

Tartan Press

Newsletter of The Manitoba Highland Dancers Association

January 2014

Executive

President

Keith Rempel krempe1@mbhighlanddance.com

Chairman

Vacant

Vice-President

Diana Simpson dsimpson@mbhighlanddance.com

Treasurer

Zan Sinclair zanandscott@shaw.ca

Secretary

Barb Watson bwatson@mbhighlanddance.com

Finance Director

Valerie Mathers val@bravacreations.com

Membership Director

Gayle Roy geawalker@hotmail.com

Competition Coordinator

Allan McIntosh alanm@belforcanada.ca

Competition Director

Janet Lyon-Anderson janetlyon_teacher@hotmail.com

Ways and Means Fundraising Director

Lisa Omand lomand@mymts.net

ScotDance Representatives

Kathy Hopper khopper@mbhighlanddance.com

Susan French susanfrench@live.ca

Deloree McCallum Newest Honorary Member

Any organization is only as good as its members. Our long-time members have helped lay the foundation for the MHDA as it is today. I would like to take a moment to tell you about our newest honorary member – Deloree McCallum.

Deloree has been a member of MHDA for over 25 years. She took on the role of President in 1995 till 1997 and saw the organization into the beginning of its 50th Anniversary year serving on the Anniversary Committee. Remember those cookbooks?

Deloree together with the executive team were the first to run MHDA under its newly developed constitution. It was an interesting challenge.

MHDA's need for new, safe staging was fulfilled when Deloree secured a \$26, 000 grant from the Winnipeg Foundation to purchase a sound system and staging which is still used at the Scottish Pavilion every year.

When in 1994 Premier Gary Filmon Proclaimed Tartan Day, a day in Manitoba to recognize the role of the Scots in the development of the province in the 1800's, Deloree organized and directed the first celebration at the Manitoba Legislative building, April 6, 1995 involving many of the other Scottish Organizations. For her efforts she was acknowledged in the Manitoba Legislature.

Professionally Deloree has her certificate in Volunteer Management and certificate in Applied Management – Specializing in Non-Profit Organizations.

Deloree has always been a supportive highland dance mom, to her daughter Elizabeth, and strong supporter of MHDA, Dance-Out activities and to this day the Tartan Tea. Again this year, we will be awarding one of her delicious home-made cake as a door prize later this afternoon.

Congratulations Deloree we are proud and thankful to have your continued involvement.

Tartan Tea Sets New Attendance Record

The 2013 Tartan Tea was a roaring success! We saw record-breaking attendance of over 425 paid admissions. The funds raised will help immensely in running competitions in 2014.

There are some people that without whom, the Tartan Tea would not have happened. Darlene McWilliams, Amanda Moore & Janet McCombe rescued me and helped with the Friday night set-up and decorating. Without them, I would have been there all night! Thank you to the the dance schools that put on performances, contributed to the Scottish Auction and provided volunteers - Ramesar, Court, Baird, Bunting, Hamilton, McCallum, Impey, Wreggit, Cram & Hopper. Special thanks go to Dave Wheeler of 92citifm in acting as our MC for the day. He said he enjoyed himself and he was well received, so we are going to invite him to be our MC again in 2014. I'd also like to thank Adam Tingskou for his services as our piper. The donation of our Grand Prize of a Taylor Tennis club membership and racket made by Mrs. Peterson was greatly appreciated and helped generate some extra revenue. Finally, thank you to the support of my fellow MHDA executive for all the "little things".

Since we had such an overwhelming attendance, a new location has become a priority. We were actually over hall capacity for the Tea. If anyone has suggestions for a hall that holds 500+ people, please email me at tartantea@mbhighlanddance.com. I will investigate its suitability, cost and availability. I would like to relocate to improve the comfort and experience of our guests.

Thank you again to everyone that attended and supported the 2013 Tartan Tea. I look forward to doing it all again in 2014.

Lisa Omand - Tartan Tea Coordinator

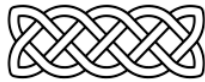
Don't Forget To Volunteer!

Submitted by Joan Holmstrom

If you have not yet been scheduled for your volunteer shifts for the year or cannot recall when you are scheduled to volunteer, please contact the Volunteer Coordinator at MHDAVolunteers2013@shaw.ca.

Please remember it is YOUR responsibility to make sure you complete your required shifts if you do not want your volunteer cheque cashed. Volunteering at non-MHDA competitions, Folklorama or at the Tartan Tea does not count toward fulfilling your commitment to the MHDA.

The MHDA holds 7 days of competitions over the course of the year. Each of these days requires approximately 20 volunteers to see that a competition runs as smoothly as possible. Please be sure to help the MHDA to achieve successful competitions.



Manitoba Highland Gathering Seeking Volunteers



The Manitoba Highland Gathering is looking for volunteers. The current executive is holding elections at the AGM on Monday February 24, 2014 at 7:00 pm, at the Red River North Boardroom, at 18 Main St. in Selkirk. There are a few executive positions that need to be filled, including treasurer and secretary, AMA members at large are welcome.

Please consider getting involved in the organization of The Gathering, so that this important piece of Scottish culture in Manitoba can continue to exist and grow.

For more information you can contact David Carey at davidmichaelcarey@hotmail.com or Joyce Neyedly at joyce@manitobahighlandgathering.org.

Upcoming Events

January 26, 2014 – MHDA Closed Competition. The competition will take place at Tec Voc School (1555 Wall Street, Winnipeg). Premier and Intermediate dancers must register at 8:30 a.m., and be ready to dance at 9:00 a.m. Pre-premier registration begins at 12:30 p.m., with dancing to follow the morning results. Good luck to all dancers!

February 15, 2014 – ScotDance Manitoba hosts the Winnipeg Scottish Festival. Primary and Pre-Premier dancers register at 8:30 a.m., while the Manitoba Open Championship (Premier dancers) register at 1:00 p.m. Entries will be accepted for this competition until February 1, 2014.

February 16, 2014 – ScotDance Manitoba hosts a variety of workshops at the Prairie Theatre Exchange, 3rd floor of Portage Place. From 12:00 to 2:30 p.m. is the Premier Championship workshop, focusing on 2014 Championship steps. From 2:30 to 4:00 p.m. is the Primary and Pre-Premier highland workshop. Also new are two yoga classes, with the Premier class from 2:30 to 3:30 p.m. and the Pre-Premier's at 1:30 to 2:30 p.m.

March 15, 2014 – Open MHDA competition. Location, time and details are yet to be determined. Watch your e-mail and check the mbhighlanddance.com website for updates.

Flashback Photo



Each issue, we would like to include photos of MHDA's past. If you have a photo from your MHDA dancer (past or present) please submit to terryn.shiells@gmail.com.

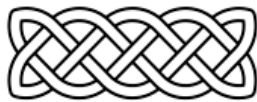
Viral Video!

You may or may not have already seen this video, but I stumbled across it circulating around on social media websites recently and thought it would be something MHDA members would love to watch.

The video is called "The Fling Thing" and is a BBC documentary about highland dancing that follows well-known Canadian and Scottish, as well as world champions Colleen Rintimaki and Tony Cargill through their experience at the 1995 Cowal Highland Gathering (aka the world championships).

The video can be found on YouTube, at this link:
http://www.youtube.com/watch?v=B-bFD6Imti0&desktop_uri=%2Fwatch%3Fv%3DB-bFD6Imti0&app=desktop.

If you look closely, you can spot some MHDA members – Gaelyn McGregor judging, and a very young Colleen McGregor sitting on Tony Cargill's Mum's lap during the competition.



Tartan Press Submissions

Items to be published in the Tartan Press will be accepted up to two weeks prior to every MHDA competition. The deadline for submissions for the next Tartan Press is: March 2, 2014.

We're looking for things like dance-related stories and experiences, upcoming events such as competitions, dance outs, etc. Alumni stories - where you are now and how highland dance helped you get there. Photos, dancer accomplishments, out of town results, and anything else you want to share with the members of the Manitoba Highland Dancer's Association!

If you have any ideas about what other articles or information you would like to see in the Tartan Press please share them with the editor, Terryn Shiells.

Items may be sent by email to: terryn.shiells@gmail.com.



Recipe Corner

Easy No-Bake Energy Bites

Recipe from PBS Kitchen Explorer's blog. Link here:
<http://www.pbs.org/parents/kitchenexplorers/2013/05/30/easy-no-bake-protein-energy-bites/>

Ingredients

1 cup oats (use gluten-free oats if needed)
 1/2 cup chunky peanut butter (non-oil at the top kinds)
 1/2 cup unsweetened desiccated coconut
 1/2 cup mini chocolate chips
 1/3 cup honey
 1/4 cup chia seeds
 2 tablespoons vanilla protein powder (use gluten-free if needed)
 1/4 teaspoon cinnamon

Instructions

Mix all the ingredients together in a bowl until it looks like a evenly distributed uniformed dough.
 Roll the dough into twenty-four 1-1/2 inch balls.
 Refrigerate the bites for 30 minutes.
 Store in an airtight container in the refrigerator for up to a week.

If you have any recipes you would like to share with the MHDA Membership, please send them to
terryn.shiells@gmail.com



Stay Connected!

Did you know that you can stay connected with MHDA all year round through social media, e-mail and our website? Be sure to like to MHDA Facebook page, follow us on Twitter, check your Inbox for Clan McCombe e-mail messages and visit mbhighlanddance.com on a regular basis to see updated news, competition information, results, and more. See below for the links to MHDA's social media accounts.



www.facebook.com/MBHighlandDance



<https://twitter.com/MBHighlanddance>