

## The Tartan Tribune

Welcome to our monthly newsletter for all of our registered dancers in New Brunswick! Our goal is to keep you in the know about everything happening in ScotDance New Brunswick and beyond. We will continue to develop the content we share each month, but in the meantime, enjoy our first ever newsletter!!

If you have any questions or suggestions, please email [sdnbpresident@gmail.com](mailto:sdnbpresident@gmail.com) :)

### Practice Challenge of the Month

ScotDance New Brunswick challenges our dancers to a Fling Challenge! Dance a full Fling every day, and send us a photo of yourself for us to share online when you complete. That is 30 Flings total... We can't wait to see who will do it!

### SDNB Dancer Photo of the Month

**\*YOUR PHOTO HERE\*** - we are looking for photo submissions for dancers who would like to be featured on our monthly newsletter and on Facebook! We love featuring our provincial dancers, but we need your help. Submit any photos you'd like to share with us to [sdnbpresident@gmail.com](mailto:sdnbpresident@gmail.com).

### Meeting Your ScotDance New Brunswick Dance Professionals!

Our first introduction for our ScotDance New Brunswick professionals is your SDNB President, Nicole Odo. We will be doing an introduction of all our SDNB qualified dance professionals each month, so you have an idea of who is working behind the scenes!

A few fun facts about Nicole:

- Number of years dancing: 18 years
- Number of years teaching: 9 years
- Number of years volunteering with ScotDance New Brunswick: I've been a member of ScotDance New Brunswick since I was 16, and started the Registrar position when I was 19. I've now been in the President position for 3 years, and really love it! I love working with our fantastic group of professionals who are full of great ideas to promote Highland Dance in New Brunswick.
- Favourite thing about Highland Dance: Two things I love about Highland Dance is the connections you make, and the life lessons it teaches you. I am always so thankful for the Highland community and how far spread it is! You meet and connect with people from all over the world, which feels very unique to Highland Dancers. I also appreciate all the life lessons dance has taught me. You definitely learn more than just the steps at dance class!



## Upcoming Online Events

### **ScotDance Canada Young Professionals Session #3 - All About Medals Testing!**

The ScotDance Canada Young Professionals committee is aiming to have their next session in September. This session will be about everything Medals Testing, and we will have two experienced examiners from SDTA and BATD available to give us insight into planning, preparing and scheduling medal tests. This will also be beneficial as we start to move towards online testing. Stay tuned to the ScotDance Canada Facebook page for date, time and registration! **For Highland Dance teachers only.**

### **Fling Together Events hosted by Rocky Mountain Highland Dancers**

The "Fling Together" initiative has been great! They have been doing free classes/sessions for dancers from all over. It appears their next session will be Saturday, September 26th. Keep checking the link below for more information, and for previous recordings of sessions they've already hosted:

[https://rmhd.org/index.php/fling-together/?fbclid=IwAR1es79WpcGLbyHJ-DAAh22b\\_hcvgvD9EQrgxtQgp8\\_04hDxJAVZXQvF5FA](https://rmhd.org/index.php/fling-together/?fbclid=IwAR1es79WpcGLbyHJ-DAAh22b_hcvgvD9EQrgxtQgp8_04hDxJAVZXQvF5FA)

### **Pilates for Highland 4-Week Bootcamp with Kristen MacIntosh**

One of our ScotDance New Brunswick dance professionals has also become a qualified Pilates instructor! She will be hosting an online 4-week bootcamp for **Premier** dancers, starting September 16th. Details:

- 4-week program
- \$30 total
- Wednesdays 6-7PM live sessions
- Registration also gives you access to the session recordings so you can do them on your own time if Wednesdays don't work for you!

If interested, please email [nicole\\_odo@hotmail.com](mailto:nicole_odo@hotmail.com) to register!

## Fundraisers

Congratulations to all dancers! We did it! ScotDance Canada successfully met their goal of raising \$30,000 for Food Banks Canada and Kids Help Phone, and then some! Together as a country, **we raised \$50,000**, which will be split evenly between the two organizations. Thank you to all the dancers who took the time to submit videos, promote our fundraiser, and donate to a great cause. We couldn't have done it without you!

## Useful Resources

ScotDance New Brunswick website - <https://www.scotdancenb.com/>

ScotDance New Brunswick on Facebook - <https://www.facebook.com/ScotDanceNB>

ScotDance Canada website - <http://scotdance.ca/>

ScotDance Canada on Facebook - <https://www.facebook.com/scotdancecanada>

Heart of the Highlands Too Dance Supplies - <https://www.facebook.com/hearttothtoo>

Scotia Sole Dance Supplies - <https://www.facebook.com/ScotiaSole>

Tartantown Dance Supplies - <https://www.tartantown.com/>

