

BROUN'S REEL

March 2023

A NEWSLETTER

No. 172

Editorial

First of all, an apology for not having produced this edition of Broun's Reel on time. It always comes out in time for our February dance, but circumstances meant that I could only get it ready for the March Centenary Dance. In my defence I would point out that this is the first time I've missed the expected issue date since I began editing/writing Broun's Reel in 1990 – that's 131 editions!

Secondly, I would like to draw your attention to Andrew Timmins's excellent article on getting fit again for dancing. This was originally an idea for people returning to dancing after a long lay-off under Covid restrictions and then some hesitancy about returning to previous patterns of social behaviour, SCD included. His advice is also really useful to anyone returning to dancing, or indeed other exercise, after a period of illness or injury, and helps you understand why you should "rehabilitate" your body – my words, not his.

Thirdly, the main point of this piece. At a recent dance Helen Russell felt the necessity to remind people of etiquette in Scottish Country Dancing. "Etiquette" though, as a vocabulary item, has perhaps a stuffy or prissy feel to some, and by talking now of the "courtesies" of dancing, I'm hoping to bypass this feeling and also extend the range of reference.

At a dance, then. When should you take up places to form sets on the dance floor? The convention is that you wait until the MC has announced the next dance or the band has played the introduction (or indeed the MC at a recorded music dance). It was suggested that new dancers may not know this, but it seems to me that it is more experienced dancers who rush to make up the sets! [So don't teach the newcomers bad habits!]

When you make up a set, always start from the top and join the line below the last couple. Don't spot your friends and decide that's where you would like to stand – similarly, saving your friends the spot below you isn't really on either. Many years back, you would see people getting up as a complete set of eight: fortunately, that does seem to have disappeared. I like to think that this kind of cliquishness no longer exists in our part of the dancing world.

Then there is the problem of five couples dancing in a four couple set, and the music will be played only eight times. Maybe twenty years ago I argued here that the 4s should go to the bottom after the 7th time through, when it was quite common for them to stay in second place. This, however, is really unfair on the 2s, who would only dance 3 times out of 8, while the 4s would dance 6 times and everyone else 5 times! Logic and fairness dictate that 4s must slip to the bottom.

The next point is applicable in class as well as at dances or workshops. If the teacher or MC is teaching, talking, recapping or coaching through a dance, then no one else should be talking! This is really discourteous to the MC and to other dancers. Recently someone became very distressed when, while try to follow the MC's instructions in a walk-through, a third person was chipping in – and then that person got cross when the original dancer couldn't follow their instructions! It is very confusing for a newer dancer to have two sets of instructions going on at the same time – who do they listen to? And again, quite discourteous to the teacher or MC.

Those who knew Alick McTurk will remember that he would always study his little cards while the teacher or MC was recapping. For some MCs, this too was discourteous. Yet the cause wasn't – and isn't

– a lack of courtesy. For some people, a series of words without diagrams or movement really doesn't help – it depends on what kind of learner you are. For others, you can watch all you like, or look at Pilling's diagrams, but it's no help! So please, be tolerant of others. And then go out and dance and enjoy yourselves!

Joyce Cochrane

GETTING BACK TO DANCING, AND PHYSICAL FITNESS

Hello from Germany, Joyce has asked me to write a piece for your Newsletter, "Broun's Reel", about some advice for dancers who are just returning to the dancing. A little on my background, I am a qualified Remedial and Massage Therapist, retired from Massaging in 2019, and I operated my own Massage clinic in Adelaide, Australia, for more than 20 years. We now reside in Germany.

Although Germany and the UK were on a similar page with Covid, we did have different rules and regulations. After the initial "Lockdown" in March 2020, we were able resume dancing outdoors in June 2020, no more than 5 people. Then in November 2020 we started a weekly basic Step Dancing Zoom class until June 2021, when all restrictions removed. So, we were able to maintain our fitness level to a point. This may or may not be the case with everyone.

The challenge we all face, with every passing year, is that it can become harder to maintain our fitness level. This is not only physically but mentally! The most important part of any exercise, is maintaining it as part of your weekly or daily routine. "Well, that's pretty obvious," I hear you say, and you would be right! However, we humans do suffer from "I'll do that Tomorrow!" syndrome and so put things off, when in fact we should do it first and THEN have a lie down!

If you have found it a challenge to keep active over the past 24 months, you are not alone, and returning to Dancing may be a greater challenge than if you were able to keep active. And it may take you longer than you expect to regain your fitness. Having said that, it doesn't mean you shouldn't try!

So how do you regain your fitness? Let's have very quick Anat & Phys lesson. The most important point to remember is, increase your heart and breathing rates above your normal rate. The average resting heart rate is between 60 - 100 BPM, and this is dependant several things like age, fitness, weight, medication, injuries and medical conditions. Everyone is different.

Raising your heart rate (BPM or beats per minute) to between 50 to 75% of your maximum BPM increases your Cardiovascular fitness without building Muscle strength. To calculate your maximum BPM for your age is simple as: $220 \text{ minus your age (if 70) } = 150$. So, 150 BPM is your maximum and 75% of 150 is 112.5 BPM and 50% is 75 BPM. So I've now filled your head with theory, mathematical equations and with more information than you actually wanted.

So, why am I telling you all this? It shows you that you only need to increase you heart rate slightly to improve your fitness. However, raising your heart rate too high can have the opposite effect of what you are after.

Putting this into practise? Here are two ways that will not cost you a fortune:

Walking is a much overlooked exercise, not the ambling style but Brisk Walking. Fast paced walking can raise your BPM to the 50 -75% level and it's benefits are not be underestimated:

- a. you can start slowly and either increasing the length of the walk or reduce time taken.
- b. you can still enjoy talking with someone and the surroundings.
- c. has a lower impact on the joints and cardio-vascular system than either Jogging or Running.
- d. lower risk of injuries because it is low impact.

OR

You can use the RSCDS DSAH Classes collection to practise your steps and dancing at home. You can rewind, fast forward or pause when you need too. This will help you use muscles you haven't used for sometime. Just make sure you have cleared a space, so not to injure yourself.

[link to RSCDS Dance Scottish at home: [Dance Scottish At Home | Royal Scottish Country Dance Society \(rscds.org\)](https://www.rscds.org/)]

There are 2 points that you should start observing as/when your fitness returns

1. the length of time it takes for your heart rate to return to normal will reduce.

2. generally speaking, your normal or resting heart rate can be lowered over time

There is also another point to be aware of, and various studies have shown this that bone density reduces when the body is not exposed to weight bearing exercise. Astronauts have bone density problems when they come back to Earth. So walking, running, jumping and dancing are good for your bones, although swimming is one of the best muscular and joint exercises but it's doesn't help your bone density, so also include some weigh bearing activity.

More trivia! Generally speaking, the body after 45 minutes of continuous exercise will have used most or nearly all the blood sugar and will then start burning fat. So a 60 minute walk is better than 2 x 30 minute walks where only sugar is burned, but it's still better than doing nothing. It stops once you start eating.

I hope this has been informative and shown how easy it can be to regain one's fitness without feeling overwhelmed or that you have to overdo it. We only have one Body so look after it. Sometimes the slower route is the most productive and enjoyable one.

Here the link to a UK website for interesting reading, from 2016/2020:

<https://www.saga.co.uk/magazine/health-wellbeing/exercise-fitness/jogging-vs-walking>

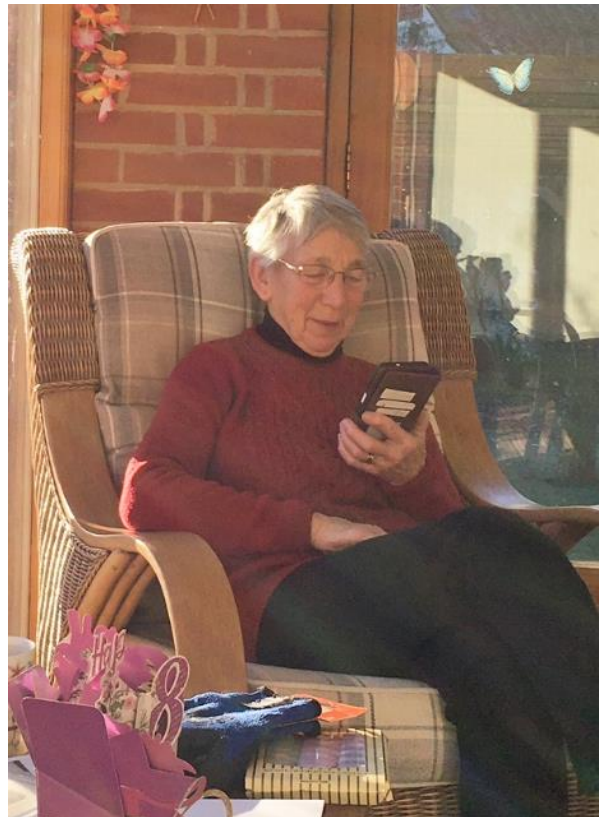
Andrew Timmins, RSCDS Central Germany Branch

WHO IS JENNIFER ROBINSON?

We all know who Jennifer is, don't we? Well, perhaps most of us do, though on two recent occasions people have described Jennifer to me, not knowing who she was.

Jennifer is known to most as a stalwart of the Pickering group. She first took up Scottish Country Dancing in 1988, following a chance remark from Joann and Eric Taylor. At that time the class was taught by Margaret Jepson, who was very keen to teach steps and figures, for which Jennifer has always been grateful. The class was then taken over by Jo and Eric, later evolving into being led by a team of four, one of whom was Jennifer.

Jennifer lives in Kirkbymoorside, and when not dancing, enjoys walking, swimming and racketball, which she has played since 2012. She has really enjoyed participating in branch activities like the annual walk and lunch, and the White Rose Festival. She first joined the Branch Committee in 2017, and has been on it ever since, being chairman from 2018 – 2020. Jennifer is now as Membership and Communications Secretary, doing a great job regularly sending out correspondence to members from our own and other branches and classes. Thank you, Jennifer, for all the enthusiasm and energy you bring to us!



SAVE THE DATE!
HARROGATE WEEKEND 2024
Friday 2nd – Sunday 4th February, Cairn Hotel, Harrogate

MEMBERSHIP FORMS

New membership forms are very nearly ready and will be available very shortly. Look out for news on them!

NEW WEBSITE

At the time of writing, the branch website is still rscdsyork.website. However, the change of website is imminent and the new webmaster will be Ken Wallace. Watch this space! Members on email will be notified by Jennifer as soon as the changeover takes place.

Y&NH Branch on Social Media

Angie Francksen is doing a sterling job making our presence known on Facebook and Instagram. Our social media reach now extends too between 500 and 1600, and there are 100 members of the FaceBook page. The highest number of responses has been to the video of Rod Downey's strathspey "Helen Brown" from Harrogate. Well done that team!

YORKSHIRE DIARY

Again, at the time of writing this is not yet up and running, but is very closing to launching. Again, we will use all channels to notify you. Thanks to Carol Hazell who is doing so much on this at the moment.

A LITTLE DANCE-TIME STORY – and Competition!

In the last issue, Maureen Chevens from County Kerry sent in her "little dance-time story" for you, with missing words which were all references to dances. She did give us some clues at the end! I had some printed copies out at Harrogate as well as the Broun's Reel version. Maureen had promised to provide 3 prizes. But – has anyone completed the puzzle? I will send a further copy through to you on request, and I will publish the answers in May's Broun's Reel.

BRANCH DANCE & AGM, MARKET WEIGHTON, 15th APRIL

Our AGM in April is back at its old venue, Market Weighton Community Hall, on April 15th, beginning at 7.30 p.m. For those who don't know it, it's a good hall with good parking – for SatNav users the postcode is YO43 3AX (More directions below.) Tickets cost just £8, and you are asked to bring contributions to a Faith Supper.

As formerly, the AGM should be quite short and will take place during the supper interval: the separate side-room will accommodate this very well. The following programme has been devised by Ruth Potter, and will be danced to recorded music:

Ecclefechan Feline	Jig	McMurtry/Petit Chat Celtique	
The Lochalsh Reel	Reel	Skye Collection 2	
Barbara's Strathspey		Strathspey	RSCDS Book 46
The Aviator		Jig	RSCDS Book 52
The Irish Rover		Reel	Cosh
S-Locomotion		Strathspey	RSCDS Book 41
The Elephant's Stampede		Reel	Aurora 10th

Interval & AGM

The Dandelion Picker		Reel	Barbour
Scarborough Castle		Strathspey	Leeds 50th
Roaring Jelly		Jig	Foss
MacDonald of Keppoch		Medley	RSCDS Bk 49
Bill Clement MBE		Jig	RSCDS Bk 47
City of Belfast		Strathspey	RSCDS Bk 48
Mairi's Wedding		Reel	Cosh/RSCDS 30 Popular

Extras:

Rodney's Rant		Jig	RSCDS QEII DJ Coll
Deil Amang the Tailors		Reel	RSCDS Bk 14

Directions: From York Road in the town centre, take Londesborough Road, passing the Church on your right. Take the first road right and Station Road is the first on the left.

BRANCH DANCE, PICKERING, 13th MAY

Our branch dance in May takes in the Memorial Hall, Pickering, on Saturday May 13th, beginning at 7.30 p.m. As last year, we will be dancing to live music from Leonard Brown. The cost is £12 per ticket and you are asked to bring contributions to a Faith Supper. The programme has been drawn up by Sheila Barnes and Jennifer Robinson and is as follows:

Cramond Bridge	Reel	London Golden Jubilee
Auchinellan Jig	Jig	Alice McLean/ Auchinellan Coll.
Cape Town Wedding	Strathspey	RSCDS Bk 39
City of Stirling Reel	Reel	Goldring 2005
The Dancing Master	Jig	Drewry/ Donside
Chasing the Eclipse	Strathspey	Gallamore/ Highland Road
The Ruby Rant	Reel	RSCDS Book 49
The Hazel Tree	Jig	Drewry/Brodie
Far North Queensland	Strathspey	Brenchly/The Other Kangaroo Paw
The Rutland Reel	Reel	RSCDS Book 48

INTERVAL

Born to Dance	Jig	From Paper to Pearl
Polharrow Burn	Reel	RSCDS 3/2007
Autumn in Appin	Strathspey	RSCDS Bk 31
Beach Dancer Jig		Eddy West 2003
John of Bon Accord	Reel	RSCDS Bk 33
Blue Butterfly	Strathspey	Chris Brooks 1999
Follow Me Home	Jig	RSCDS Bk 38
Reel of the Royal Scots	Reel	RSCDS Leaflet.

FORTHCOMING EVENTS

Please note that if the situation with the coronavirus pandemic changes, there may have to be changes to this listing.

- March 25 Y&NH Branch Annual Dance, Stockton on the Forest – Scott Band
- April 8 Brighthouse SCDC Easter Open Night - recorded
15 Y&NH Branch AGM & Dance, Market Weighton – recorded
15 Richmond RSCDS Centenary Celebration Dance, Richmond School – Marian Anderson
22 York SCDC Family Ceilidh, Memorial Hall, Haxby – live music
29 Harrogate Saltire Spring Dance, St. John’s C of E School, Knaresborough – Leonard Brown
- May 13 Y&NH Branch Dance, Memorial Hall, Pickering – Leonard Brown
13 Brighthouse SCDC Open Night - recorded
20 Leeds RSCDS Branch Dance, St. Chad’s – Robert Whitehead (duo)
- June 10 Brighthouse SCDS Annual Dance - Màrtainn Skene
15 Y&NH Branch Walk, Newton on Derwent (4 miles)
17 Leeds RSCDS Dance, St. Chad’s – Leonard Brown
24 Great Ayton SCDC dance, Chop Gate – recorded
30 Pickering Group end of term dance, Memorial Hall, Pickering – Robert Whitehead
- July 2 Leeds RSCDS Rod Downey Workshop, Queen’s Hall, Moortown – (2.00 – 5.30)
8 Leeds White Rose Festival & Evening Dance – Gateways School, Harewood – Susan MacFadyen
- September 2 End of summer classes dance, Stockton on the Forest – Leonard Brown
September 16 Y&NH Branch Dance, Darby & Joan Hall, Cottingham. - recorded
- October 7 Y&NH Y&NH Branch Half Day School & Evening Dance, Stockton on the Forest – Deb Lees, Gillian Stewart, The Braes of Wansbeck
21 Leeds/Y&NH Joint Ball, Riley-Smith Hall, Tadcaster – Phill Jones
28 York SCDC 70th Anniversary Dance, Stockton on the Forest Village Hall – Sandy Nixon
- December 3 Cottingham/Willerby classes Christmas Social, St Andrew’s Memorial Hall, Willerby – recorded
9 Y&NH Branch Pre-Christmas Dance, Memorial Hall, Pickering – 1.00 p.m. – Ian Slater

31 Y&NH New Year's Eve Dance, Dunnington – recorded

2024

February 2-4 Y&NH Harrogate Dance Weekend, Cairn Hotel, Harrogate

BROUN'S REEL, our newsletter, is published four times a year and can normally be collected at the Branch Dances held in September, December, February and May. Readers wishing to obtain Broun's Reel by post should send 4 (or more) first or second class stamps, together with a note of name and address, to Joyce Cochrane, 22 Newton Drive, Beverley, HU17 8NX. Please don't also collect a further copy from the dances, or we might run short!

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York & North Humberside branch website: www.rscdsyork.website – note new website in progress

Copy date for next issue: 25th April 2023