

## The Tartan Tribune

January 2021

Volume 2: Issue 1



### Happy New Year to our Dance Community!

While 2020 was not quite the dance year we envisioned, we kept the dance spirit alive through virtual gatherings, classes, and workshops – all to share in our love of dance. We applaud all of our dancers and teachers in their resilience and dedication to our sport!

As we begin 2021, we look forward to creating some more opportunities for our dancers and ways to bring our community together (virtually) during this time.

We are pleased to present Volume 2 of our SDNB Tartan Tribune! We have some great content planned in the next coming months so make sure you stay tuned to find out what's happening in the Highland Dance world!

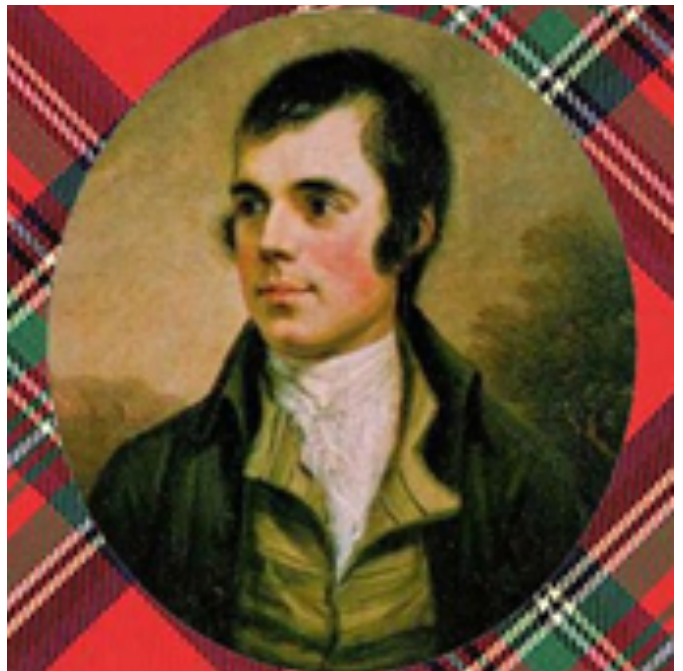
If you have any questions or suggestions, please email [sdnbpresident@gmail.com](mailto:sdnbpresident@gmail.com).

### Virtual Robbie Burns Day Celebrations:

Mark your calendars for a virtual Robbie Burns Day Celebration on Saturday, January 30<sup>th</sup>!

- Keep an eye on our Facebook page for more info if you don't want to miss out!
- We will be showcasing some highland dancing, piping, drumming, and a few words from the bard himself!

What is Robbie Burns Day you say? Go to page 3 to learn more and how you can take part!



### Newsletter Highlights:

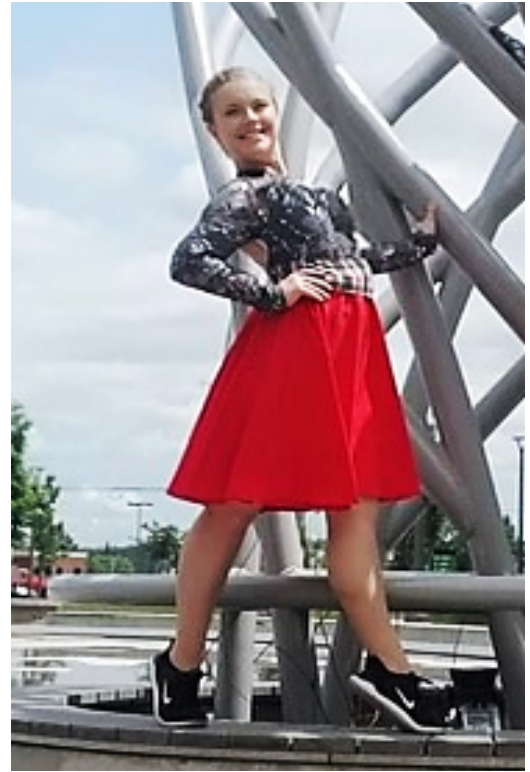
- SDNB Professional Spotlight – Page 2
- Upcoming Events – Pages 2-3
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## Meeting Your ScotDance New Brunswick Dance Professionals!

Our next SDNB professional to introduce is our Board of Director, Kaitlyn Munn

A few fun facts about Kaitlyn:

- Number of years dancing: I've been dancing for roughly 22 years
- Number of years teaching: I have been teaching for 12 years and have had my own dance school for 9 years
- Number of years volunteering with ScotDance New Brunswick: I've been volunteering with SDNB 8 years. I have been BOD for 3 years.
- Favourite thing about Highland Dance: It is a toss-up between the number of lessons you learn through being involved with Highland Dance, and having an extended family that includes dancers, their families, and friends I have met from all over the world!



## Upcoming Online Events

### **Virtual 4-Week Turnout Program with Kristen MacIntosh**

One of our dance professionals, Kristen MacIntosh, will be launching her 4-Week Virtual Turnout Program! These sessions are designed to strengthen your turnout and hip rotation muscles, as well as improve hip flexibility. Deadline to register is January 11<sup>th</sup>!

- Starts January 13<sup>th</sup>
- \$20 total (\$5 per session)
- Wednesdays 6 – 6:30PM live sessions
- Registration gives you access to the session recordings so you can do them on your own time and as many times per week as you want!

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

**TURNOUT PROGRAM**

CROSS TRAIN FOR HIGHLAND WITH OUR QUALIFIED PILATES INSTRUCTOR

LIVE SESSIONS WEDNESDAYS 6-6:30PM

ACCESS TO SESSION RECORDINGS

\$20 FOR 4 SESSIONS

# Continued...

**A Whole New World of Dance with Rachel McLagan and dancer Cameron Hobbs from Aladdin the Musical**

- Live class on January 24<sup>th</sup> at 1PM EST
- Register at usir2021.com

**Virtual Robert Burns Celebration**

- More details coming soon!
- Saturday, January 30th

## Robbie Burns Day

Robbie Burns Day is annually celebrated on or around January 25<sup>th</sup> to commemorate the life of the Scottish poet Robert Burns and his contributions to Scottish culture.

What celebrations happen on Burns Night?

- Often there is a Burns Supper with the traditional Haggis, neeps and tatties along with toasts and readings of pieces written by Burns
- An Address to the Haggis
- Music and Dancing entertainment

One of Robbie Burns' most well-known works is "Auld Lang Syne" which is a popular tune for New Year's Eve



## January Practice Challenge

**dance  
mood  
ON**

**It is a new year! That means it is the perfect time to set out some new dance goals for 2021! What will you be working towards?**

We thought what better way to start off our monthly challenge series than to begin with a goal setting challenge!

To give our dancers a jump start, check out our Goal Setting Template for Highland Dancers so that you can "Put Your Best Ghillie Forward"!

Head to our Facebook page to find the goal setting template and get started! You can do it!

# Dance Friends February

**We are looking for input from our dance community!**  
**For February we would like feature “Dance Friends February”**

With competitions currently suspended, many of us have been unable to see are dance friends from all over! So let’s share some of our favourite memories with dance friends and we’ll feature them in our February Newsletter!



Send your photos to: [sdnbsecretary@gmail.com](mailto:sdnbsecretary@gmail.com) with a description of your photo by January 31st



## **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/hearttohtoo>  
Scotia Sole Dance Supplies - <https://www.facebook.com/ScotiaSole>  
Tartantown Dance Supplies - <https://www.tartantown.com/>