



Scottish Ramble

Summer 2023/24

Newsletter of the
Royal Scottish Country Dance Society Queensland Branch



Chairman's Report

A happy New Year to all!

Most Scottish Country Dancing clubs shut down over December and January and started regular sessions again in February. This year January has been exceptionally hot and humid, so without air conditioning dancing would have been too much! However, with the benefit of air conditioning a group of Brisbane dancers has been active, dancing and making videos associated with the intended republication of '2001 A Dance Odyssey', intended to be released later this year associated with Queensland hosting our national Winter School.

The big event for 2024 is the 47th Australian Winter School, to be held at Gatton from 7th to 14th July. Come if you can – it should be lots of fun. Already a number of dancers have signed up. Also, Branch classes started early in February and our opening social is scheduled to be held at St Philip's on Saturday 13th April.

Bryan Hacker

Chairman



Special Note

You are invited to a very special AGM to be held on **SUNDAY 26TH MAY 2024** starting at 10am at the Communify Hall Love Street, Spring Hill.

→ Why is this AGM so special? →

You won't want to miss it! Please note the date in your diary!



Exciting new things are happening for the Queensland Branch of RSCDS.



Come along and be a part of the new discussion and direction of your branch.

YOUR BRANCH COMMITTEE FOR 2023 – 2024

POSITION	MEMBER	CONTACT	EMAIL
Chairman	Bryan Hacker	07 3374 1468	rscdsqld@inet.net.au
Vice Chairman	Cathy McLeod	0403 280 402	pczb@bigpond.net.au
Secretary	Kat Hayes	0410 587 887	secretary@rscds-qld.org.au
Treasurer	Connie Witt	0431 015 269	cwitt@iprimus.com.au
Membership Secretary	Mark Dancer	0487 193 819	mark.david.dancer@gmail.com
Events Coordinators	Kat Hayes Irina Gibson	0410 587 887 0405 288 449	secretary@rscds-qld.org.au irinaegibson@gmail.com
Committee Members	Irina Gibson Diana Pascoe Fran Beusaert	0405 288 449 0428 501 226 0411 523 316	irinaegibson@gmail.com pascoediana@gmail.com beusaer@tpg.com.au
"Scottish Ramble" Editor	Fran Beusaert	0411 523 316	beusaer@tpg.com.au

Website:

<https://rscds-qld.org.au/>

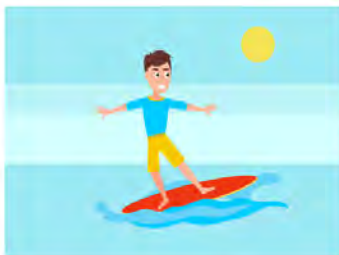
Facebook:

"SCD Qld"
"Scottish Country Dancing
Queensland- RSCDS"

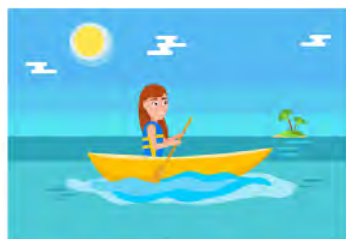
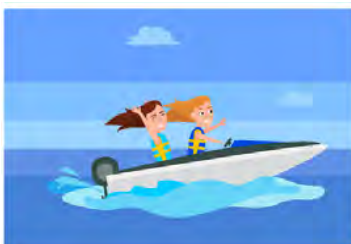
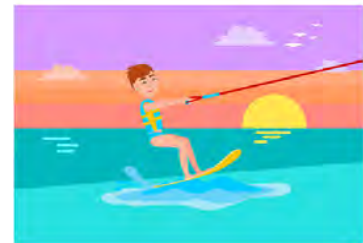
All correspondence:
(other than newsletter
items) to:

The Secretary
RSCDS QLD Branch
PO Box 255
Coopers Plains, QLD,
4108

There are many
ways to keep
in touch!



Fun things to do in Summer
But always take care!



RSCDS QLD BRANCH and CLUB CALENDAR - 2024

Dates	Times	Event	Location
<i>March</i>			
All classes have now restarted for the year			
<i>April</i>			
Saturday 13 th April	1:00 for 1:30pm start	Queensland Branch Opening Social	St Philip's Anglican Church Hall Emperor St, Buranda
Saturday 27 th - 28 th April	Weekend	Townsville 50 th Anniversary	Suburban Bowls Club Townsville
<i>May</i>			
Saturday 11 th May	1:00 for 1:30pm start	Cleveland Beginners Social	St James' Church Hall Station St, Wellington Point
Sunday 26 th May	9:45 for 10:00am start	AGM	Community Hall, Love Street, Spring Hill
<i>June</i>			
Saturday 15 th June	2:30 for 3:00pm start	Gold Coast Mid-Year Social	Maher Hall, Matilda St, Burleigh Heads
<i>July</i>			
Week 7 th July - 14 th July	Whole week	47 th Australian Winter School	UQ Gatton Campus 5391 Warrego Hwy, Gatton
<i>August</i>			
<i>September</i>			
<i>October</i>			
Saturday 19 th October	2:30 for 3:00pm start	Gold Coast Spring Dance	Maher Hall, Matilda St, Burleigh Heads
<i>November</i>			
Saturday 30 th November	6:30 for 7:00pm start	St Andrew's Gala Event	St Philip's Anglican Church Hall Emperor St, Buranda
<i>December</i>			

7 th July - 14 th July 2024	Australian Winter School 47 th Australian Winter School See more information on pages 11 - 12	Gatton, QLD
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119 days from 10.3.24



Important Date

• 5th May Final Payment due

2024 Australian Winter School Gatton

• 5th May Final Payment due

Important Date

For more info please visit the website:
qld-winter-school-2024.org.au

CLASSES AND CLUB CONTACTS for 2024

Club	Night	Place	Club Contact	Phone/Email
Atherton	Wednesday 5:45pm	St Joseph's Church Hall 28 Mabel St, Atherton	Kylie Akers	0417 007 432 pakers@bigpond.net.au
Ballina NSW	Tuesday 4:00 — 6:00pm	Presbyterian Church Hall Crane Street, Ballina	Elsbeth Lacey	0416 150 150
Brisbane Love Street Branch Class	Monday 6:00 — 8:30pm	Communiy Hall Love St, Spring Hill	Bryan Hacker	07 3374 1468 queensland@rscds.org.au
Bundaberg	Tuesday 7:00 — 9:00pm <i>Ladies Step TBA</i>	Private Home Bargara	Janet Oliver	0407 034 241 janet.bundyscd@internode.on.net http://ja0392.wixsite.com/bundy-scot-dancers
Cleveland	Friday 10:00am — 12:00pm	St James' Anglican Church Hall 17 Station St, Wellington Point	Geoff Thompson	0458 208 257 geoffthommo@gmail.com
Gold Coast	Thursday 7:00pm	Maher Hall Matilda Street, Burleigh Heads	Dorothy Merriman	07 5578 8497 0409 285 080
Graceville	Thursday 9:30 — 11:30am Friday 7:30 — 9:30pm	St John's Anglican Church Hall California Rd, Oxley	Helen Draper	07 3379 7141 helendraper@bigpond.com
Gympie	Wednesday 9:00 — 11:00am	Guides Hall Shanks Street, Gympie	Kay Callen Ann Johnston	<i>Kay</i> 0407 242 677 <i>Ann</i> 0419 647 269
Maleny	Monday 7:00 — 9:00pm	RSL Hall 1 Bunya St, Maleny	Helen Jackson Linda Scharf	<i>Helen</i> 0432 251 606 <i>Linda</i> 0429 654 033 ipscharf@tpg.com.au
Noosa U3A	Monday 9:00 — 11:00am	Masonic Hall Moorindil Street, Tewantin	Joanne Kjorstad	0400 116 517 or 0499 293 917
Northside Branch Class	Wednesday 7:30 — 9:30pm (NOT OCTOBER)	Wonargo Revue Scout Hall Flower St, Northgate	Margaret Warry	0438 726 587
Redlands U3A	Monday 11:30am — 2:30pm	St James' Anglican Church Hall 17 Station St, Wellington Point	Heather Heron	0402 408 905 hetheron@inet.net.au
Schiehallion	Monday 7:00 — 9:00pm	Uniting Church Pope St, Tarragindi	Paul Smith Denise Smith	0410 588 281 0439 270 191 pauldenise3@bigpond.com
St Philip's	Tuesday 7:30pm	St Philip's Anglican Church Hall Emperor St, Buranda	Connie Witt	0431 015 269
The Glen Caboolture U3A	Tuesday 6:30 — 8:30pm (School Terms)	Memorial Hall (Supper Room) King St, Caboolture	Bev Melville	07 5432 4815 or text 0410 293 466
Townsville	Monday General 7:00 — 9:00 pm Friday Daytime 10:30am — 12:00pm 2 nd & 4 th Fri Sunday Experienced 3:45 — 5:15pm 2 nd & 3 rd Sun Monday Beginners 6:00 — 7:00pm 8 weeks	The Upstairs Hall Suburban Bowling Club (Enter from Charters Towers Rd) 5 Carr Street Hermit Park	Margaret Silke	<i>Margaret</i> 0431 434 579 <i>Alex</i> 0488 716 316 margaretsilke@gmail.com
Warwick U3A	Friday 10:00 am	Cnr Tooth & Wood Street Warwick	Margie Bond	0429 700 217



Club	Date (All information correct at time of publication)
Atherton	Wednesday 7 th February 5:45pm
Ballina	Tuesday 5 th March 4:00 - 6:00pm
Brisbane (Branch) Love Street	Monday 5 th February 6:00 - 8:30pm <i>Continuing Dancers</i> 6:00 - 7:30pm <i>New Dancers</i> 7:30 - 8:30pm <i>Intermediate</i>
Bundaberg	Tuesday 6 th February 7:00 - 9:00pm
Caboolture U3A	Tuesday 6 th February 6:30 - 8:30pm
Cleveland	Friday 23 rd February 10:00am - 12:00pm
Gold Coast	Thursday 1 st February 6:30 - 8:30pm <i>Beginners until 29.02.24</i> 7 th March 7:00 - 9:00pm <i>General until 05.12.24</i>
Graceville	Thursday 8 th February 9:30 - 11:30am Friday 9 th February 7:30 - 9:30pm
Gympie	Wednesday 17 th January 9:00 - 11:00am
Maleny	Monday 12 th February 7:00 - 9:00pm
Noosa U3A	Monday 5 th February 9:00 - 11:00am
Northside (Branch)	Wednesday 14 th February 7:30 - 9:30pm
Redlands U3A	Monday 19 th February 11:00 - 12:30pm <i>Beginners until 29.04.24</i> 12:30 - 1:30pm <i>Intermediate (+ afternoon tea)</i> 1:30 - 2:30pm <i>Advanced</i>
Schiehallion	Monday 5 th February 7:00 - 9:00pm
St Philip's	Tuesday 6 th February 7:30pm
Townsville	Monday 5 th February 7:00 - 9:00pm <i>General Class Weekly</i> Friday 9 th February 10:30am - 12:00pm <i>Social Class (2nd & 4th weeks)</i> Sunday 11 th February 3:45 - 5:15 pm <i>Experienced Class (2nd & 4th weeks)</i> Monday 12 th February 6:00 - 7:00pm <i>Beginners/ Introductory Course (8 weeks)</i>
Warwick U3A	Friday 2 nd February 10:00am



2024 Opening Social

Saturday 13th April 2024

1:00 for 1:30pm start

St Philip's Church Hall, Emperor St, Annerley

Recorded music; Entry **\$10.00 RSCDS members** and **\$15.00 non-members**

Click on the dance name below to access the videos:

- 1.** [THE ROYAL DEESIDE RAILWAY](#) (R8x32) 3C (4C set) Ron Arrowsmith RSCDS Book 40
- 2.***[THE FALLS OF ROGIE](#) (R8x32) 3C (4C set) Jean Attwood Alexander Book 1
- 3.***[JOHN MCALPIN](#) (S8x32) 3C (4C set) Hugh Foss Galloway Album
- 4.** [THE SUMMER ASSEMBLY](#) (R88) Sq.Set Roy Goldring RSCDS Book 35
- 5.** [INCHMICKERY](#) (J5x32) 5C set Roy Goldring 14 Soc. Dan. and RSCDS Book 53
- 6.** [THE SILVER TASSIE](#) (S8x32) 3C (4C set) John Drewry Bon Accord Book
- 7.* [THE MACHINE WITHOUT HORSES](#) (J8x32) 3C (4C set) David Rutherford RSCDS Book 12
- 8.***[CULLA BAY](#) (S4x32) Sq.Set Ann Dix RSCDS Book 41
- 9.***[NAPIER'S INDEX](#) (J8x40) 3C (4C set) Brian Charlton RSCDS Book 45

Afternoon Tea

(Please bring a plate of deliciousness to share for afternoon tea)

- 10.** [SOCIETY PIPER](#) (R8x32) 3C (4C set) Roy Goldring 10 Social Dances
- 11.** [CHASED LOVERS](#) (J8x32) 3C (4C set) Tim Wilson World Wide Weavings 2015 and RSCDS Book 53
- 12.***[SOMETHING IN THE AIR](#) (S6x32) 2C (3C set) Pam Stephens RSCDS Book 53
- 13.***[THE CRANBERRY TART](#) (J8x32) 3C (4C set) Terry Glasspool 7 Year Itch
- 14.** [THE MINISTER ON THE LOCH](#) (S3x32) 3C set Roy Goldring 24 G and S Dances
- 15.** [THE REEL OF THE ROYAL SCOTS](#) (R8x32) 3C (4C set) Roy Goldring RSCDS Leaflet Dances 27



Key

- * Elementary Dances
- ** Intermediate Dances
- *** Advanced Dances



Great prizes!!
3 tickets for only \$5



You are invited to

Townsville Scottish Country Dancing

Golden Anniversary Celebration

A Weekend of Reminiscing, Dancing and Socialising

APRIL 27/28, 2024

**Music by Iain McKenzie renowned SCD accordionist
Guest teacher Heather Heron from Brisbane**

Saturday April 27th

1. 9:30am- 12:00pm General SCD Class *Suburban Bowls Club*
Suitable for all abilities
2. 2:30pm- 4:30pm High tea *YWAM Precinct 312 Walker St*
Dress: Smart casual (Scottish)

Sunday April 28th

3. 9:30am- 12pm Experienced SCD Class *Suburban Bowls Club*
4. 2:30pm- 5:30pm Fifty & Fancy Tea Dance *Suburban Bowls Club*
Dress: Men in kilts, ladies fancy! A chance to dress up.

Each event \$25 or \$80 for all four events. Registration and payment by April 15.



A weekend of dancing, meeting old friends and making new ones, laughter, socialising and reminiscing.

Please complete this form and deliver together with your payment details to: TSCD

in person at class or mail to Rita Watters - rita.3@bigpond.com

Name: _____

Address: _____

Email & Phone _____

Dietary requirements _____

Please choose the events/classes you wish to at end:

- | | | | |
|--------------------------|---------------------------------------|--------------------|-----------------|
| <input type="checkbox"/> | 1. General Class | Saturday Morning | 9:30am-11:30 am |
| <input type="checkbox"/> | 2. High tea | Saturday Afternoon | 2:30pm -4:30pm |
| <input type="checkbox"/> | 3. Experienced Class | Sunday Morning | 9:30am-11:30 am |
| <input type="checkbox"/> | 4. Fifty & Fancy Tea Dance | Sunday Afternoon | 2:30pm -5:30pm |

Each event is \$25 or all four events \$80.

Payment to

TSCD BSB 484 799 Acc 4807 29035

Please use your name, 50 and event numbers (eg. 50 1 2 3 4) for identification and email the treasurer with the details rita.3@bigpond.com



Program 50 & Fancy Tea Dance

<u>Scotch Mixer</u>	cpl/cpl RR	R 5X32
<u>Golden Gaels Reel</u>	3C/4C	R 8X32
<u>Seann Truibhas Willichan</u>	2C/3C/4C	S 6/8X32
<u>Catch The Wind</u>	3C/4C	R 8X32
<u>Highland Fair</u>	2C/4C	J 6/8X32
<u>12 Coates Crescent</u>	4C	S 4X32
<u>50 And A' That</u>	3C/4C	J 8X32
<u>Barmkin</u>	Square	R 1X88
<u>Delvine Side</u>	3C/4C	R 8X32
<u>Raven's Dance</u>	3C/4C	R 8X32

Break

<u>Waratah Weaver</u>	3C/4C	J 4X32
<u>To Absent Friends</u>	Square	S 2X32 J2X32
<u>Mairi's Wedding</u>	3C/4C	R 8X40
<u>Rose Of The North</u>	3C/4C	R 8X32
<u>Miss Johnstone Of Ardrossan</u>	5C	R 5X32
<u>De'il Amang The Tailors</u>	3C/4C	R 8X32

CLEVELAND SCOTTISH COUNTRY DANCERS

INVITE YOU

TO ATTEND THEIR
BEGINNERS' SOCIAL

SATURDAY 11TH MAY 2024

St James' Church Hall,
Station Street,
Wellington Point

1.00 PM FOR A 1.30 PM START

RECORDED MUSIC
COST \$10.00

- | | | |
|---------------------------|----------|------------------------|
| 1. Nice to See You (RR) | 5 x 32 R | RSCDS 40/3 |
| 2. The Highland Fair | 8 x 32 J | RSCDS Graded 1/6 |
| 3. The Buckie Jig | 8 x 32 S | Let's All Dance 7 |
| 4. It's All Right | 8 x 32 J | RSCDS Graded 2/12 |
| 5. Mr Michael Bear's Reel | 8 x 32 R | RSCDS Graded 2/5 |
| 6. Flowers of Texas | 8 x 32 R | Let's All Dance Too/12 |

AFTERNOON TEA WILL BE PROVIDED

- | | | |
|----------------------------|----------|------------|
| 7. New Year Jig | 8 x 32 J | RSCDS 51/8 |
| 8. The Kirkcolm Strathspey | 8 x 32 S | H Heron |
| 9. Catch the Wind | 8 x 32 H | RSCDS 45/5 |
| 10. Lady Auckland's Reel | 8 x 32 S | RSCDS 18/2 |
| 11. EH3 7AF | 8 x 32 J | RSCDS 40/6 |

It has been many years since Cleveland Scottish Country Dancers have run any socials and while this is a beginners' social, all levels of dancers are welcome to attend. Let's show how warm and welcoming we can be to our new dancers.



Riddle Time

What am I?

Q I'm BIG,
I'm GRAND,
I have SOCIALS
I have BANDS!

I AM THE 47th AUSTRALIAN WINTER SCHOOL

A Proudly brought to you by the
Queensland Branch of RSCDS

7 - 14 July
2024



**47th
Australian Winter
School
Gatton
Queensland**



The 2024 Australian
Winter School Committee
in planning mode

Meet The Committee
Fran, Connie, Mark,
Cathy, Ross, Diana, Sally

WHICH CLASS IS FOR ME?
Morning classes are compulsory.

Classes will be organised according to the information you provide on the application form. Please consult your teacher if unsure which class is best for you. All classes will challenge you to improve.

Please tick your preferred class.

We will endeavour to place you in your preferred class, but reserve the right to change classes if required.

Intermediate
For emerging dancers with some experience of steps and formations, who would like to improve their technique, focusing on footwork, use of hands, phrasing and formations.

Advanced
For dancers with a sound knowledge of most RSCDS formations, and who dance with good phrasing and footwork. An energetic high impact class.

Very Advanced
For dancers with an excellent knowledge of RSCDS formations, and who dance to a high standard, with very good phrasing and footwork. A very energetic high impact class.

Advanced, Low Impact
For competent dancers who can perform most formations to a high standard with good phrasing, but with less focus on footwork and fitness.

Low Impact
For dancers with a good knowledge of most formations. A gentle-on-the-joints style of class, with a reduced focus on footwork and fitness.

Rest and Be Thankful
Morning classes are no longer for you, but you are keen to participate in other social activities.

DISCLAIMER OF LIABILITY
Persons attending this School do so at their own risk. The RSCDS Queensland Branch Inc. disclaim liability for personal injury and loss or damage to property during the School. For more details refer to our website.

Signature: _____ Date: _____

HOW TO APPLY
Please send your application, together with your deposit of \$300 by post or online. (includes non-refundable fee of \$100)

Send application form:
The Registrar
Qld Winter School 2024
PO Box 255
Coopers Plains Qld 4108
Australia
QldWinterSchool2024@gmail.com

PAYMENT
Final payment: 5 May 2024
(See Cancellation policy on our website)

EFT (electronic funds transfer)
Acc name: RSCDS Qld Winter School 2024
Bank: Westpac
BSB: 034-093
Account: 890393
SWIFT code: WPACAU2S
(contact the Registrar for overseas payments)
Reference: Your name + WS24
(Please email a copy of the bank receipt)

Cheques
Payable to: RSCDS Qld Winter School 2024

CONTACT US
Convenor: Cathy McLeod Ph: +61 403 280 402
Registrar: Connie Witt Ph: +61 431 015 269
Email: QldWinterSchool2024@gmail.com

**47th
Australian Winter
School
Gatton
Queensland**

7 July - 14 July 2024



RSCDS Queensland Branch Inc

Where is it?
UQ Gatton Campus
5391 Warrego Hwy,
Gatton QLD 4343

welcome

The RSCDS Queensland Branch warmly welcomes you to the 47th Australian Winter School in the beautiful town of Gatton in SE Queensland. Gatton is the largest town and the business centre of the Lockyer Valley, 85 km west of Brisbane CBD.

Gatton Campus is the University of Queensland's rural campus, and is located approximately eight kilometres from the town centre.

Your stay
Accommodation will be in single rooms with shared amenities in the Halls of Residence. Each room has a comfortable bed, desk, built in wardrobe and a heater.

Meals will be served in the spacious dining room which has floor to ceiling windows and multiple buffet style sergeries.

Your Teachers

Antoine Rousseau	France
Caristiona Tait	Australia
Linda Glavin	New Zealand
Raphaëlle Orgeret	France
William Williamson	Scotland

Your Musicians

Iain McKenzie (Australia)	Accordion (Director of Music)
Anne-Marie Forsyth (NZ)	Fiddle
Emma Nixon (Australia)	Fiddle
Ian Muir (UK)	Accordion
Judith Muir (UK)	Keyboard
Sharlene Penman (NZ)	Keyboard

COST (Prices in AUD)

RSCDS Members 25+	\$2050	* see below
Under 25s	\$1650	* see below
RSCDS Non-Members	\$2150	* see below
Non-Dancers	\$1850	excludes dance classes and socials
Commuters	\$1600	excludes accommodation + breakfast

* Includes accommodation, formal dinner and all other meals, morning/afternoon teas and suppers, classes, socials, and transport to and from them.

Extras

- Coach transport from Brisbane airport and CBD to Gatton Campus (and return) may be offered depending on demand
- Excursions - optional
- Winter School shirts - optional

Keep up to date via our website and/or Facebook

Website: qld-winter-school-2024.org.au
Facebook: [QueenslandWinterSchool2024](https://www.facebook.com/QueenslandWinterSchool2024)

APPLICATION FORM
47th Australian Winter School 2024

First Name
Surname
Address
.....
State..... Postcode.....
Country.....
Phone No.....
Email.....

Name for badge.....
Is this your first Winter School?.....
RSCDS Branch.....
RSCDS Number.....
Number of years active dancing?.....
How often do you attend a class:
Weekly Twice weekly More often Irregularly

I would like to be accommodated near

Dietary Requirements: (please specify)

Emergency Contact:
Name.....
Phone.....

Application type:
 Member 25+ Non-Member
 Under 25 Commuter Non-dancer

Payment method:
 EFT Cheque

Meet our
Goodwill Ambassador
Kirra

Kirra is a girl's name of Indigenous Australian origin meaning:
beautiful woman; life; dancing; leaf.
The koala is the faunal emblem of Queensland.

Important Date
• 5 May Final Payment due

This is how you can keep up to date

You may have some questions about the Winter School in Gatton, Qld.

2024 Australian Winter School ... Gatton 7th July - 14th July



Why should I attend?

- it's a unique opportunity to dance with other dancers, both national and international.
- experience tuition from different teachers
- experience the music from new musicians
- enjoy the spectacular venue
- rekindle friendships from former schools
- escape for 7 days



Why is it so expensive?

The fee includes:

- cozy single room accommodation
- ALL meals (B,L,D) + Formal Dinner
- Morning & afternoon teas, suppers & parties
- Transport to/from classes (6)
- Transport to/from socials + Ball
- Tuition
- Entertainment

Did you know...

Prices start at AUD\$228.00/day up to AUD\$293.00/day?
(That's less than a 7 day holiday in Japan or Canada??)

Check the website to find which package is best for you:
qld-winter-school-2024.org.au



For more information visit our website:
qld-winter-school-2024.org.au



Take a peek at these musicians!



Anne-Marie Forsyth
Sharlene Penman



Judith Muir
Ian Muir



Emma Nixon
Iain McKenzie



Check out this amazing campus



2024 Australian Winter School Gatton 7th July - 14th July

Don't forget... there's also a workshop for musicians!



2024 Australian Winter School Gatton 7th July - 14th July

You won't want to miss these fabulous teachers



Antoine Rousseau & Raphaëlle Orgeret



Linda Glavin



Caristiona Tait



William Williamson



Hope to see you in July!

● *Wear Sunscreen*

● *Wear a hat*

● *Stay safe at the beach*



Things to remember... not only in Summer, but always!



● *Drink lots of water*



● *Drive safely*

Reminder Board

- * Opening Social 13th April
- * Townsville Anniversary 27/28 April
- * Complete application + pay for Winter School 5th May
- * Cleveland Beginners Social 11th May
- * AGM 26th May

Some VERY good news about dancing...

DANCING MAKES YOU SMARTER

It's been scientifically proven that the only physical activity to offer protection against **dementia** is frequent dancing.

- Reading - 35% reduced risk of dementia
 - Bicycling and swimming - 0%
 - Doing crossword puzzles at least four days a week - 47%
 - Playing golf - 0%
 - Dancing frequently - 76%.

Study made suggestion: do it often. Seniors who took dance lessons 4 days a week had a measurably lower risk of dementia than those who did it only once a week.

Fred Astaire Dance Studio of Coral Springs

Please send news and reports to me by 17th March and I'll pass them onto the Editor.

Message from the Editor

This SUMMER issue contains important dates for your calendar/diary in addition to information about upcoming socials and Winter School.

The AUTUMN Issue will contain additional articles and reports from clubs and the QLD Branch, photos and the usual Ramble fun! Ed.

