

# TARTAN PRESS

The Official Newsletter of the Manitoba Highland Dancer's Association

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## Workshop series featuring Tony Cargill

The MHDA is hosting a series of workshops for its membership at Prairie Theatre Exchange on Sunday, March 24. Members will get the full details and registration information for the workshops via email in early March. There are a number of sessions dancers and their families can sign up for:

### HIGHLAND WORKSHOP with Tony Cargill

Tony Cargill is a 4-time World Champion, originally from Scotland and now lives in Pitt Meadows, BC. He started Highland when he was 5 and retired from competing at 22. Tony is a member of SDTA and teaches regularly.

### BODY ROLLING WORKSHOP

Yamuna's signature Body Rolling technique teaches you how to effectively work every part of your body. In class or at home, problem solve and self-heal your whole body so it works better for you at every age. Amy works with a full range of clients, all ages and abilities, up to Olympic level athletes.

### VISION BOARD WORKSHOP

"Creating Clarity" with Dr. Christine Watson. In this workshop, you will express your hopes and dreams through a fun and creative process. Your vision board will include images and words that represent your ideal future, to serve as a visual tool and reminder of what you are seeking in your life. By sharing your intentions in this way, you create positive energy to attract the future you want to live! Supplies will be provided. Feel free to bring pictures (your own or from magazines), poems, mantras, words or phrases that you want to include in your unique creation.

### MENTAL HEALTH WORKSHOPS (PARENT WORKSHOP and DANCER/CHILD WORKSHOP)

The Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education and advocacy for those living with mental health illnesses. We are pleased to have them present on anxiety, how to live with and create a supportive environment for all. *The dancer/child session will focus on performance anxiety including learning to focus on yourself and not what others may be doing or thinking. This includes how to function in group situations such as school or other peer situations.*

### COSTUME EXCHANGE and Parent sharing session

Are your children growing? Bring your costumes for sale or exchange. Have a visit and share your tips with other dancers and parents.

### Q&A WITH TONY CARGILL

This will be a popular session for both parents and dancers! Do you have a question for Tony? Please e-mail all questions to [fundraising@mbhighlanddance.com](mailto:fundraising@mbhighlanddance.com) as soon as possible so that we have a chance to compile a list for Tony and he can make good use of time. Depending on the volume of questions, we may not get to every one but will make the effort!





## Time to start collecting Wine Raffle tickets!

Thank you to our membership for continuing to sell wine raffle tickets! Please submit your ticket stubs and money to the person in charge of your dance school's tickets AND should you need more books (we sincerely hope you do!) contact Jennifer Lange or Cathy Laver-Wright and you will get yours ASAP.

We also are looking for donations of wine which can easily be made by following this link

<http://banvilleandjones.cornervine.com/123837/wine/listregistrywines/316>

or should you have bottles of wine to donate, let Jennifer or Cathy know.

Cupcakes etc. will be sold at the March 9th competition, monies raised will help buy wine for the prize baskets so bring your toonies and indulge!

There will be a ticket selling opportunity in Selkirk (at the Canadian Tire) again this year, March 30th&31st, please sign up on March 9th by swinging by the MHDA table - doing so counts towards the extra volunteer hours needed for the new rep funding. We are also trying to set up another date in April for a Winnipeg location, we will keep you posted.

We would like to have most of the tickets sold/money submitted by the April 6th competition, let us collectively achieve our goal of selling all the tickets again this year!

## Special Events and Awards at MHDA's June competitions

Since the last Tartan Press, there have been some changes to the MHDA's plan for what events and awards to hold in June 2019. The MHDA has decided not to add any additional events this year. The usual special events from years' past will remain but there will not be any new special events. The awards for the MidCanada Championship and the Lord Selkirk Premiership will be changing however. Instead of each Champion/winner and runner up receiving a keeper award, often a framed photo or small trophy, cash will be awarded to each dancer who achieves one of these spots in accordance with the following table:

	Champion /Winner	1st RU	2nd RU	3rd RU	4th RU	5th RU
under 12	\$50	\$40	\$30	\$25	\$20	\$15
12 & U14	\$50	\$40	\$30	\$25	\$20	\$15
14 & U16	\$50	\$40	\$30	\$25	\$20	\$15
16 & U19	\$120	\$100	\$80	\$70	\$60	\$50
19 & O	\$120	\$100	\$80	\$70	\$60	\$50

## Family and masters fling events

You've probably watched it danced 1000 times, you may have heard the music in your house while your dancer practices and now, it is your turn to show us YOUR Highland Fling! Our annual 'Family Fling' event will be held at the Fork's competition so start preparing mentally and physically because you need to get your body 'Fling Ready' for June. This event is open to anyone who would like to enter, NO HIGHLAND DANCE EXPERIENCE IS NECESSARY, but hey, if a dancer you know would like to help you practice, that would be fantastic and a fun way to spend time with a highland dancer. **New this year! A 'Master's Fling' event** will be held for non-competitive dancers with previous highland experience/adult dancers/teachers. Brush off your ghillies and your fling steps, more details to follow but it is an opportunity to show friends, family & highland dancers 'ya still got it'.



## SDCCS 2004/2016 Scholarship Applications

Premier and Pre-Premier dancers are invited to apply for one of two \$500 SDCCS 2004/2016 scholarships! Thanks to the financial success of the ScotDance Canada Championship Series hosted by MHDA and ScotDance Manitoba in 2004 and again in 2016, we are pleased to provide you with an opportunity for your dancer to apply for one of two \$500 annual scholarships.

Dancers who have won in the past have done great things with their scholarship funding, including purchasing new costumes, travelling for competitions (within North America and beyond!) and helping to cover the costs of examinations, lessons, competitions, etc.

Application forms will be available on the MHDA website: [www.mbhighlanddance.com](http://www.mbhighlanddance.com).

Applications can be sent by email only and must be submitted no later than April 15 to [scholarship@mbhighlanddance.com](mailto:scholarship@mbhighlanddance.com).

Announcement of winners will take place at the Manitoba Closed Provincial Championship and competition – May 5, 2019.

## UPCOMING EVENTS

**March 9, 2019** - The next MHDA competition is March 9 at the Louis Riel Arts and Technology Centre. Pre-Premier dancers register at 9 a.m., Premier/Intermediate at 11:45 a.m. Good luck to all dancers competing!

**March 23, 2019** - The inaugural Prairie Thistle Highland Dance Association competition takes place in Brandon. More info on their Facebook page.

**March 24, 2019** - MHDA is hosting a day of workshops for its members, including a highland session with Tony Cargill. More info on page 1.

**April 6, 2019** - ScotDance Manitoba is hosting an Open competition in Winnipeg. Registration opened on Monday, March 4 at [www.mbhighlanddance.com](http://www.mbhighlanddance.com) and closes on March 27, 2019.

**May 5, 2019** - The MHDA is hosting its open competition and Provincial Selection Meet championship competition. Registration is scheduled to open on March 11, 2019. More info will be sent out via email.

**May 18 & 19, 2019** - The Saskatchewan Highland Gathering takes place this weekend. Info about the competitions is at [www.saskhighland.ca](http://www.saskhighland.ca) - dancers making the trip are encouraged to book their hotel rooms soon.

**May 31, 2019** - The Canadians Ceilidh fundraising event is taking place at Cowboys to help support dancers travelling to SDCCS 2019 in Moncton, NB. More info on page 6.

**June 8, 2019** - Manitoba Open Competition and Mid Canada Championship - more details coming soon.

**June 9, 2019** - Manitoba Open Competition and Lord Selkirk Premiership - more details coming soon.



**The Scottish Gentlemen's Club**  
*Supporting Our Scottish Community and Our Community As A Whole*

*Ladies and Gentlemen Please Join Us For*  
**A Tartan Day Whisky Tasting Evening**  
*A Whisky Tour Of The Scottish Isles*

*Canadian & Provincial Tartans*

**Only 14 Tickets Left**



- Six Whisky Tasting & Presentation
- Three Whisky Taste-Off & Prize
- Six Whisky Raffle
- Soup and Molly's Meat Pies (Served Later In The Evening)
- Drink Ticket Included
- Cash Bar

Friday, April 5th, 2019  
Beginning At 7:00 p.m.  
The Millennium Centre  
389 Main Street, Winnipeg

 <b>JURA</b> SUPERSTITION \$84.91	 <b>ARBEG</b> GROOVES (LIMITED ED.) \$205.03	 <b>HIGHLAND PARK</b> 18 Year Old \$225.99
 <b>THE ARRAN</b> MALT AMARONE CASK \$90.00	 <b>TALISKER</b> DISTILLER'S EDITION \$124.29	 <b>LAPHROAIG</b> CAIRDEAS FINO CASK \$105.08

Tables of Eight: \$520 Individual Tickets: Members/Partners \$60, Non Members \$70  
For tickets or information please e-mail us at [www.scottish.gentlemens.club@mts.net](mailto:www.scottish.gentlemens.club@mts.net)  
*Please Plan To Drive Responsibly* The Flower of Scotland Tartan

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1 of 1  
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## **MHDA Available for Performances!**

Do you know of or are you involved with a daycare, preschool, or kids program that would like to have MHDA perform traditional highland dancing?



*MHDA dancers pictured above performing at the Transcona Highland Gathering on September 22, 2018.*

Contact the MHDA at [danceouts@mbhighlanddance.com](mailto:danceouts@mbhighlanddance.com) and we can arrange a danceout free of charge for your daycare, preschool or kids program!

## **Thank you to our sponsors**

Thank you to the companies below for providing sponsorship to the MHDA for the 2018/19 dance season!

Harvester Fish Net Company:



Priority Restoration:



Recovery from fire, flood & more

MacDon Industries:

**MacDon** The Harvesting Specialists.

Banville & Jones:

**Banville & Jones**  
WINE CO.



## Queen Mary Open Championship & Premiership (Feb 16&17)

**Jennifer Watt**  
**Championship - 18 & over**  
 Fling - 3rd  
 Sword - 3rd  
 ST - 3rd  
 Reel - 3rd  
 Overall - 2nd Runner Up

**Premiership - 16 & over**  
 Johnny - 5th  
 Lilt - 4th  
 Blue Bonnets - 5th  
 Hornpipe - 4th  
 Overall - 4th Runner Up



## Alberta Open Championship (Feb 23)



**Céleste Roy**  
**Premier 12 & under 14**  
 Fling - 4th  
 Sword - 6th  
 Reel - 5th  
 Overall - 3rd Runner Up

**Lauren Horvath**  
**Premier 16 & under 18**  
 Fling - 5th  
 Sword - 3rd  
 ST - 4th  
 Reel - 4th  
 Overall - 3rd Runner Up

**Madelaine Baigrie**  
**Premier 16 & under 18**  
 Fling - 2nd  
 Sword - 2nd  
 ST - 2nd  
 Reel - 2nd  
 Overall - 1st Runner Up

**Jennifer Watt**  
**Premier 18 & over**  
 Fling - 2nd  
 Sword - 2nd  
 ST - 2nd  
 Reel - 2nd  
 Overall - 1st Runner Up

## Alberta Open Highland & Choreography Competition (Feb 24)

**Céleste Roy - Premier 13 & 14**  
 Fling - 6th  
 Johnny - 7th  
 Blue Bonnets - 4th

**Madelaine Baigrie - Premier 16 & 17**  
 Fling - 2nd  
 Sword - 2nd  
 Johnny - 2nd  
 Lilt - 2nd  
 Blue Bonnets - 2nd

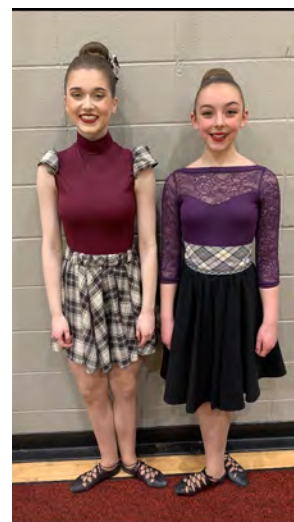
**Lauren Horvath - Premier 16 & 17**  
 Fling - 3rd

**Jennifer Watt - Premier 18 & over**  
 Fling - 2nd  
 Sword - 2nd  
 Johnny - 2nd  
 Lilt - 2nd  
 Blue Bonnets - 2nd

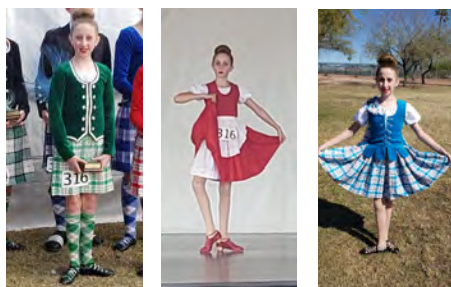
**Solo Choreography Competition:**

**Céleste Roy - Premier 13 & under**  
 2nd place Winner

**Madelaine Baigrie - Premier 14 & over**  
 1st place Winner



## Phoenix Open Championship & Competitions (March 3&4)



**Mya Pilat**  
**Championship - 12 & U14**  
 Fling - 5th  
 Sword - 2nd  
 ST - 2nd  
 Reel - 5th  
 Overall - 3rd Runner Up

**Jig Challenge - 2nd place**  
 (prize of US\$75!)

**Open Competition**  
 Johnny - 6th  
 Lilt - 6th  
 Blue Bonnets - 6th  
 Hornpipe - 6th



**Save the date!!!** Friday, May 31st, 2019 the MHDA will be hosting our 'Canadians' Ceilidh 2019' from 5:30-8:30 at Cowboys, Canad Inns Windsor Park. This Pizza,Pasta&Bevy evening will be the fundraising event for any dancer travelling this year to ScotDance Canada Championship Series 2019 in Moncton, New Brunswick.

Tickets for this event are \$20 (buys you dinner!) each, new this year 'Support Tickets' will be available at \$10 a piece. Tickets/silent auction info will be available at the March 9th competition, just stop by the MHDA table.

Please consider coming out to support our Manitoba Representatives and those dancers who are making the trip to Moncton to compete against highland dancers across the country (and the world!). As always, our Manitoba dancers will do all of us proud as they showcase their hard work and talent at SDCCS2019 from July 3rd-7th.

## You're Invited - Pavilion of Scotland AGM

The Pavilion of Scotland Annual General Meeting (AGM) is scheduled for March 17, 2019 at 7:00 pm, at the Glenwood Community Centre. Everyone is welcome to attend.

There are going to be some very important and exciting announcements at this meeting! Plus there will also be elections, Ambassador announcements and a little snack. The following coordinators positions are available, (positions may be shared between 2 people if requested):

- Kitchen Coordinator
- Set-up Coordinator
- Food Line Coordinator
- Logistics Coordinator

If you have any questions about these volunteer opportunities, please email [scottishassociation@gmail.com](mailto:scottishassociation@gmail.com)



The Ena Sutton Highland Dancers & St Andrew's Grade 4 Pipeband would like to invite you to their Tartan Day Dinner on Saturday, April 6, 2019 from 6 p.m. until midnight at the St James Civic Centre. Tickets are \$30 and available online at Eventbrite

<https://www.eventbrite.ca/o/ena-sutton-highland-dancers-of-winnipeg-st-andrews-of-winnipeg-grade-4-pipe-band-18471725254>

The MHDA would like to thank the the 78th Fraser Highlanders, Fort Garry Outpost - Winnipeg for their generous donation. Their support is greatly appreciated and will be used to offset the expenses of our upcoming Manitoba Championship and Closed Competition.

The modern 78th Frasers are a North-America wide historical society whose primary mission is the

preservation of the memory of the original Regiment, Canadian Military history of the mid-1700's, and celebration of the contributions of the early Scots to Canadian culture.  
<http://www.78thfrasers.org>



ScotDance Canada is offering the JL McKenzie Scholarship event once again in 2019. One of the 2018 winners was Manitoba's own Laura Unruh! Applications are due April 15, 2019 and are available from your teacher. Demonstration opportunities are available at all MHDA and SDM events up until April 2019. Dancers wishing to participate in the demonstration at a competition must notify [kathyramesar@gmail.com](mailto:kathyramesar@gmail.com) minimum 2 days prior to the event.

First awarded in 1996 this fund was set up to honour Mr. James L. McKenzie, of Aberdeen Scotland.

Mr. McKenzie was instrumental in introducing to, and developing in Canada the techniques of the Scottish Official Board of Highland Dancing. The intent of the fund is to assist in the development of a promising dancer who displays not only the competitive spirit,

but community spirit, as well as a love and enjoyment of, and dedication to Highland Dance. Guidelines for the award have been set to give dancers equal opportunity to win the award. Award winners are encouraged to use the funds to further their dance activities. Monies for this fund are acquired through donations (provincial or personal). As well, 1 per cent of all ScotDance Canada's portion of dancer registrations collected is allocated to this fund. The Award is open to Premier dancers who complete the application process, which includes a demonstration of the Tribute to JL McKenzie.



Manitoba is home to seven award winners! They are: Tara Christie, George Hamilton, Reagan Robertson, Kaylee Campbell, Kirsten Henry, Stacie Nixon and Laura Unruh. Premier dancers who are interested should contact their teacher for more information.

### IMPORTANT - Workshop Rule Information

For those who may be travelling and participating in workshops in the coming weeks, please note the following roster of judges for the balance of the MHDA and ScotDance Manitoba 2018-19 dance year:

#### April 6, 2019 - ScotDance Manitoba Competition

- Katie Lee
- Christa Mackie

#### May 5, 2019 - MHDA Provincial Selection Meet

- Anne Sutherland
- Jill Young
- Mary Munro

#### June 9 & 10, 2019 - MHDA Mid-Canada Open Championship and Lord Selkirk Premiership

- Cheryl Rafter
- Deborah Wardrope
- Jeanette Bonar

As you may know, if you participate in a workshop or receive instruction from any of these judges, you will not be able to compete before them for 3 months. If you plan to compete in competitions outside of Manitoba, it is your responsibility to ensure that a judge at the competition has not provided you instruction through a workshop or similar means in the 3 months prior to the competition. For specific details on the wording and operation of the rule, please consult with your teacher.