



WEYMOUTH SCOTTISH COUNTRY DANCERS NEWSLETTER NO 24



MERVYN SHORT'S DAY SCHOOL



This is a popular event held most years now and our Day School in March this year was full of 40 keen participants from the South West area. Mervyn Short from the Hampshire, Surrey, and Berkshire branch of the RSCDS was our teacher. He generously offered his services for free and accomplished a great deal with the group. Some people have commented since on the improvement in the standard of dancing at class. Everyone brought their own picnic lunch and the day finished with a Dorset Cream Tea. £90 profit was made which helps enormously when new equipment etc needs to be purchased.

You can see all the dancers strutting their stuff to Mervyn's exacting instructions in the pic here with what certainly looks like perfect unison. Well done you lot. Such enthusiasm is great to see. Thanks to all the helpers that day.

JUDIE'S CLASS

The Thursday class at Southill have had a successful season averaging 27 dancers a week. We were as low as 14 one week and as high as 34 another, so there are variables, but always a happy, friendly group whatever the number, a joy to see. Although 25 new people have come to try S.C.D. this year, just 8 have stayed the course and are still with us at the last term. As we all know S.C.D, in all it's complexity, is not for the faint hearted so it is to be expected that many will find it is not for them. With this in mind, 8 regular newcomers is actually quite a large number. It would be astonishing indeed if 25 were to stay. To all newcomers, the fun and friendship of this unique group, far outweighs any difficulty you might experience and you are certainly not alone in that respect. The class have enjoyed the monthly joint meetings with the more experienced dancers from the Wednesday group. This term, instead of a joint Wednesday meet at St Edmund's, it has been held on the last Thursday of each month at Southill Community Centre and it's planned to continue this arrangement in the future. The extra help offered by the Wednesday dancers is much appreciated, and it's nice to see so many of us dancing together. It all contributes to a lovely atmosphere.

DANCE CALLER'S GROUP

After a number of years practising, our novice callers are gaining in confidence and now call regularly at the Wednesday group. So we changed the format this year. It's become a class for the advanced dancer, with more challenging dances, which means we have smaller numbers attending. Because the dances were sometimes unknown or difficult, we had to make the evening 'By Invitation Only'. We apologise for this and hope no offence is taken. We applied and were accepted, to evaluate some of the new dances put forward by the RSCDS for their book 52 which is due to be published in 2018. It's at this group that we are trying out these dances.

OUR BALL AT CHARLTON DOWN

An energetic evening was enjoyed by all and we have received positive feedback from a number of sources about this popular annual event. More work takes place behind the scenes than most people realise to ensure the smooth running of the evening so thanks to all who took part in organising it. It is a particularly nice venue especially for dancing with its sprung floor and great ambiance. Our band 'Craigellachie' were on top form

and will play for us again next year. They are hard to beat and I do think they enjoy playing for us. Live music is always such a treat. The Ball raffle raised £250 and was donated to prostate Cancer UK in memory of our dear friend Tom McLelland who is greatly missed.

GUERNSEY DANCE WEEKEND



Anne and Judie flew to Guernsey in April to join the local branch of the R.S.C.D.S. for their annual Ball and even managed a couple of days to take in the sights of the island. I'm told there was a Friday evening dance, a walk through of the Ball programme the following day, a wonderful Ball with a Grand March on Saturday evening and an organised Sunday walk for visitors to the island. Food and drink provided from arrival on the Friday to departure on Sunday afternoon. All in all a splendid weekend with good company and excellent value for money. This intrepid couple are now thinking of doing the Jersey weekend. Is there no stopping these two? The photograph was taken during the walk and features one of the lovely beaches.

AGM

Our S.C.D - A.G.M. this year saw the unanimous vote to withdraw from the South Dorset Caledonian Society and we are now known as **WEYMOUTH SCOTTISH COUNTRY DANCERS**. We have always been an autonomous group so no difference will be felt and happy dancing will continue as normal in both the advanced dancing group on Wednesday evenings at St Edmund's and also the beginners class on Thursday evenings at Southill. All are welcome at whichever group you feel is right for you. There is always plenty going on so your diary need never be lacking. In addition to our own Annual Ball and twice yearly Broadmayne Dances which are attended by a wide reach, there is Roger and Sally's Summer Garden Dance (21st June this year) and our ever popular annual Halsway Residential Weekend. Also plenty of Scottish Country Dances, Day Schools and Residential Weekends in and around the South West from the various groups with whom we are in happy association. The Dance Diary is overleaf but keep your eye on the notice board as sometimes extra events mysteriously appear without warning! How lucky we are to be a part of such a unique entourage of like minded people who enjoy our style of dancing. Talking of which.....

VALERIE'S SPRING DANCE

This was hijacked this year to celebrate the coming of age of several members reaching their 70th Birthdays. It's all lies of course. They can't possibly be that age. All dancing their socks off like only young people can!! Clearly that's what Scottish Dancing does for you. In total defiance of the normal ageing process. Banners, Balloons, Bunting and Bubbly to start, wine with supper and a fantastic cake made by the fair hands of Val Braithwaite. A great evening enjoyed by a full house. I'm quite sure all non Scottish Dancers are immensely jealous! A goodly sum of £255 was raised for this years charity Julia's House too from profits and raffle. All helps give us a warm glow. Photographs below of the happy crowd. In the left hand photo, left to right - Judie, Frank, Val, Martin, Sue, Gail, Val and Frank.



TRIVIA TIME

DANCE FOR HEALTHY BALANCE

Here's an interesting thing. Apparently, regular dancers have better balance than non dancers. Very important as we age. All the more reason to 'Keeeeeep Dancing'. But you can improve with practice.

Try this 30-Second Balance Test.



Stand barefoot on a hard floor. (Next to something to grab in case you fall. Don't want you suing me!!) Check the second hand on your watch because you're going to time yourself. Now **close** your eyes. Bend one knee and lift the foot – if you're left-handed, stand on your left leg and lift the right foot; do the opposite if you're right-handed. You don't need to lift it high; even though your eyes are closed, you can probably estimate about 6 inches off the floor. Repeat the test 3 times, and then add up your total time and divide it by 3 to find your average balance base. You can see how you're doing from the chart below. Dancers tend to score higher than average.

But to improve your score, use the two minutes it takes you to brush your teeth to improve your balance. Stand on one foot while brushing in the morning - (near the sink - ready to grab -). Before going to bed, stand on the other foot. It's harder than you might think. (No cheating now - with eyes open a wee crack - naughty!!)

WHAT'S YOUR ACTUAL BALANCE - BASED AGE?

BALANCE TIME	ACTUAL BALANCE - BASED AGE
4 seconds	70 years
5 seconds	65 years
7 seconds	60 years
8 seconds	55 years
9 seconds	50 years
12 seconds	45 years
16 seconds	40 years
22 seconds	30 - 35 years
28 seconds	25 - 30 years

HAVE A GREAT SUMMER

Contact me daphnestevens@hotmail.com if you have anything interesting or entertaining for the next newsletter.

WEYMOUTH SCOTTISH COUNTRY DANCERS

DANCE DIARY 2017

JUNE

- Wednesday 7th Bridport Scottish Dancers, end of Season Party at Salway Ash American Supper
- Wednesday 14th Dancing at St Edmund's with guest caller Andrew White
- Wednesday 21st Roger and Sally's Garden Dance American Supper
- Saturday 24th Taunton Caledonian Society Charity Dance at Barrington Village Hall with Skara Brae
- Wednesday 28th Bridport Summer Social, Church House, Bridport with Sue Tyler

JULY

- Wednesday 12th Dancing at St Edmund's with guest callers Mervyn Fraser and Bob Gordon
- Saturday 15th Bridport Scottish Dancers. French Exchange Summer Dance Lodgers Village Hall
- Saturday 15th Somerset Branch RSCDS 30th Anniversary Dance, Keinton Mandeville
- Musicians Ian & Judith Muir

AUGUST

- Wednesday 9th Dancing at St Edmund's with guest caller Barbara Savill
- Saturday 19th St Michael's Scottish Country Dance Club, Social Dance at West Camel
- Wednesday 23rd Bridport Summer Social, Church House, Bridport with Barbara Savill

SEPTEMBER

- Sunday 3rd Taunton Caledonian Society Book 51 Workshop at Crowcombe Village Hall
- Wednesday 13th Dancing re-commences at St Edmund's
- 8th – 9th Jersey Weekend
- Thursday 14th Beginners Class recommences

OCTOBER

- 13th – 15th Halsway Manor Weekend

NOVEMBER

- Saturday 4th Taunton Caledonian Society, Dance at Barrington Village Hall
- Saturday 18th Charminster Scottish Country Dance Club, Charity Dance at
Broadmayne Village Hall with Skara Brae