

# Tartan Press

Newsletter of The Manitoba Highland Dancers Association

January 2013

## Congratulations Lauren!

Congratulations Lauren McCombe, for fully completing SDTA's Associate Level for Professional teaching of Highland Dance - Distinction in Nationals. Lauren was our lone dancer of the James L. McKenzie Tribute on March 16th - good for you! As well, she took home the W.J. Newlands Esq Sword Challenge Trophy that day, for the 2nd year in a row, accompanied by the piper, her brother Graeme! Also, it was nice to see an adult dancer performing at the Forks for the Tartan Day celebration on April 6th. Thanks, Lauren. Janet McCombe



## Executive

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Zan Sinclair

### Competition Director

Annika Pineau

### ScotDance Representatives

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

## Out of Town Results

Regina -- March 2nd, 2013

Sophie Henderson (Primary)

Pas de Basque - 8th

Pas de Basque and Highcuts - 4th

Skylar McIntyre-Labelle (Beginner)

Fling - 4th

Sword - 2nd

Alyssa Strong (Beginner)

Sword - 3<sup>rd</sup>

Seann Truibhas - 2nd

Heather Wallace (Novice)

Fling - 2nd

Sword - 5th

Seann Truibhas - 3rd

Flora - 1st

## MHDA Volunteer Hours Last Chance!!

If you still need to complete your two shifts, please contact Joan Holmstrom, the MHDA Volunteer Coordinator, to discuss your availability to help out with the Competition at the Forks on June 8 and 9. Joan can be reached at [MHDAVolunteers2013@shaw.ca](mailto:MHDAVolunteers2013@shaw.ca). Joan will also be emailing members who need to complete the volunteer requirement but if you have not been contacted, please contact her. If your email has changed from what you placed on the Membership form, you risk not being contacted. If you do receive an e-mail from the Volunteer Coordinator, please respond as soon as possible as there are around 50 volunteer positions to have to fill and the sooner people respond, the sooner the schedule can be finalized. The responsibility is yours to make sure you get your volunteer shifts completed. Those not completing their shifts will have their cheque cashed.



## A Wee Bit of Inspiration...

In a six-step Highland fling, a dancer will jump vertically 192 times (the equivalent of running a mile) on one foot at a time, while performing complicated and intricate footwork, and using the muscles from head to toe. Highland dancing is therefore akin to sprinting, so go run a mile with your arms above your head, on your toes, in soft shoes, while wearing 7-10 pounds of wool clothing.

Oh and don't forget to smile....

## 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. The deadline for submissions for the next Tartan Press is:

25th May. Items may be sent by email to: Corinne Giesbrecht at [corinne.giesbrecht@gmail.com](mailto:corinne.giesbrecht@gmail.com)



## For Sale Items

If you have any used highland items or outfits you would like to sell please send a description and price as well as your name and contact info to: [corinne.giesbrecht@gmail.com](mailto:corinne.giesbrecht@gmail.com) before the next submission deadline.



“I do not try to dance better than anyone else. I only try to dance better than myself.”

- Mikhail Baryshnikov

“To dance is to be out of yourself. Larger, more beautiful, more powerful.”

- Agnes De Mille

“It takes an athlete to dance, but an artist to be a dancer.”

-Shanna LaFleur