

March 2021

Volume 2: Issue 3



The Tartan Tribune



Dancing our way into March – Keep up the great work dancers! Welcome to the third installment of our SDNB Newsletter for 2021! If you would like to see something featured in our monthly newsletter, email: sdnbpresident@gmail.com

Newsletter Highlights:

- SDNB Professional Spotlight – Page 2
- Upcoming Events – Pages 2-3
- March Challenge – Page 3
- Highland Crossword – Page 4



Meeting Your ScotDance New Brunswick Dance Professionals!

Our next SDNB professional to introduce is our Provincial Registrar, Laura Gardiner!

A few fun facts about Laura:

- Number of years dancing: 15 years (from age 8-18, a big old hiatus and back at it again at age 27 with breaks for kids)
- Number of years teaching: 2-3 years with the Nicole Odo School of Highland Dance
- Number of years volunteering with ScotDance New Brunswick: 3 years
- Favourite thing about Highland Dance: The dancing, the music, the people, the hairspray smell. Maybe everything except half points!



Upcoming Online Events

Dancing our way into March!



SDNB
virtual
workshop

Saturday,
March 20th, 2021

SDNB is pleased to be hosting a Virtual Workshop on March 20th!

The event is currently open to NB dancers only until March 10th. If there are spaces available after that, we will open it up for everyone!

The workshop will include sessions from former world champions and experienced professionals including:

- Rebecca Thow
- Ellis Hayes
- Deborah Wardrope
- Celtic Coaching
- Elizabeth Anderson (alternative dance style)
- Polly Brinkman-Mills (yoga)

Pre-Premier \$10

Premier \$15

Register at: <http://bit.ly/SDNBWorkshop2021>

Continued...

Professional Development Session

“Building Alignment from the Ground Up” with Wenda Crawford

A 2-hour session for our SDNB professionals on building alignment with your dancers! An excellent development opportunity for our teachers.

- Details of session TBA
- Will take place the weekend of our SDNB Virtual Workshop (March 20th – 21st)

Workout Wednesdays – Full Body Workout for Highland Series with Kristen MacIntosh

Kristen will take dancers through a series of exercises to work all the muscles needed for Highland Dancing! The perfect cross-training opportunity.

- LIVE sessions Wednesdays, 6 – 6:30PM
- \$20 total (\$5/session)
- March 24th – April 14th
- Registration gives you access to session recordings

Email nicole_odo@hotmail.com to sign up!

March Practice Challenge



St. Paddy's Day Celebration Video – Choreography Challenge!

We are putting together a video of our New Brunswick dancers in celebration of St. Patrick's Day! To join in:

- Listen/download “Hashtag Jigs” by Coig (start at 3:18)
- Choreograph a Jig step
- Video your Jig step
- Send to sdnbpresident@gmail.com

Videos due by March 13th! We will put together a fun St. Paddy's day video of our NB dancers!

Highland Dance Crossword

Courtesy of: Riel Nason



O
H L Y
S E C A A
A N R H I T W
S U A E A T S I A
P M K A T M G L U C R
H B C G V S P E S I M E D
T E R O S H I I Y T L K N R S
L R O A D A O G O S W U A T S E B
A E S L S R F R E N M O L B D T E V U
E H S S Z A O E N R S N H L C I E L I I N
W C O Y H K H W T P V H G V O O W R M I L L T
N A V C H A S B S Y I G I J W S T E P T R L L L U
O E E L L P R H U P P P H P A G A R T E R S M H I A R
M T R A R S O G U I R I E G L T A R U N N E R U P S H G N
M K E S S T A R Y F R I N T N I O P F L A H A T D S S I G E O
O Q P S T R H E T L F T M S Y L I M A F G H C O L L U T E T P M U
C S N X A E A A L Y E L N A S L A N I F S E H S U R B B R E T T U A T
U X T S A T E N I H I J E N R J K E K A H S E X T E N D O A F V U O O I T
S K C O R C T K L R D I A S A Y U S T E N N O B E U L B C B A T L O L C R D X
G S B H G O R N N R E G T E P I P E R S E U Q S A B E D S A P D O L G S G
S O A B E T A E E Z M H S D A H S H E D D I N G F P M K P R O G R A M
C C C O L L T E C S R A U D B O W T R E P R E S E N T A T I V E A
C K K B E A L H H D E G F A N E C N A M R O F R E P O H Q C R
D S S B H N S O O N T G K N T O E H E E L S T A G E S I E
S A T Y T D Q P R E N R T C P I H S R E I M E R P T N
T C E P D R U A E I I E R I Z R A J A C K E T C N
N C P I N E E B O R T G O N A N I M A T S A I
I O S N U I E O G F O A P G J B S T Q R G
O M U S O M Z Y R Y V T P G V N C P E
P P D T R E E N A D I E U E O S B
G L H A F R G E P C P M S E H
N I B E L P D J H E F L N
I S O W I H U V Y C O
R H S S N O J S V
P C R M G U I
S M O M C
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D

- ABOYNE
- ACCOMPLISH
- ARGYLE
- AWARDS
- BACKSTEPS
- BATD
- BEGINNER
- BLUE BONNETS
- BOBBY PINS
- BOW
- BRUSHES
- BUN
- CHAMPIONSHIP
- CHOREOGRAPHY
- CLASS
- COMMONWEALTH
- CORE
- COWAL
- CROSSOVER
- DANCING
- EXTEND
- FAMILY
- FINALS
- FLING
- FLORA

- FRIENDS
- FUSTA
- GARTERS
- GHILLIES
- GLUTES
- GOALS
- GROUP
- HAIR NET
- HALF POINT
- HIGH AGGREGATE
- HIGHLAND
- HOP
- HORNSPIPE

- INTERMEDIATE
- JACKET
- JIG
- JUDGE
- KILT
- LEAP
- LOVE
- MEDALS
- MOM
- MOVEMENT
- MUSCLES
- MUSIC

- NOVICE
- NUMBER
- PAS DE BASQUES
- PERFORMANCE
- PIPER
- PIVOT
- PRACTICE
- PREMIER
- PREMIERSHIP
- PRIMARY
- PROGRAM
- RECITAL
- REEL

- REGISTER
- REPRESENTATIV
- ROCKS
- ROUND THE LEG
- RSOBHD
- RUNNER UP
- SAFETY PINS
- SASH
- SCOTLAND
- SCOTTISH LILT
- SDCCS
- SDTA

- SEANN TRIUBHAS
- SHAKE
- SHEDDING
- SHUFFLES
- SOCKS
- SOLO
- SPRING POINT
- SQUEEZE
- STAGE
- STAMINA
- STEP
- STRETCH
- SUPPORT
- SWEAT
- SWORD
- TARTAN
- TEACHER
- TOE HEELS
- TRIBUTE
- TROPHY
- TULLOCH
- TURN OUT
- UKA
- VILLAGE MAID

