



The Oceanside Rant

Oceanside Scottish Country Dancers Newsletter

Club Executive

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Basic Class

Each Wednesday 6.30 pm

Intermediate Class

Each Wednesday 8.00 pm

All classes are held at:

Qualicum Beach
Community Hall, Corner of
Memorial Ave &
Veterans Way,
Qualicum Beach

Web sites:

<http://www.oceansidescd.net>

<http://nanaimoscd.com/cms/>

President's Rant

Our thanks go to our outgoing executive committee who did such a great job of organizing our past year and leaving us such excellent records.

Your new executive is currently planning this season's activities including our main event of a dinner/dance on Saturday, November 12TH – the **Old Fashioned Gala**, with music by Mary Ross. We now plan on holding this event in November of each year, due to the many Scottish Country Dance activities held on the Island. Please mark your calendars.

Those who attended our annual picnic on August 24th at Foster Park thoroughly enjoyed themselves and are pleased to see that it is now considered an annual event.

We had a very successful Open House on Wednesday, September 14th and a big thank you goes to all our members who turned out to make the visitors and prospective members feel so welcome. If my memory serves me correctly, we had five sets of dancers on the floor and several dancers resting or just enjoying the music and the dances. Thank you to all of our members for the delicious finger food and to our Social Committee for arranging it all. There were approximately 60 people at this year's Open House, truly a great turnout.

This is the start of our club's 27th year and we are most fortunate indeed to have Janetta and Rita teaching our Wednesday evening classes. Janetta has been teaching Scottish Country dance since her teacher training days back in Scotland, so has many years of experience. She and husband David came to Canada in 1990 and Janetta has been dancing with us since that time, officially taking over teaching our group in 2002 though she has stepped in whenever she was needed.

Rita, along with two other members, volunteered to 'help out' with a beginners' group in September of 2003 and, when both of the other ladies moved on, Rita valiantly continued. Thank you Janetta and Rita, for all of the hard work you put in throughout the year on our behalf. Janetta and Rita have been busy choosing many of the old favourite dances for our Gala and the programme of dances is now available on our website.

www.oceansidescd.net

Apart from the picnic, all events will be held at the Qualicum Beach Community Center, where we dance every Wednesday.

Dorothy Young

Dance to the sound of the Highlands

You don't need a drop of Celtic blood to enjoy Scottish music and dance.

Submitted by [Brenda Gough - Parksville Qualicum Beach News](#)

Published: September 13, 2011 8:00 AM

You don't have to be Scottish to enjoy Scottish Country Dancing and on Wednesday, Sept. 14 you may just find your foot tapping to the irresistible rhythms of the music if you attend the Oceanside Scottish Country Dancers open house.

Beginners and experienced dancers are encouraged to join the fun annual event from 7 to 9 p.m. at the Qualicum Beach Community Hall.

Dorothy Young who is president of the dance club is inviting people to bring some soft soled shoes and have a good time.

She said Scottish Country Dancing is enjoyed the world over, from Japan to New Zealand and its steps and movements strike a chord in the hearts of young and old alike.

A Scottish country dance is a form of social dance involving groups of mixed couples of dancers tracing progressive patterns according to a predetermined choreography. While the dance is steeped in tradition with its roots in the courtly dances of the Renaissance, most modern day participants are not Scottish, just lovers of dance.

"It's a great way to get a bit of exercise, both physical and mental, but most importantly it is about having lots of fun and meeting new friends," said Young.

Dance instructor Rita Gibson concurs.

"It is energetic dancing. You get a good cardiovascular workout and a very good workout for your brain as well," Gibson said.

"We do a lot of laughing," said Gibson "usually when you mess up." And Young wholeheartedly agrees saying, "You laugh or you cry and we choose to laugh."

Young and Gibson explain that you are switching partners and counting all the time.

"You may lose your partner in the beginning and find him at the end. It is a progressive dance. Everybody is moving all the time, up and down the set, you are continually moving, said Young.

Gibson said some dances have their own music and for other dances they choose the music but it has to fit the dance.

She added there are over 10,000 dances in existence and a lot of them have been around for centuries.

"Some have been handed down by word of mouth. The Royal Scottish Country Dance Society (RSCDS) was started in 1923 to promote the dance as the Scottish do it so the old dances wouldn't be lost," said Gibson.

If you like to dance and want to give it a try you can come alone or with a partner to learn some jigs, reels and strathspeys.

Jigs and reels are in quick time while the strathspey is more slow and graceful.

Members of the club will lead you through some easy Scottish country dances but if you are unsure there is no pressure to join in.

"If they want to try it they are welcome. We will do simple dances with wonderful music," said Gibson who has been teaching the basic class for 10 years.

She adds they will also do two demos so they can observe what they can aspire to.

She said no partner is required so you certainly won't be left sitting on the sidelines and no experience is necessary.

"It's not regulated. That is why it is so much fun. You have a good time and try your best but if you flub it is not the end of the world." Gibson said.

In fact she said it's hard not to dance to the music of the stirring reels and haunting strathspeys.

The traditional soft soled shoes required for the dance are called Ghillies but Young said all you really need to begin with are any soft soled shoes.

She said most dancers do eventually enjoy the thrill of dressing up in a kilt or ball gown for special occasions, particularly the men.

"It is hard to get men out to try it but once they do they are more enthusiastic than the women. It usually takes them about five years to get the bug, and then they want a kilt," said Young.

Both dance enthusiasts agree a lot of the attraction has to do with the wonderful music and the social aspect of the dance.

"There are classes all over the Island. You just carry your shoes everywhere," said Gibson.

The Oceanside Scottish Country Dancers Club was formed in 1984. The Club meets regularly for social classes on Wednesday evenings at the Qualicum Beach Community Centre. The beginner's class starts at 6:30 p.m. followed by the advanced class at 8:10 p.m. For more information visit www.oceansidescd.net.

Eppie MacNab

By Robert Burns

O, saw ye my dearie, my Eppie Macnab?
O, saw ye my dearie, my Eppie Macnab?
She's down in the yard, she's kissin the laird,
She winna come hame to her ain Jock Rab!

O, come thy ways to me, my Eppie Macnab!
O, come thy ways to me, my Eppie Macnab!
Whate'er thou hast done, be it late, be it soon,
Thou's welcome again to thy ain Jock Rab.

What says she, my dearie, my Eppie Macnab?
What says she, my dearie, my Eppie Macnab?
She lets thee to wit that she has thee forgot,
And forever disowns thee, her ain Jock Rab.

O, had I ne'er seen thee, my Eppie Macnab!
O, had I ne'er seen thee, my Eppie Macnab!
As light as the air, and as fause as thou's fair,
Thou's broken the heart o' thy ain Jock Rab!

EPPIE McNABB 32 bar Jig for 3 couples

- 1 - 8 1s + 2a + 3s set, cross RH, set and cross back RH
- 9 - 16 1s lead down the middle and back to place
- 17 - 24 1s set, cast 1 place and turn RH (long turn)
- 25 - 32 2s + 1s + 3s circle 6 H round and back

Submitted by *Rita Gibson*

My Summer Holiday

Recently, I went on a tour with some of the seniors from the Qualicum Beach Seniors' Club. It was most enjoyable and very informative. I am going to share some of my experiences with you.

The itinerary was New Orleans, the Jazz capital of the world; Memphis, the birthplace of the Blues, Rock 'n' Roll and Soul; Nashville with the Grand Ole Opry; Charleston on the east coast; south to Savannah; St Augustine and finally Jacksonville.

When we arrived in New Orleans, it happened to be Decadence Weekend... which had nothing to do with us! Bourbon Street, in the French Quarter, was alive with music, people in all states of dress and undress, and all were in a happy state of mind. Everyone was very well behaved – no swearing, fighting nor drunkenness and no litter on the streets. It was an amazing experience and we all felt very safe.

The next day we toured the city on foot and later by bus, when we were able to see the outskirts and the damage done by "Catriona". This had great interest for me as my daughter Joyce, with her two youngest daughters, volunteered (with other musicians) to help the New Orleans people in any way they could. My family helped paint the inside of a school which had been damaged and then put on a free concert for the people.

Some of the many highlights of this first week were – sailing on a steamboat on the Mississippi; making a CD; visiting Graceland; going to the Grand Ole Opry and even line dancing at the Wildhorse Saloon. It was a great week and we learned a lot about life in Louisiana.

For our second week we flew to Charleston in South Carolina which is on the East coast and, life here was quite different from Louisiana. The city of Charleston has survived the Civil War, an earthquake and many hurricanes. It still exudes charm

and hospitality and the houses are like the ones portrayed in "Gone with the Wind". Most of these homes were occupied by cotton plantation owners, many of whom had come from Britain and, in most cases, treated the slaves very cruelly. The slaves lived in small, one room brick houses and the slaves, usually the women, had made the bricks.

Our next visit was to Beaufort, Queen of the Carolina Sea Islands, a charming, quiet town on the water, and we explored it in a horse-drawn buggy. Many films have been made here. We continued our journey to Savannah, a city with many tree filled squares and a lovely market where the famous sweet grass baskets were on sale at many stalls. These are woven by the Gullah people who are descendants of the slaves from Africa. We visited the home of Andrew Low, a cotton stockbroker who had emigrated from Kincardineshire, Scotland in the late nineteenth century. His daughter-in-law, Juliette Low, founded the Girl Scout Movement.

We continued our journey south along the unspoiled Georgia coast of vast marshlands and winding rivers, and arrived at the exclusive Jekyll Island Club Hotel. This island was the winter retreat of prominent wealthy families such as the Rockefellers and the Vanderbilts. Their grand "cottages" still stand and are still used.

Still travelling south, we visited St Augustine in Florida, the oldest city in the USA which was first settled in 1565. It was originally a walled city with very narrow streets but now, outside the original city, there are broad streets, tramcars, trolley buses and large buildings.

We then drove inland to Jacksonville where we had our farewell meal and our last night.

In the morning we flew to Seattle and then by bus home to Qualicum Beach. It was a marvelous holiday and I am so glad I was able to be a part of it.

Submitted by *Janetta Begg*

Summer School at Sherbrooke

The 39th annual T.A.C. Summer School in Quebec this year was only the fifth outside Ontario. Like Shawnigan Lake two years ago, Sherbrooke provided hot, hot weather and little air-conditioning, but good dancing floors and excellent meals kept participants in good humour.

They came from all over the world: Australia, New Zealand, Hawaii, Japan, UK, Norway, Canada, U.S. Eight of ten teachers and musicians came from "offshore", plus Music Director Muriel Johnstone and her husband, teacher extraordinaire Bill Zobel, from Comox. In the presence of their passion for Celtic music and Scottish dancing it was impossible not to learn and enjoy. Inspired by live music in every class and a variety of teaching emphases, the level of dancing improved day by day.

Twelve other qualified people joined in providing 29 one-hour afternoon sessions on a great variety of subjects. With increasing interest in the history and form of music for dancing, Muriel's two sessions were crowded. Time was given to formations, transitions, tips for teachers, and ball dances.

Musicians who had never played together worked hard and successfully to provide spirited accompa-

niment for five social evenings, including the ball. Then, instead of resting after their long day, they set up and kept on playing at the after party!

The ceilidh location provided a good dance floor, which was fortunate because this certainly was the year of the dance – serious, silly, all well executed. A special, first time concert by the musicians was a delight. Muriel played her haunting memorial in honour of Bobby Brown, and the others joined her in a tribute to four "Canadian" SCD music composers: Bobby, Stan Hamilton, Don Bartlett and Bobby Frew.

It was a pleasure to see Hazel Macdonald and daughter Kirsty in the dining room and on the dance floor, and other familiar people from Victoria, Vancouver, Kelowna, and elsewhere in BC. Sharing so much with new and old friends made for a strange mixture of exhilaration and exhaustion, but some people have been attending annually for 25, 30 or more years and plan to continue. Next year – down the coast in beautiful Portland, Oregon, city of roses.

Submitted by *Barbara McNutt Eagles*

Susan's Soliloquy!

Susan Payne
Victoria, BC

To brief, or not to brief; that is the question.
Whether 'tis nobler in the dance to hear
The teacher's words describe this jig or reel,
Or to take cheat-sheets 'gainst a sea of doubts'
And bow or curtsey with them in our hand.
To brief; to quake no more. And by that brief
To end the heartache and the natural fears
That we may yet forget the first two bars,
'Tis a dancing guide devoutly to be wished.
To brief, to dance, perhaps to err. Aye, there's
The Rub. For in rondels what phrase may come
When we have shuffled off one bar too soon

Must give us pause.
Who would those cheat sheets bear,
To grunt and sweat behind the printed page
When briefing can give time for partners' smiles?
And thus the social aspect of the dance
Is sicklied o'er with the pale cheat sheet's words
And lovely dances of great worthy and grace
Become an exercise in "getting through"
And lose the name of dancing.

Submitted by *Rita Gibson*

Thank you to Wendy and Roy Burns

Every year I mean to slip in a thank you from all of us
for Roy Burns' unstinting work every week and, it
seems to me, for all other social events, bringing out
and putting away the chairs. Also his wife Wendy,

who doesn't even dance with us, who is always willing
to lend a hand at our social events.

On behalf of all of our Club members, a heartfelt
THANK YOU!

Scottish Country Dancing

Scottish country dancing is an easy way to keep active
and socialize at the same time. You don't need to
bring a partner and, to begin with, just wear some-
thing comfortable and soft shoes.

To give you a taste, here is an [introductory video](#)
thanks to the UK NHS and the Royal Scottish Country
Dance Society.

And see how it is enjoyed all over the world, at [club
socials](#), formal balls, [demonstrations](#), and at [competi-
tive level](#).

From the Nanaimo web site.

<http://nanaimoscd.com/cms/>

Let's face it - English is a crazy language

There is no egg in eggplant, nor ham in hamburger;
neither apple nor pine in pineapple. English muffins
weren't invented in England or French fries in France .
Sweetmeats are candies while sweetbreads, which
aren't sweet, are meat. We take English for granted. But
if we explore its paradoxes, we find that quicksand can
work slowly, boxing rings are square and a guinea pig is
neither from Guinea nor is it a pig.



Recipes Section

Drambuie Oranges

Reprinted from the Electric Scotland at
www.electricscotland.com

In his latest Scottish cook book, celebrity chef Nick Nairn lists one of his all time favourite recipes.

6 to 8 small thin skinned juicy oranges
 4 Tablespoons Drambuie

Slice the top and bottom off each orange and sit each one on a board. Cut away the outer skins so that there is no white pith left behind and then slice each orange across into thin slices. Arrange the slices overlapping in the centres of 4 large dessert plates, drizzle over the Drambuie and serve straight away.

Alternatively, place the orange slices in a shallow dish with the Drambuie, cover and leave to chill in the fridge for 3 to 4 hours during which time the juice from the oranges will develop a wonderful tasting sauce with the Drambuie. Arrange on a serving plate as before and serve while the slices are still chilled.

Submitted by *Rita Gibson*

Meringues

3 large eggs (at room temperature)
 6 oz caster sugar
 9 x 12 cookie sheet, slightly oiled, lined with parchment paper
 Pre-heat oven to 300 degrees F
 Separate egg whites ensuring no yolk is mixed in
 Place egg whites in large clean bowl and beat until soft peaks stand on their own; continue beating while slowly adding sugar until stiff.
 Using a metal tablespoon place meringue mixture on prepared parchment covered cookie sheet (about 14 meringues (double) – large)
 Place in oven and immediately turn down to 275 degrees F; leave in oven one hour; turn oven off and leave in for additional two hours.
 When cool, may be stored in air-tight container

Submitted by *Georgie*—Pauline's sister

Stovies

Serves 6

These potatoes, from "A Year in Lucy's Kitchen", are cooked on the stove with lots of onions to make a delicious and homey dish. (Originally Stovies included beef or lamb and were served as a main course).

This dish reheats well. Just leave it in the skillet until needed and reheat over low heat, stirring occasionally.

¼ cup	butter
2 cups	thinly sliced onions
4 cups	Yukon Gold potatoes (peeled) in half inch dice
¾ cup	chicken stock or water
1 cup	frozen peas, defrosted
	Salt and freshly ground pepper
2 Tbsps	chopped chives

Heat butter in a large skillet over medium heat. Add onions and sauté, stirring occasionally, for 3 to 4 minutes, or until softened. Add potatoes and cook, stirring for 2 to 3 minutes, or until potatoes start to brown. Add stock and cover. Reduce heat to medium-low and cook, stirring occasionally, for 15 to 20 minutes, or until potatoes are falling apart and stock has evaporated. Stir in peas and cook, uncovered for 3 minutes. Season well with salt and pepper. Sprinkle with chives before serving.

Submitted by *Rita Gibson*

MARK YOUR CALENDARS

November 12th

Old Fashioned Social

Dinner/Dance with

Mary Ross

\$30.00 each dancer

\$20.00 each non-dancer