse, Bruce Hamilton, Fred De Marse.

### **San Francisco**

THURSDAYS: **Beginners & Experienced**; Noe Valley Ministry, 1021 Sanchez St. at 23rd St. *Call Linnea Johnson 415-841-9456.* Teachers: Tim Wilson, Bruce Herbold. • SUNDAYS: **Youth** (7½ yrs. & up): **Beginners**: (starting Jan 27) 4:45pm, **Experienced**: 5:30pm; Richmond Dist. YMCA, 360 18th Ave. *Call Susie Langdon Kass, teacher, 415-333-9372.*

### **San Jose**

MONDAYS: **Beginners/Experienced**: 7:30pm; American Legion Hall, 1504 Minnesota Ave. *Call Sparky Gregory 408-257-2294 or Jonathan Lovell 408-924-4437.* Teachers: Marianna Harvey, Bob McMurtry, Kathy Allen.

### **San Jose ("Campbell Class")**

FRIDAYS: **Beginners**: 7pm; **Intermediates**: 8:30pm; The Dance Affair, 850 N. Winchester Blvd, at Pruneridge/Hedding. *Call Rebecca Davis, 408-378-3817, or Kathy Allen, 408 252-8406.* Teachers: Rebecca Davis, Kathy Allen, Armin Busse.

### **Santa Cruz**

WEDNESDAYS: **Beginners** 7:30pm, **Experienced**: 8:30pm; First Congregational Church, 900 High St. *Call Karen MacQuarrie 831-247-0544.* Teachers: Juliet Davoren, Sara Gratiot, Paula Jacobson.

### **Santa Rosa**

MONDAYS: **Beginners**: 7pm; **Intermediates**: 8:30pm; Santa Rosa Veterans Memorial Building, 1351 Maple St. *Call Susan Scott 707-569-8307.* Teachers: Gary Thomas, Ron Wallace, Emily Evans, Robert Sargent. • WEDNESDAYS: **Youth Class**: 10:15am; Monroe Hall, 1400 West College Ave. *Call Ron Wallace, teacher, 707-795-2185.* • Alternate SUNDAYS: **Vintage Dance** (Mazurkas, Waltzes, Polkas, Quadrilles): Afternoons; Monroe Hall. *Call Gary Thomas, teacher, 707 795 2185 for times/dates.*

### **South Bay Youth Class**

MONDAYS: 3:45pm; Immanuel Lutheran Church, 1715 Grant Road, Los Altos. *Call Michelle Cale 650-327-4402, or Jo Hamilton, teacher, 650-328-0474.*

## DEMONSTRATION TEAMS

### **Dunsmuir Scottish Dancers**

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

### **New World Scottish Dancers**

THURSDAYS: **Advanced** (by invitation only): 9pm; **Ladies Step**: 8:30pm; Pleasant Hill. *Call Lori Howard, director, 925-934-1928.*

### **Red Thistle Dancers**

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

### **Santa Rosa Scottish Dancers**

FRIDAYS: **Advanced** (by invitation only), 7pm, Cotati. *Call Gary Thomas, director, 707-795-2185.*

## SACRAMENTO BRANCH CLASSES

### **Sacramento**

FRIDAYS: **Adult/Family**: **Basic**: 7pm; **Intermediate/Advanced**: 8:15pm; *Call Margo Glenn-Lewis 530-753-7213 or BJ Bailey 916-482-1158.* Teachers: Peggy Hamilton, Lynne Lockwood, Sandra Kesler. • MONDAYS: **Adult Technique/Demonstration Class**: 7:30pm; *Call Carol LaRussa 530-753-7567.* • SATURDAYS: **Youth classes** (8-18 years). **Basic**: 9am; **Intermediates**: 10am; **Advanced/Technique** 11am; *Call Carrie Leeman 916-783-9675.* Teacher: Lynne Lockwood. • All classes: YLI Clubhouse, 1400 27th St.

### **Stockton**

WEDNESDAYS: **Experienced/Beginners**: 7:30pm; Unitarian Church, Bristol & Pacific. *Call Charles Wood 209-465-8871.* Teacher: Don MacQueen. **Beginners**: anytime.

## OTHER CLASSES

### **Arcata (Humboldt Scottish Dancers)**

FRIDAYS: **Experienced Social**: 4pm. Arcata Presbyterian Church, 11th & G Streets. *Call Ann McClary,*

*teacher, 707-822-2219, or Helen MacPherson 707-822-3056.* **Beginners**: anytime.

### **Grass Valley**

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

### **Mill Valley**

FRIDAYS: **Beginners**: 7pm; **Experienced Social**: 8:15pm; Almonte Hall, Wisteria Way at Almonte. *Call Mike Hird 415-884-2716.* Teacher: Marghie Goff.

### **Rancho Cordova**

TUESDAYS: **Beginners/Experienced**: 7:30pm. *Call Ed Johnston, teacher, 530-622-1519, or Rec. & Park District 916-362-1841.* **Beginners**: anytime.

### **Redding**

THURSDAYS: **Beginners**: 6:30pm; **Experienced**: 7pm. *Call Margaret Anne Schlobohm, teacher, 530-472-1154.* **Beginners**: anytime.

### **Reno, Nevada (Silver State Dancers)**

WEDNESDAYS: **Call to confirm**. **Basic/Experienced**: 7:30pm; Fascinating Rhythm Dance Studio, 9736 So. Virginia St. Suite E. *Call Marian Stroh, teacher, 775-825-1224 or 775-762-7860.* • THURSDAYS: **Intermediate/Advanced**: 7:30pm; Nevada Dance Academy, 1790 W. 4th. *Call Dave Wilson, teacher, 775-825-6867.*

### **San Luis Obispo**

THURSDAYS: **Beginners/Intermediates**: 7pm; Veteran's Memorial Building, 801 Grand Ave, near Monterey St. *Call (805) 528-8280, or (805) 466-4631 Barry Lewis, teacher.*

## STEP DANCING CLASSES

### **Atherton/Menlo Park**

TUESDAYS: **Intermediates**: 7pm; **Beginners**: 8:15pm. • THURSDAYS: **Experienced**: 8pm. *Call Jo Hamilton, teacher, 650-328-0474.*

### **Berkeley**

**New class times start Dec 9!** 2<sup>nd</sup> SUNDAYS: Cape Breton Step: **Beginners**: 1pm; **Experienced**: 2pm. Ashkenaz Dance Center, 1317 San Pablo Ave. *Call 209-745-9063.* Gail Erwin and Bob Schuldheisz, teachers.

### **Cotati (Santa Rosa)**

THURSDAYS: **Hard Shoe**: 7pm; **Ladies' Step**: 8pm. *Call Ron Wallace 707-795-2185.*

### **Galt (Formerly in Sacramento)**

Third SATURDAY every month: Cape Breton Step: **Beginners**: 9am; **Intermediates**: 10:30am; **Advanced**: 12pm. *Call 209-745-9063 for directions.* Gail Erwin and Bob Schuldheisz, teachers.

### **Pleasant Hill**

THURSDAYS: **Beginners**: 6pm; **Intermediate/Advanced**: 7pm. *Call Lori Howard, teacher, 925-934-1928.*

### **San Pablo**

WEDNESDAYS: **Beginners/Intermediates**: 7pm; **Advanced Soft Shoe Step** (with permission): 8pm; **Advanced Hard Shoe Step** (with permission): 8:45pm; San Pablo Sportsmen's Club, 5220 Glen Ave. *Call Ron Wallace, teacher, 707-795-2185.*

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

◀ Send changes for website anytime to: [info@rscds-sf.org](mailto:info@rscds-sf.org) and to: [Susie.Langdon-Kass@ucsf.edu](mailto:Susie.Langdon-Kass@ucsf.edu)

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