



# The Thistle

Fall

October, 2010

**Club Executive:**

**President:**

David Handley  
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**Past President:**

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**Vice President:**

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**Secretary:**

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**Social Convenor:**

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**Classes:**

**Social Class** each  
Tuesday at 8:00 pm

**Beginners/Basic  
Class** each Thursday  
at 8:00 pm

All classes are held at  
Pleasant Valley Hall,  
6100

Doumont Rd Nanaimo

For more information  
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## President's Musings:

I extend a special welcome to our newest dancers and welcome back to our returning members. It was good to see the hall almost full as we started a new year of dancing and to feel and see the pleasure on people's faces.

Our spring 2010 season ended with an unsatisfactory AGM. It proved to be my erroneous belief that the minor changes being proposed to the Constitution and the little interest shown in the draft copies meant the revisions would pass. In the course of the meeting we also learned that the bylaws for electing officers were a concern to some. In the end the proposals were voted tabled. The constitution is posted on the website and also some comments. If the constitution is of concern please register and enter the debate. I hope this process will obviate the need for further discussion at the 2011 AGM.

Over the summer our webmaster, John Duffus, has made design changes. Most significant is the institution of a Member's section where issues and matters of concern or interest to our members can be openly aired. I encourage all members to enrol and to participate in the best interests of NSCD. Important dates for the year ahead are posted; most immediate is our social on St Andrew's evening and open to all members. I also take this opportunity to thank John for his initiative and dedication to building and maintaining the website over the years. John is open to ideas leading to improvements and development of new uses and would like to hear from members.

At our spring Board meeting, we discussed using some of the unplanned 'profits' from the Workshop and Tea Dance to subsidize attendance at Youth Weekend West being held in Victoria. We agreed this action was in keeping with our Constitution but no suitable candidates were available to go. At our September Board Meeting a motion was passed to award bursaries. More info is available on the website. This is another opportunity to present and debate ideas to assist us in defining the scope and requirements by which applications and awards would be judged.

*David Handley*

## *Starting Right*

Where did you learn to Scottish Country Dance?

Your answer to that question probably has a direct correlation to how you dance today.

Starting right is essential in determining the accuracy of your steps, your knowledge of formations and your confidence in dancing. Taking care of basic step accuracy, handing and simple formations can never be over emphasised even as a reminder for the more experienced dancer.

Watch yourself in a mirror  
 Feel your feet touch in "3<sup>rd</sup>" position in  
 skip change of step  
 Listen to the rhythm of the music  
 Make sure your pas de basque step has 3  
 beats  
 Look at your partner  
 Smile and enjoy the dance

As we start a new season I am very conscious of all of the "modelling" I as a teacher do, and how new people watch other dancers. Therefore, always give your very best on the dance floor as you never know who is watching and whether you are a good or a bad "model" for newer dancers or your dancing partner.

Happy dancing!

*Hazel*



## **Where Did They Go???**

*As we age we begin to lose collagen causing our skin to wrinkle and sag! We lose bone density causing our bones to become brittle and be more susceptible to fractures! And, we also lose muscle causing the calories we ingest to be stored as fat rather than being burned off. We look in the mirror and it seems as if, overnight, we have turned into a pumpkin with our waist measurement resembling the chest measurement we always wanted. Our body has, literally, gone to "pot"!! We find we are having difficulty doing our everyday chores such as carrying our groceries, cleaning the floors, bending over, to tie our shoes or clean out the bathtub.*

*New words have crept into our everyday language: Muffin tops (nothing to do with the ones you eat, unless you have eaten way too many of them); apple no longer means those delicious, healthy fruits from the trees, but the shape of your new body; BMI will now tell you if you are slightly obese, moderately obese, or dangerously obese and, unfortunately, there are way too many people who are. Can anything be done to halt the degenerative path we find ourselves on? Yes!*

Firstly, clean up your diet!!! Eliminating simple carbohydrates (also known as the "White Stuff") and replacing those items with complex carbohydrates: veggies, 100% whole grains, brown rice, and also choosing lean proteins, watching salt intake, and drinking plenty of water will make a huge difference. Health advocates are suggesting that we now eat 5 – 6 small meals a day instead of the 3 larger ones we're used to. Each of these meals should consist of lean protein and complex carbohydrates, along with adequate water to keep the body well hydrated. The

theory behind this is that every time you eat your body burns calories as you digest the food, so the more times you eat the more times the calorie burn occurs. You can plan your meals around your own schedule and carry food with you, if needed, so that you are eating every 3 – 4 hours based on a 7 am breakfast (the most important meal of the day). Figure out the amount of calories per day (approximately) that you're eating now and divide that by 6 (you don't have to eat less food) and then choose the foods from the "Clean Eating" foods to make up each meal. Clean eating is another new term in our vocabulary and there are many books on the subject. We are also hearing a lot about thermogenics pertaining to the heat generated by eating certain foods and spices which speeds up the metabolism and increases the amount of calories burned.

Next! Exercise!! Aerobic exercise helps to speed up metabolism and contributes to a healthy cardio-vascular system and should be part of your exercise regimen, but to bring back lost muscle you will need to begin weight strengthening exercises. These can range from the simplest form: using your own body weight by doing push ups, planks, crunches, squats, lunges, etc., or to the more complex where weights, called dumbbells, are used to work on specific muscles and muscle groups. (No giant gym machines are necessary.) The local library is full of very informative books on this subject. Having strong muscles makes daily living much easier and more enjoyable. As your muscles strengthen and grow, fat should decrease, posture and overall appearance will improve, your waist will shrink, and your confidence will soar. As fat begins to burn off, not only will you be losing visible fat on the exterior of your body, but you will also be burning off the dangerous subcutaneous fat that is covering your vital organs.

Weight training is not a new idea. More than 2,000 years ago Hippocrates, considered the father of medicine, said, "That which is used develops, and that which is not used wastes away." He also said, "Let your medicine be your food and your food be your medicine." Weight training will increase your strength as it rebuilds the muscle mass you have lost as you have aged and, the good news is, that it is never too late to begin replacing your muscles and reclaiming your life. Lifting weights can benefit us at any age from teens to senior citizens, which most of us are, so start today on your path to a strong, healthy body. Wishing you all a happy journey, and when those muscles start to reappear be sure to come and show me! And why is all this information so important? So you can keep on dancing and enjoying life for many more years!!

See you on the dance floor!!

*June*



## Our Club Affiliation with RSCDS

Each spring, as secretary for our dancing group, I receive notice to send payment to renew our affiliation with The Royal Scottish Country Dance Society in Edinburgh, Scotland. The cost this year is 35 pounds (\$54.47).

What are we enjoying for this sum? We are, with other clubs and individuals around the world, helping to finance the founding body which popularizes Scottish Country Dance and continues to govern the standards for this form of dancing. By belonging to this organization we are kept up to date by means of publications of magazines, new dances and music. RSCDS ensures that teachers qualify with high standards and the same understanding of how to teach Scottish Country Dancing the world over. RSCDS is the reason you might dance in Australia or Russia or Hawaii or Japan and still be confident that you may 'join the dance'.

Also, affiliation is the reason that a dancer can discover where other clubs exist. RSCDS maintains a website at [www.rscds.org](http://www.rscds.org) with links to event listings and affiliated clubs. For instance our Workshop and Tea Dance information can, by this means, be available to dancers around the world.

Publications from RSCDS and newsletters of affiliated local clubs are available for our members to borrow. Look on the notice board at dance class. I think you may discover a deeper appreciation of Scottish Country Dancing by reading some of these.

Submitted by *Edith Morgan*  
Secretary for NSCD

## Jokes Corner

### Browsing Old Cemeteries

A truly Happy Person is one who can enjoy the scenery on a detour.  
And, one who can enjoy browsing old cemeteries...  
Some fascinating things on old tombstones!

Harry Edsel Smith of Albany , New York :  
Born 1903--Died 1942.  
Looked up the elevator shaft to see if the car was on the way down. It was.

In a Thurmont, Maryland , cemetery:  
Here lies an Atheist, all dressed up and no place to go.

On the grave of Ezekial Aikle in  
East Dalhousie Cemetery , Nova Scotia :  
Here lies Ezekial Aikle, Age 102. Only The Good Die Young.

In a London , England cemetery:  
Here lies Ann Mann, Who lived an old maid but died an old Mann. Dec. 8, 1767

In a Ribbesford, England , cemetery:  
Anna Wallace  
The children of Israel wanted bread, And the Lord sent them manna. Clark Wallace wanted a wife, And the Devil sent him Anna.

In a Ruidoso, New Mexico , cemetery:  
Here lies Johnny Yeast.... Pardon him for not rising.

In a Uniontown, Pennsylvania , cemetery:  
Here lies the body of Jonathan Blake.  
Stepped on the gas instead of the brake.

In a Silver City, Nevada , cemetery:  
 Here lays The Kid.  
 We planted him raw.  
 He was quick on the trigger  
 But slow on the draw.

A lawyer's epitaph in England :  
 Sir John Strange.  
 Here lies an honest lawyer,  
 and that is Strange..

John Penny's epitaph in the Wimborne,  
 England , cemetery:  
 Reader, if cash thou art in want of any,  
 Dig 6 feet deep and thou wilt find a Penny.

In a cemetery in Hartscombe , England :  
 On the 22nd of June, Jonathan Fiddle went  
 out of tune.

Anna Hopewell's grave in Enosburg Falls ,  
 Vermont :  
 Here lies the body of our Anna,  
 Done to death by a banana.  
 It wasn't the fruit that laid her low,  
 But the skin of the thing that made her go.

On a grave from the 1880s in Nantucket ,  
 Massachusetts :  
 Under the sod and under the trees,  
 Lies the body of Jonathan Pease.  
 He is not here, there's only the pod.  
 Pease shelled out and went to God.

In a cemetery in England :  
 Remember man, as you walk by,  
 As you are now, so once was I  
 As I am now, so shall you be.  
 Remember this and follow me.

To which someone replied by writing on the  
 tombstone:  
 To follow you I'll not consent.  
 Until I know which way you went.

Submitted by *Eric Anderson*

## Best Comeback Response of the Year

If you ever testify in court, you might wish you could have been as sharp as this policeman. He was being cross-examined by a defense attorney during a felony trial. The lawyer was trying to undermine the police officer's credibility .....

Q: 'Officer --- did you see my client fleeing the scene?'

A: 'No sir. But I subsequently observed a person matching the description of the offender, running several blocks away.'

Q: 'Officer -- who provided this description?'

A: 'The officer who responded to the scene.'

Q: 'A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?'

A: 'Yes, sir. With my life.'

Q: 'With your life? Let me ask you this then officer. Do you have a room where you change your clothes in preparation for your daily duties?'

A: 'Yes sir, we do!'

Q: 'And do you have a locker in the room?'

A: 'Yes sir, I do.'

Q: 'And do you have a lock on your locker?'

A: 'Yes sir.'

Q: 'Now why is it, officer, if you trust your fellow officers with your life, you find it necessary to lock your locker in a room you share with these same officers?'

A: 'You see, sir -- we share the building with the court complex, and sometimes lawyers have been known to walk through that room.'

The courtroom EXPLODED with laughter, and a prompt recess was called. The officer on the stand has been nominated for this

year's 'Best Comeback' line and we think he'll win.

### Number 2:

Now We Know Why He Was a General -----

In an recent interview, General Norman Schwarzkopf was asked if he thought there was room for forgiveness toward the people who have harbored and abetted the terrorists who perpetrated the 9/11 attacks on America.

His answer was classic Schwarzkopf.

The General said, "I believe that forgiving them is God's function .... OUR job is to arrange the meeting.

Submitted by *Eric Anderson*

wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself! God loves drunk people too."

The man does as he is told, gets dressed, and goes out into the pounding rain.

He calls out into the dark, "Hello, are you still there?"

"Yes," comes back the answer.

"Do you still need a push?" calls out the husband.

"Yes, please!" comes the reply from the dark.

"Where are you?" asks the husband.

"Over here on the swing set," replied the drunk.

Submitted by *Eric Anderson*

## A Push

A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is 3:00 in the morning!" He slams the door and returns to bed.

"Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers.

"Did you help him?" she asks.

"No, I did not, it is 3:00 in the morning and it is pouring rain out there!"

"Well, you have a short memory," says his

## Puns for those with a Higher IQ

Those who jump off a bridge in Paris are in Seine.

A man's home is his castle, in a manor of speaking.

Dijon vu - the same mustard as before.

Practice safe eating - always use condiments.

Shotgun wedding - A case of wife or death.

A man needs a mistress just to break the monogamy.

A hangover is the wrath of grapes.

Dancing cheek-to-cheek is really a form of floor play.

Does the name Pavlov ring a bell?

Condoms should be used on every conceivable occasion.

Reading while sunbathing makes you well red.

When two egotists meet, it's an I for an I.

A bicycle can't stand on its own because it is two tired.

What's the definition of a will? (It's a dead give away.)

Time flies like an arrow. Fruit flies like a banana.

In democracy your vote counts. In feudalism your count votes.

She was engaged to a boyfriend with a wooden leg but broke it off.

A chicken crossing the road is poultry in motion.

If you don't pay your exorcist, you get repossessed.

With her marriage, she got a new name and a dress.

The man who fell into an upholstery machine is fully recovered.

You feel stuck with your debt if you can't budge it.

Every calendar's days are numbered.

A lot of money is tainted - It taint yours and it taint mine.

A boiled egg in the morning is hard to beat.

He had a photographic memory that was never developed.

A midget fortune-teller who escapes from prison is a small medium at large.

Once you've seen one shopping center, you've seen a mall.

Bakers trade bread recipes on a knead-to-

know basis.

Santa's helpers are subordinate clauses.

Acupuncture is a jab well done.

Submitted by *Eric Anderson*

## Whistler accommodation

Here is a deal on accommodation at Whistler from Sheila, a local dancer. This is a ski in ski out Whistler condo: [www.at-blackcomb.com](http://www.at-blackcomb.com) Our condo is in a great location, and we have completely refurnished the bedroom with a new queen bed, and a sleigh bed with a trundle under it. The sofa bed has a new mattress on it which makes it feel like a real bed! The Greystone also has a new enhanced security entry system, so guests now just need their personal code to enter the building and our apartment.

The forecast is for loads of snow this year, so we are hoping for loads of guests. If you know of anyone amongst your friends and acquaintances who plans to go to Whistler (for three or more nights!) please pass on our web site details, or my email address, or phone number (604 929 6589).

To encourage earlier bookings, we are offering a 15% discount on bookings made at least 8 weeks prior to arrival.

Extracted from *Ceilidh Dance newsletter*

Thank you for all of the contents. This is your Newsletter so please send all submissions to Dorothy Young, at:

[dyoung10@shaw.ca](mailto:dyoung10@shaw.ca)

