



# Guth na Dannairean Voice of the Dancers

## PRESIDENT'S MESSAGE

We have had a great start to the dance year with a strong turn out for registration night.

As you noticed there were some changes to the registration requirements this year and these changes have been well received. The first general meeting for the Association will be on November 26<sup>th</sup>, 2007 at 7:00 pm at the Nutana Mennonite Church on 1701 Ruth Street. I hope all members will attend, as this is a great way to receive information and ideas from you, the membership, as well as answer any questions that you may have. At this meeting we will also review last years financial report. We will also be discussing the Scottish Pavilion and fundraising. So please mark this date on your calendar and plan to attend.

Saskatoon Highland Dance Association will host three competitions, two workshops, and a spring tune up this year as well as having the Provincial Championships here again this year. We will also be doing the Scottish Pavilion at Folkfest. There has been two dance outs already this year and dancer turn out was very good. Thank you dancers and parents.

Please feel free to volunteer on a committee. We would love to have your help.

SHDA executive meetings are held the 4<sup>th</sup> Monday of every month and all members are welcome to attend. At an executive meeting only the executive have a vote but all members have a voice. We have two or three general meeting a year and all voting members have a vote at a general meeting.

Sherry Hudson, President, Saskatoon Highland Dance Association



## FOLKFEST UPDATE (continued on page 4)

The Scottish Societies organized another successful Scottish Pavilion for this year. **Over 27,000** visitors came through the pavilion in the three nights, with many returning all three nights. Our food was a huge success with the Haggis and our famous shortbread selling out all three nights. The new desserts were also a huge hit. Of course, our Scottish toffee was sold out early again this year.

**A big thank you** to the entertainment, which included SHDA dancers, pipers, a fiddler, Back of the Bus, The Glenlilys and anyone else that we might have missed. Children, young and old, tried for a hole-in-one on our St. Andrew's Golf Course. The massed bands were enjoyed by the crowds every night, with a full house for the close of the pavilion on Saturday night. New to the bar this year were our now famous "Dirty Wallace" shooters, which we can't wait to have again next year.

Our Folkfest youth ambassadors for the Scottish Pavilion for 2007, Vicky Glass and Lindsey Wagner, were great representatives for our pavilion. They were awarded by Folkfest 2007 the 'Spirit Award' for their enthusiastic attitude to promoting Folkfest and the Scottish Societies Pavilion and culture.

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### Dates to Remember:

- November 3—Regina Open Competition
- November 24—Saskatoon Open Competition
- November 25—Saskatoon Workshop
- November 26—SHDA General Meeting, 7 p.m.
- December 2—WSHD Tartan Tea
- January 11—Winter newsletter deadline
- February 2—Saskatoon Closed Competition

# Why Practice Highland Dancing? - Wendy Wilson, Director of Wilson School of Highland Dancing

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For a Highland Dancer there are many benefits to be gained from regular practice. Here are three:

## **Confidence:**

Dancers that practice on a regular basis (outside of class time) gain the confidence in their abilities to achieve great things. Practice leads to confidence in the steps and the dances initially and then leads to confidence in the quality of the steps and the dances. When a dancer is confident in their performances, you will see that confidence spill over into other areas of dancers life such as schoolwork and other sports.

## **Endurance:**

Dancers that practice on a regular basis have the endurance to do dance after dance after dance, in class! When a dancer has endurance to do dance after dance they are gaining the “repetition of movement” required to become the best they can be. Endurance and repetition is key to achieving a high standard in anything.

## **Quality:**

Dancers that practice on a regular basis, consistently produce quality dancing. These dancers will do well on Dance Exams with minimal extra work and will achieve top marks. These dancers will be able to transition from one competitive category to another with ease. These dancers will be able to learn new dances and choreographies quickly and accurately.

## **Recommended Practice Times:**

Primary – 5 minutes x 3 per week

*A great way to get your young dancer to practice is, suggesting to them that they put on a show for you, a guest or even an audience full of stuffed animals!!!*

Beginner – 10 minutes x 3 per week

*For many beginner dancers it will still work to ask them to put on a show for you or a guest. Beginner dancers will also benefit from doing their dances to the music, repeatedly.*

Novice - 15 minutes x 3 per week

*Novice dancers are ready to take things more seriously and could benefit from using a mirror in the house to practice in front of. Dancers can improve their positions by watching themselves dance. They will also benefit from doing their dances to the music, repeatedly. Novice dance might still want a parent to watch them practice.*

Intermediate & Premier – 20-60 minutes x 3 per week

*At the Intermediate & Premier level many of these dancers have well-defined goals and will have very specific things to practice. These dancers won't need supervision. These dancers will need to divide their practice time between perfecting basic movements and practicing entire dances using the perfected basic movements.*

**Note:** It is very common for these times to be extended (by the dancer) as a dancer falls into a routine of practicing.

***Did you hear about the Scotsman  
who washed his kilt?  
He couldn't do a fling with it!***



## **Why Practice Highland Dancing? - Wendy Wilson, Director of Wilson School of Highland Dancing—Continued**

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### **Suggested Times for Practicing:**

Morning is an excellent time for dancers of all levels to plan to practice. This is the best time to focus on the dance movements AND it is a great way to get moving in the morning!!! If mornings aren't the best for your dancer suggest practicing as a break from homework in the evenings.

### **What Should a Dancer be Practicing?**

Encourage your dancer to begin a Dancing Journal. In this journal a dancer should list 3-5 things from each dance lesson they should be working on. If there is not enough time in class to write in the journal, a dancer should make their journal entries on the way home from lessons. If the dancer is too young to make his or her own notes a parent should keep this journal. Parents need to ask the instructor at the end of each class what their son/daughter needs to practice for the week.

Over the years there have been many dancers that have told me they “won the cross-country race at school” or they were “the 1<sup>st</sup> to finish the fitness run – beating all the boys!” or “I made the senior basketball team this year and I am only in grade ten!”. There are many Highland Dancers that are above average in other sports, other dance disciplines and academics because of the understanding that they have gained at a young age about the benefits of practicing.

## **BINGO UPDATE**

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The next SHDA bingo is Saturday, November 3 from 10:30 a.m. to 5:30 p.m. at the City Center Bingo, 310–22nd Street West. I am still in need of workers. Please contact Christine Hanna if you can work at 249-0326 or the.hannas@sasktel.net.

*It is said that all Scots have a sense  
of humour  
- because it is a free gift !*

## **WORKSHOPS**

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Workshops are offered to SHDA fundraising members at a substantial discount. There are three workshops offered each year in Saskatoon.

Two follow directly after the November and February competitions on the Sunday. These workshops are taught by the judges from the competition and are an excellent opportunity for dancers to get direct feedback about their dancing. Registration for these workshop are on the competition forms and further information will follow.

The other workshop is the Spring Tune Up that will be held in April (dates TBA). This is an opportunity for the dancers not only focus on their Highland skills from a guest teacher but to also learn other aspects of dance. In the past, as well as Highland, guest teachers have been brought in to teach ballet, jazz, flamenco, Pilates, yoga, etc as well as a massage therapist, physiotherapist, and nutritionists. This event is not only a great learning experience but fun for all ages (primary – premier). Other activities include, Scottish story time, crafts and information about the Scottish culture.

If you have any questions or need information regarding our workshops, please feel free to contact Cathryn Wood at 477-0871 or [thewoodsies@sasktel.net](mailto:thewoodsies@sasktel.net).

Cathryn Wood

**SASKATOON HIGHLAND DANCING  
ASSOCIATION**

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**SHDA WEBSITE**  
**www.shda.ca**



**FOUND AT FOLKFEST:**

**Ladies wristwatch near  
the changing rooms. For  
more information call:**

**262-4421 or 225-4421**

***FOLKFEST UPDATE continued***

**The Scottish Society would like to thank all our committee heads and volunteers that served for the 2007 year, they are as follow:**

**Pavilion Manager**—Kelley Glass; **Asst Pavilion Manager**—Elaine Baptie; **Treasurer**—Elaine Hollman; **Secretary**—Debbie Porter; **Bar**—Rachelle & Andrew Lockwood; **Kitchen**—Tangyne Berry & Sandra Northrup; **Entertainment**—Sherry Hudson & Heather Muirhead; **Security**—Ron McLean & Claude Pinel; **Passports**—Morag Wagner; **Raffle**—Lynn Wagner; **Décor**—Cheryl Armbruster; **Golf**—Gene Porter; **Boutique**—Cindy Dunn. (Hopefully I haven't missed anyone.)

In preparation for Folkfest 2008, anyone who is interested in serving as a committee head or volunteering in any capacity, please contact SHDA President Sherry Hudson by email at s.hudson1@shaw.ca or by phone at 653-1238.

In closing, we the Scottish Societies would like to give a **HUGE thank you** to everyone who helped out this year; **our hardworking volunteers** are what makes this pavilion the **BEST** pavilion every year. Without these volunteers, the Scottish Societies would not be able to bring you Folkfest. Till next August everyone.

Again, thank you.

Kelley Glass, Pavilion Manager 2007

**MURIEL BOYLE MEMORIAL AWARDS**

The Muriel Boyle Memorial Awards are presented annually at the February SHDA closed competition. These awards are open to all SHDA dancers in three categories—pre-Premier, junior Premier and senior Premier—who have not received the award in the past three years. The deadline for applications is January 15, 2008. For further information and application forms, please go to the SHDA website.

**AN LÀRACH-LÌN SPLOERER (The Website Explorer)**

**clansceltsandclover.com**—Saskatoon's own place to shop for Scottish, Irish and Welsh items

**scotsman.com**—Keep up with the Scottish news, sports and weather

**undiscoveredscotland.co.uk**—A visitor's guide to travel in Scotland with many colourful pictures

**scotprem.premiumtv.co.uk**—For Scottish football (or soccer for us Canucks) it's the official website of the Scottish Premier League. Choose and follow your favourite team!

**members.shaw.ca/wshd**—Wilson's School of Highland Dance website

**members.shaw.ca/hlbonynge**—Heather's School of Highland dance website

Don't forget to check our own website **shda.ca** to keep up with what's happening.

