

# Tartan Press

Newsletter of The Manitoba Highland Dancers Association

June 2010

## Executive

### President

George Hamilton [gshamilton@mbhighlanddance.com](mailto:gshamilton@mbhighlanddance.com)

### Past President / Chair

Cathy Domke 488-1341 [domke@mts.net](mailto:domke@mts.net)

### Vice-President

Craig Oliphant 663-1118 - [coliphant@retsd.mb.ca](mailto:coliphant@retsd.mb.ca)

### Treasurer

Deb Kusano 253-9008 [kusanod@mts.net](mailto:kusanod@mts.net)

### Secretary

Jennifer UnRuh

### Membership

Diana Simpson [dsimpson@mbhighlanddance.com](mailto:dsimpson@mbhighlanddance.com)

### Competition Coordinator

Zan Sinclair [zsinclair@mbhighlanddance.com](mailto:zsinclair@mbhighlanddance.com)

### Competition Director

VACANT

### Finance Director

Deanne Magnus [dmagnus@mbhighlanddance.com](mailto:dmagnus@mbhighlanddance.com)

### ScotDance Representatives

Kathy Hopper [khopper@mbhighlanddance.com](mailto:khopper@mbhighlanddance.com)

Kathy Ramesar [kramesar@mbhighlanddance.com](mailto:kramesar@mbhighlanddance.com)

to do it, and for the people involved to understand what the benefit is.

Early on in getting involved with the executive of the MHDA I realized that growth of our organization should be our number one goal. Growth in numbers of dancers and members will lead to a more sustainable organization. I feel that there have been some strong steps in that direction and we should be proud of that! However I often find that the day to day tasks and details can obscure what the overall goals are. I also realize that amongst the tasks and details I may have forgotten the importance of communication.

I realize that decisions and actions of our organization may not have been properly communicated to the members. With out this communication I would guess that many people often feel that we don't have direction or a plan. The fact that I have sometimes neglected to put a president's message in our Tartan Press is an example of the lack of communication.

The membership has given me opportunity to be President for another year. I hope to make real progress on moving us forward to more growth. I know also that to do that I am going to need lots and lots of help so it is important that I remember to communicate on a regular basis. We will make use of the Tartan Press, our website, emails and of course we can also talk as well.

If you want to be more involved in the process of growth contact me or any member of the executive and let us know. If you have a specific skill set we will find some place to make use of you. Be warned though, I am going to be asking people to continue to commit to the regular competition volunteer commitment. I am looking for people who want to go above and beyond. We need to do more so that the organization can become more but at the same time one of our core purposes is putting on competitions. We do this very well and we want to enhance that not take from it.

Thanks to all those who came out to the AGM. It was a really positive meeting. Most of the executive were reinstated for next year. Katie Burfoot is moving on and Zan Sinclair will be taking on the role of competition coordinator. I want to thank Katie for all of her work and dedication to MHDA. Of course she is a professional and still dances quite often so we will be seeing her lots. I also want to thank Caroline Spellman who has decided not to repeat the position of Competition Director next year. Caroline has done a great deal for us as the competitions director and also for the Tartan Tea among other things. It is very much appreciated. So the competition Director position on the executive is open for the taking. There are also lots of competition committee positions to fill so let us know if you want to take on some of them. Planning for next year is already going full speed ahead so jump on board.

George Hamilton, president of MHDA

## Message from the President

Some people may not know what I do when I am not doing something with Highland Dance. Many realize I come from a farm and often think of that as my occupation. Of course in reality that is more a hobby than an occupation and I do go to a "real" job every day. I think many people are probably surprised to learn that I am a sales person. Sales people after all are usually very eloquent speakers and I very much am not (not much of a writer either). Fortunately I work in an industry where the sales process is about building long term relationships rather than making a quick sale.

Often my employers decide we need to take sales training to help improve our sales techniques. Sales training is kind of interesting. There are numerous different programs and consultants that sell their "methods" for selling. They are all a little different but really they all are about the same thing: "Communication!"

We have something we call, "Purpose, process, and payoff". Basically when starting a sales call with a customer. You tell them **Why** you are calling (Purpose), **How** you want to accomplish that (Process), and to what **Benefit** this is to them (Payoff). Pretty simple stuff I know but it's amazing how often people forget to communicate those things off the start.

It is similar for organizations. It is important for the organization to establish what it wants to do, how it is going

# MHDA Provincial Representatives



## UNDER 10

Winner	TARYN WATSON
1st runner-up	DANIELLE HARDER

## UNDER 12

Champion	KELSEY WOG
1st runner-up	ALLISON UNRUH
2nd runner-up	ALEXANDRA KASKIW
3rd runner-up	MEAGHAN FENELL (ALTERNATIVE)

## UNDER 14

Champion	RACHEL UNRUH
1st runner-up	CHRISTINA THOMSON
2nd runner-up	MADISON LEONARD
3rd runner-up	JENNIFER WATT (ALTERNATIVE)

## UNDER 16

Champion	ERIKA RAMESAR
1st runner-up	ALIA CAPPELLANI
2nd runner-up	TERA KUSANO
3rd runner-up	JULIA DOMKE (ALTERNATIVE)

## UNDER 18

Champion	COLLEEN MCGREGOR
1st runner-up	JESSICA OLIPHANT
2nd runner-up	LAUREN MCCOMBE
3rd runner-up	GWENDOLYN RICHER (ALTERNATIVE)

## OVER 18

Champion	STACIE NIXON
1st runner-up	SEAN RAYMOND
2nd runner-up	JULIE McCLURG
3rd runner-up	YVONNE RAYMOND (ALTERNATIVE)

## Piper Practise

I want to thank all the dancers who came out to our Piper practise in March, their parents who brought them, Gaelyn MacGregor and Kathy Hopper who were our professional advisors that day, the pipers who came out to hone their skills: Clarke, Brent, Adam, and Graeme. Most of all I want to thank Wes Sheppard for giving his time and expertise. This event was really a great success and the second year in a row we've done. Highland dancing is improving all the time. As the level of dancing has raised so have the expectations of the musicians that accompany us. That is why these types of practices are important and we will be doing it again in the future. We are very fortunate to have pipers willing to learn and work on skills specific to dance piping and we are very very lucky to have Wes Sheppard willing to pass on his knowledge to them.

## Folklorama

**Pavilion of Scotland  
August 8 - 15th, 2010  
Glenwood Community Centre  
27 Overton Avenue, Winnipeg**

Manitoba Highland Dancers' Association will be performing again this year at Folklorama's Pavilion of Scotland. If you would like to volunteer as a dancer or at the MHDA Booth please register in one of the following ways;

1. Register Online - through our MHDA website at [www.mbhighlanddance.com](http://www.mbhighlanddance.com) prior to July 20th
2. By E-mail - Moira Melvin at [mmelvin9@mts.net](mailto:mmelvin9@mts.net) prior to July 20th.

If you are unable to find your MHDA Membership Number please submit your registration with this area blank. We have this information on file and can complete this part of the form for you.

# MHDA Dancers Support Good Cause

Megan Funk, Jessica Oliphant and Zoe Wreggitt, MHDA highland dancers, participated in the Canadian Cancer Society's RELAY FOR LIFE walkathon held in May at the CanWest Park. During the 12 hour overnight walk, these energetic dancers took time from their walking to entertain the participants. Highland dancers have HEART! Thank you for raising money for this worthy cause.



Nationals - 17 years & Over:		
Emma Domke	3rd overall	
	5th	Lilt
	3rd	VM
	3rd	BB



Some of the Irene Baird dancers attended competitions over the May long weekend.

At the Queen City Open Highland Dance Championship in Regina, Leanne Miele was 3rd runner-up.

Giselle Morrison won 1st, 2nd, 3rd and 4th place medals. At the Minnesota Scottish Fair and Highland Games, Alia Cappellani won a 1st and three 2nd place medals. Lauren McCombe won a 2nd and three 3rd place medals. Kelsey Watchman won a 2nd, 3rd and two 4th place medals. Caitlin Spellman placed 5th. MHDA piper and Lauren's brother Graeme won four 1st place medals in grade one solo piping and won "Piper of the Day"!

A great time was had by all.



## Injury Prevention

By Lisa Mills-Hutton, B.Comm. (Hons), BMR (PT) & Kathy Melnyk, B.A., CAT(C)

One minute you're practicing and the next minute you are on the floor in pain. Every dancer and dance teacher has this fear...injury that is. It is nearly impossible for dancers to escape the reality of getting injured. The good news is the dance community has started paying more attention to injury prevention. Here are some tips to help you reduce injuries and keep you doing what you love...DANCE!

## Out of Town Results

Results from: Regina's Queen City Open Highland Dance Championship for Donna Cram School:

14 & under 16 Years Championship	
Julia Domke	Overall: 3rd Runner up
	3 <sup>rd</sup> Fling
	5 <sup>th</sup> Sword
	4 <sup>th</sup> ST
	4 <sup>th</sup> Reel
Nationals - 14 to 16 years	
Julia Domke	6 <sup>th</sup> VM

16 Years & Over Championship	
Emma Domke	Overall: 4th runner up
	5 <sup>th</sup> Sword
	4 <sup>th</sup> ST
	4 <sup>th</sup> Reel

- 1 A proper warm-up with a dynamic and activity specific component is one of the most important factors to reduce injury in dancers.

#### Stage 1 – Dynamic Warm-Up – 5 minutes.

Examples: jogging, skipping, walking, jumps, jacks, pile squats, butt kicks, jazz walks, prances, toe walking, or heel walking.

#### Stage 2 – Activity Specific – 5 minutes

Gentle stretching to loosen up muscles and joints of hips, trunk, ankles, head, arms, etc.

Move body in all planes of movement and stretch opposing muscles.

Preferably stay standing during warm-up (if you do stretch on the floor, make sure to do 1 to 2 minutes of dynamic movements to re-prepare the body for dancing.

Proper warm-up increases circulation to muscles and provides lubrication for joints. It increases the body's temperature and improves nerve condition. Most importantly, it prepares the mind and body for the demands of dance.

- 2 **Strong core musculature** will improve stability, balance, strength, posture and decrease risk of injury and pain. The core muscles (transverse abdominus, rectus abdominus, internal and external obliques, and pelvic floor musculature), create the stability for all dance movements. Core training is more effective when it is executed slowly and with control!

#### Core activation exercises for young dancers:

- A Pretend the dancers have 3 dots on their pubic bone, and one of each hip bone. Ask the dancers to exhale and draw the dots gently toward the belly button. Hold 5 seconds, relax and repeat 5 reps. (Note: It is helpful to explain to dancers that core stability goes beyond a "six-pack". A "six-pack" will not stabilize them in a triple pirouette.)
- B Tighten pelvic floor as if stopping the flow of urine. Hold 5 seconds, relax and repeat 5 reps. (Note: the pelvic floor musculature is one of the most difficult and more important components to teach dancers. Activating the pelvic floor will help fire up the transverse abdominals, the main stabilizing muscle of the core.)
- C On all 4's, reach opposite arm and leg keeping hips and back in same position. Be sure to activate pelvic floor and core muscles of the core.)
- D Progress the above exercise to functional dance positions in standing.
- 3 **Muscle imbalance is the cause of many injuries in dancers.** Most dancers have one side of the body that is stronger or more flexible. Some imbalance will always exist, but we should encourage dancers to develop muscle length and strength on both sides. Any imbalance can lead to overuse injuries or mal-alignment which

places stress on joints and soft tissue.

- 4 **Early recognition and prevention** are essential in dance training. Dancers should be encouraged to address pain, injury or imbalance early in dance training. If you experience pain or an injury, apply the standard treatment of **Rest, Ice, Compression and Elevation (R.I.C.E.)** for the first 2-3 days. If pain continues, follow up with a therapist to receive an assessment, treatment services, education and a rehabilitation program. Treatment services may include cross-training, core stability training, taping, joint mobilization, manual therapy, massage, myofascial release and modalities. Education is a key component to identify any muscle imbalances and training errors and ultimately prevent future injuries. It is also essential to prepare the body for the demands of dance class with dance specific exercises. With proper care and good understanding of your injury you can return to the dance studio stronger and wiser. Your body will thank you!

Karly Melnyk and Lisa Hills-Hutton are therapists (Athletic Therapist and Physiotherapist, respectively). Both therapists have over 20 years of dance training and over 10 years of dance teaching experience. They are both passionate about dance and thrilled to be combining their education, skills, and dance experience to provide treatment and rehabilitation for dancers. If you have any questions, or would like to book a workshop at your studio, please call Donna Sarna Physiotherapy at 204-452-2608.

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Thanks to Linda Aronson for providing this article.



## For Sale

"The HSS" highland shoes, purchased at last year's N.A. Championship, size 6.5, (may fit senior dancer)  
With light "impact resistant" padding at the ball of the foot.  
Not worn at all, cost \$100 at the heelandtoes.com site, will sell for \$50.  
See Lori Novak at mid-Canada competition or Selkirk or call  
453-1750

## Tartan Press Submissions

Items to be published in the Tartan Press will be accepted up to two weeks prior to every M.H.D.A. competition.  
Items may be sent by email to: Lauren Wreggitt [lwreggitt@mts.net](mailto:lwreggitt@mts.net)



# MANITOBA HIGHLAND GATHERING

## SATURDAY JUNE 19, 2010 SELKIRK PARK • SELKIRK MB.

- Highland Dance Competition
- Pipe Band Competition
- Heavy Games
- Sheep (Stock) Dog Trials
- Highland Cattle
- Sheep Shearing
- 19th Annual MB Marathon Canoe & Kayak Championships
- Diamond Disc Dogs
- Face Painting
- Games for Wee Folk
- Outdoor Scottish Market
- Multicultural Entertainment
- Red Lion Scottish Foods
- Wee Willy's Scottish Pub
- Fun for all ages - Rain or Shine!

- **Pancake Breakfast Kickoff at 8am**
- **Scottish Foods & Pub at 11am**

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 • Prairie Pipe Band Assoc. • City of Selkirk  
 • MB Ethnocultural Community Support Program



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**TICKETS THE DAY OF EVENT**  
 Family - 2 Adults & Kids \$25  
 Adults \$10 • Seniors \$8 • Kids 4 & Under FREE

**FOR MORE INFORMATION**  
 MHG Answering Machine... 757-4007  
 WINNIPEG - Joyce ..... 794-6587  
 Barry or Susie..... 488-7373

[www.manitobahighlandgathering.org](http://www.manitobahighlandgathering.org)