



RSCDS Bristol

Volume 7 Issue 1

October 2004

THE NEWSLETTER OF THE ROYAL SCOTTISH COUNTRY DANCE SOCIETY IN BRISTOL
RSCDS Bristol Registered Charity 1059608

Burns Night January 2004

Once again beautifully organised by Andrew Smith and Lesley Terry, the evening was a delight to everyone, as these pictures show!



WELCOME TO A NEW SEASON

We thought you'd enjoy a few pictures of events that have taken place over the last 8 months, enthusing us all for the new Season!



(photographs supplied by Lesley Terry)

Haytor Weekend - March 2004

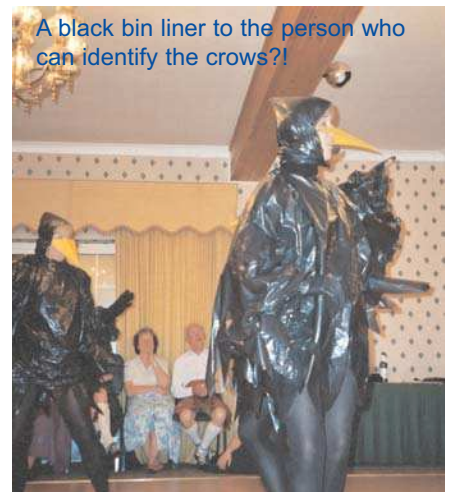
Haytor was, as always, much enjoyed by everyone who attended. These photos show some of the Ceilidh turns!



Arabian dancing with Caroline Dunn and Fiona Grant.



Lesley and Alan Cottle show us how Scottish dance steps should be performed.



A black bin liner to the person who can identify the crows?!

This issue:

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- ❖ Recipes
- ❖ In Training
- ❖ Letter from our Chairman
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- ❖ General Information



AND after the Ceilidh!

(photographs supplied by Lorna and Graham Coles)

Dalriada in Poland...

Dalriada's visit to Poland last July saw them entertaining all sections of the population.



Warming up the audience in the arena in Biala Podlaska.



Entertaining the inhabitants of the local prison. Dalriada were protected by razor wire and bars from the audience.



Dalriada being visited on stage by the youngest groupie, Natalia, age 3. She followed the band every day in the festival and her mother quickly made her a kilt and plaid so she could feel part of the band.

...and at the Montpellier Ball



(photographs supplied by Joan and Hugh Ferguson.)

And now you can indulge yourselves by trying these mouth-watering recipes...

Atholl Brose from Peter Wright

This is supposed to have its origins in 1474 and named after the then Duke of Atholl, in dispute with the Earl of Ross. It is said that the Duke filled a well with this 'potent libation' so that the Earl would drink deeply and be captured. He was! The recipe is from the 8th Duke.

Put 3 heaped tbs. of oatmeal in a bowl and mix with water to a paste. Stand for about half-an-hour.

Press it through a fine strainer with a spoon to get most of the suspension through and leave dryish oatmeal (a labour!!)

Blend this liquid with 2-3 tbs. of good liquid honey.

Pour into a quart bottle and top-up with whisky (this might equal 500 mls. - care!)

Comments: Caroline suggests using a blender to make the oatmeal as fine as possible to help with the straining. The amount of whisky depends on your preference, and pocket. Some say it is not worth using a malt. Ah well. Cork/cap well, and always shake before pouring.

Atholl Brose Dessert

A luxury!

Whip cream and blend in a few tbs. of the above drink to taste (keep tasting carefully - allow for this essential task in the amount of

cream used).

Pour 2-3 tbs. of the above shaken drink into glasses/dishes and top-up with the whipped cream. Sprinkle fine lightly toasted oatmeal on top and serve chilled.

An oatcake does not go amiss.

Recipe from the French Trip to remind you of Summer by Margaret Pinder.

The following recipe produces a wonderfully refreshing summer drink called Marquissette which we were given after one of our dance displays by our grateful audience!

Ingredients

1 litre white wine

2 lemons

sugar to taste

Method

Place the white wine in a glass or earthenware/porcelain container and add the two lemons, well skewered. Stir in some sugar. Steep for 2 days (test for sweetness and add more sugar to taste). Decant the liquid and drink. The Marquissette can be stored in plastic bottles once the lemons have been removed (ours was served from re-used plastic drinks bottles).

Two more favourites of the region: Crème de Mur (Blackberry liqueur) + red wine mixed



A reunion of the French dancing group in Westbury on Trym during August (a rare sunny afternoon!)

Photograph by Brian Machin

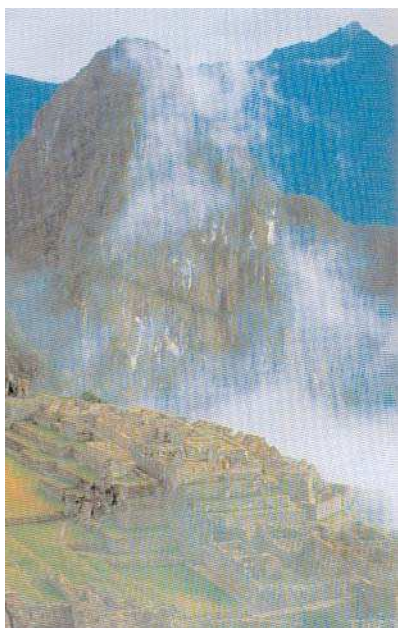
Crème de Cassis (Blackcurrant liqueur) + white wine mixed

Happy tastings!!

Looking forward -

In training for the Inca Trail - by Angela Smith

All my life I have had a deep-seated aversion to all physical exercise and sport so, until I encountered Scottish Country Dancing, 'exercise' and 'enjoyment' were two words that in my book could not possibly be linked. So why, you might ask, when I can dance two or more times a week, go to dances, dayschools and dance weekends have I recently joined a health club and started going regularly to the gym. and the swimming pool? I blame the Alzheimer's Society! In a moment of summer madness a work colleague and I signed up to go to Peru next May to raise sponsorship money for the Society by walking the Inca Trail.



Machu Picchu - the final destination.

For the last 16 years I have been working in the NHS with older people with mental health problems and see on a daily basis the devastating effects that dementia has on individuals and their families. Therefore raising money for the Alzheimer's Society is especially meaningful to me. The Society is the UK's leading care and research charity for people with dementia, their families and carers. It provides information and support services, funds research into cause, cure and care and provides caring grants for people with

dementia and their careers. Now my colleague Cheryl Buckley and I have the daunting task of raising £5,200 between us. For me, however, the task of getting fit enough to walk for up to 12 hours a day at high altitude is a far more daunting challenge given that I currently get tired just climbing the stairs to my top floor flat! Hence the health club and lots of Scottish country dancing as I think it will be a long job to increase my fitness to the required level. I have also convinced Cheryl of the joys and benefits of Scottish country dancing and she has now joined Barbara's beginners class.

If anyone would like to sponsor us or talk to either of us about any issues connected with dementia or the Alzheimer's Society we would be delighted to hear from you. I plan to be at most Wednesday and Thursday classes or I can be contacted by telephone on xxxx xxx xxxx or by e-mail at xxxx@yyyy.zzzz.

Chairmans last bit

At last you cry - no more ramblings of a deranged Chairman!

I write as your outgoing Chairman to welcome you back to dancing for another season and if you are new Welcome and I hope you are enjoying yourselves. I trust you like the new venue - I know we are still bedding in, but I hope that we will welcome Members of Barbaras class in due course. Any comments good or bad about the venue to the committee please.

It has been frustrating time for me to be at the helm - so to speak and not have been able to Dance for the last year, but I want to thank the committee for all their support and you the members of Bristol Branch for your encouragement and support over the last two years. The good/bad thing is that I am now able to resume my dancing (pick what you want)

I'm sorry that I haven't changed the world, but I leave knowing that

Bristol is something special and in the knowledge that you will continue to give the committee and Caroline your support at our forthcoming events and in the future

Thanks once again and Happy Dancing

Keith Henry

Notice of Annual General Meeting

Members of the branch are invited to the AGM of RSCDS Bristol, to be held on 21 October 2004 in the main hall of Redland High School for Girls at 8.30pm. No Charge is made to members attending the class on the AGM evening.

AGM Agenda

1. Apologies
2. Minutes of RSCDS - Bristol AGM held on 23 October 2003
3. Matters arising therefrom not otherwise on the agenda
4. Secretary's Report
5. Treasurer's Report and Accounts
6. Proposed Changes to the Constitution (see notice board)
7. Nomination of Delegates to attend RSCDS AGM 2004 in Perth
8. Election of Committee
 - 1) Election of Chairman (Caroline Dunn) - Keith Henry retiring
 - 2) Election of Treasurer - Alan Pinder standing for re-election
 - 3) Election of Secretary - Rhona Chalmers standing for re-election
 - 4) Election of Committee member - Pat Turton retiring
9. Any other Business (Items to the Secretary before the meeting please).

RSCDS HQ Events

RSCDS AGM - Perth
5 November - 7 November 2004

RSCDS Winter School
24 February - 1 March 2005
Atholl Palace Hotel-Pitlochry

Social Dance Dates

New Season

16 October 2004

St Peter's Church Hall - Henleaze
Band: Scottish Measure

Day School

13 November 2004

St Peter's Church Hall - Henleaze

Teacher: Jimmie Hill

Musician: Gordon Simpson

Evening Dance: Hugh Ferguson and

Dalriada

Burns Supper & Dance

22 January 2005

Redland High School - Redland
Band: Hugh Ferguson and Dalriada
SC Dance Band

(Priority booking for RSCDS members from start of term until the end of October 2004)

Newcomer's Dance

12 February 2005

Monks Park School - Horfield

Band: Ceol Na H'Alba

Haytor Weekend

1-3 April 2005

Haytor, Nr Bovey Tracey

Band: Hugh Ferguson and

Dalriada

Summer Dance

21 May 2005

Monks Park School - Horfield

Band: Frank Reid and his SCD Band

New Season

15 October 2005

St Peter's Church Hall - Henleaze

Band: David Hall and SCD Band

Day School

12 November 2005

St Peter's Church Hall - Henleaze

Teacher: Angela Young

Musician: James Gray

Evening Dance: Peter, Edna Russel and Jimmy Coleman.

Class Dates

Join us once again for fun nights of Scottish country dancing on the following dates.

Beginners' Class

9 September - 16 December 2004

6 January 2005 - 24 March 2005

14 April 2005 - 28 April 2005

Redland High School for Girls

Redland

Thursday 7.45 - 9.30 pm

Intermediate/Advanced Class

9 September - 16 December 2004

6 January 2005 - 24 April 2005

14 April 2005 - 30 June 2005

Redland High School for

Girls

Redland

Thursday 7.30 - 10.00pm

Technique Class

8 September - 15 December 2004

5 January 2005 - 16 March 2005

6 April 2005 - 22 June 2005

Fairfield Grammar School,

Montpelier.

Wednesday 7.30 - 9.30pm

Class Teachers 2003/04

Elementary/Beginners

Barbara de Winton: xxxx xxx xxxx

xxxx

Technique

Fiona Grant: xxxx xxx xxxx

xxxx

Intermediate/Advanced

Peter Wright: xxxxx xxxxxx

xxxx

Bristol Branch Committee 2003/04

Chairman: Caroline Dunn
(as of 21 October 2004)

xxxx xxx xxxx

xxxx

Secretary: Rhona Chalmers

xxxx xxx xxxx

xxxx

Treasurer: Alan Pinder

xxxxx xxxxxx

xxxx

Ticket Secretary: Sara Jackson

xxxx xxx xxxx

xxxx

Catering: Pat Turton

xxxx xxx xxxx

xxxx

Membership: Angela Smith

xxxx xxx xxxx

xxxx

RSCDS Management Board

Andrew Smith: xxxx xxx xxxx

xxxx

RSCDS Finance & General Purposes Committee

Fiona Grant: xxxx xxx xxxx

xxxx

RSCDS Bristol Website

<http://www.rscdsbristol.info>

webmaster: Peter Wright

Newsletter Editor: Keith Henry

Next newsletter January 2005