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# THE SCOTTISH COUNTRY DANCER

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## *Upcoming Dances*

Now that summer is over, you can mark your calendars for these upcoming local dance events:

October 14<sup>th</sup>, the Portland RSCDS branch will host their first monthly SCD Party of the season. This will be held at the Tigard Grange, 13770 SW Pacific Hwy., Tigard. The dancing starts at 7:30pm.

The Vancouver USA SCD club will host their Fall Dance the next Saturday, October 21<sup>st</sup>. This party will have a "Harvest" theme – costumes are optional (though some form of attire is probably required). This dance will be held in the classroom, specifically the Oak/Elm Rooms at the Marshall Community Center, 1009 E. McLoughlin Blvd. Vancouver, WA. The dance starts at 8:00pm.

On November 25<sup>th</sup> (the Saturday after Thanksgiving), the Vancouver USA SCD club will host a special dance party. We are celebrating Fred and Marge's 50<sup>th</sup> wedding anniversary (and 20 years of SCD instruction in Vancouver). This event will be held at

the Rudy Luepke Center (behind the Marshall Center), 1009 E. McLoughlin Blvd. Vancouver, WA. The festivities begin at 8:00pm.



## *WARM UP even in Hawaii COOL DOWN especially in Hawaii*

*By Marge Van Nus*

Warm up before dancing means literally "warm" the muscles by increasing the blood flow thereby raising the temperature of the muscles. This can be accomplished by walking around the room, by exercising, or by participating in a "walking dance". Warmed muscles and well lubricated joints help prevent dance injury. Also stretching can safely be done AFTER warm up. Stretching itself does not warm muscles. Stretching a cold muscle can cause strands of tissue to break (unfelt) according to Dr. Sumarko, an Orthopedic specialist for ballet dancers. This causes the muscle to be in need of constant repair. It can be cumulative – leading to injury.

Cool down is allowing the muscles to regain their normal state. This is one reason I like to finish class with a waltz. Stretching after class also helps pull out the kinks, letting the muscles loose their tenseness. The Farandol we did in May serves this purpose too.

Socialize before class all you like but do so while walking or exercising, and be ready to dance. After class, take shoes off and stretch a moment, leave feeling relaxed.

## *BRIEFING versus TALKING/WALKING*

*By Marge Van Nus*

Briefly stated:

- A. Talking through a dance gives details in a shortened version of the printed page.
- B. Walking through a dance can be accomplished simultaneously with talking.
- C. Briefing is a shortened version of talking the dance. Details are not given.

Note: Pilling dance notation is a "visual briefing." Would anyone like further explanation?

## *DANCING from BRIEFINGS*

*By Marge Van Nus*

No matter what our individual learning mode -- visual, auditory or kinetic -- when it comes to listening to a briefing we all need to hone our auditory (and minds eye) skills. A briefing recalls dances we know and should take only about 20-25 seconds. Listed are suggestions to understanding briefings to enhance our dancing pleasure.

- 1. Learn the names of formations and know them – cold !
- 2. Understand how to hook formations together, e.g., a 3 cpl circle to a 3 cpl promenade.
- 3. Know to step up or down even when not told.
- 4. Pay attention to the music and know not just when to step up and down, when to join in or stop, but hear when a new cycle of the dance begins.
- 5. Realize we cannot learn an unknown dance from a briefing – unless, for experienced dancers, it is a simple straightforward one, e.g., "Linton Ploughman".

Do not be overly concerned about learning dances (except for performances). In class, concentrate on learning more about dancing, keeping in mind the above suggestions.

*Marge*

## Calendar of Events

### Summer Happenings

Near the end of July, the Vancouver USA dancers got together for a picnic, yes, a real summer picnic. Everyone was invited, and many of 'em came!

John and Susan Shaw provided the venue (ok, their *home*), and the potluck resulted in a great variety of foods to share. After we finished eating under the shade of the firs, several of the hardier souls braved the heat to dance several dances, like The Red House, Kelloholm Jig, and Neidpath Castle.

A good time was had by all!

In early August, several dancers from the Vancouver group gave a dance demonstration at the annual summer picnic of Hewlett-Packard's Vancouver Division. The picnic was held at the company's own park (nicknamed "Forest Park") adjacent to the plant, a very pleasant combination of shady glens and sunny meadows.

The group gave several demonstrations through the day, including one at high noon in front of everyone! In all, it was a good workout, and we went home tired but satisfied with the demo's success.

#### *Memories...*

Many of you have known Fred and Marge Van Nus for, well, a long time! If you have any special memories you could share with us, please send them to me. Ideally, I'd like to publish them in the November/December newsletter, in time for the dance on Nov 25<sup>th</sup>.

- Sept 6 **Fall SCD Class Has Started – did you sign up?** Oak/Elm Rooms at the Marshall Community Center, 1009 E. McLoughlin Blvd. Vancouver, WA.
- Sept 11 **Portland SCD Classes Begin** \$3/class (1st time free) Tigard Grange 13770 SW Pacific Hwy., Tigard. Beginner & Intermediate classes. info: Don 503-692-5963 [dlgertz@teleport.com](mailto:dlgertz@teleport.com).
- Sept 15-17 **Seattle Branch Fort Worden Weekend** - Classes in SCD as well as English Country Dancing, Stepdancing, and Cape Breton Stepdancing. Info: Eileen Hsu, Ft. Worden Registrar 425-462-0507 [eshsu1@alumni.haas.org](mailto:eshsu1@alumni.haas.org)
- Oct 7 **Pomeroy Farm Demo** – SCD dance demo from about 10am to 1pm, at the Pomeroy House, 20902 NE Lucia Falls Rd, Yacoult. For info, contact Geri 360-834-3757.
- Oct 14 **Portland SCDance Party** Tigard Grange 13770 SW Pacific Hwy., Tigard. • 7:30pm
- Oct 21 **Vancouver Fall Dance** (Harvest theme) Oak/Elm Rooms at the Marshall Community Center, 1009 E. McLoughlin Blvd. Vancouver, WA. 8:00pm. For info, or to help plan, contact Geri 360-834-3757.
- Nov 25 **Vancouver 50/20 Dance!** Celebrating Fred and Marge's 50<sup>th</sup> wedding anniversary, and 20 years of SCD in Vancouver. Rudy Luepke Center (adjacent to the Marshall Center), 1009 E. McLoughlin Blvd. Vancouver, WA. 8:00pm. For info, contact Geri 360-834-3757.

