

## TAS Workshop – Glasgow - Saturday 18 April 2026

For some TAS members, our Workshop started on the Friday evening when twenty-something members attended the Glasgow Branch dance in Milngavie Town Hall. An excellent evening with 100 plus dancers including a fair number of youngsters (from this geriatric's point of view) from the University Club. Great to have them with us and to dance with them.

After a night's rest in a local hostelry, it was off to M&S for a packed lunch then round the corner to New Kilpatrick Church Hall for the Workshop. Parking was in short supply in the adjoining car park with discussion going on as to whether they really meant "3 hours only" or could we park all day? I think most of us chickened out and repositioned our cars at lunchtime.

The Committee had everything prepared for our arrival – tea and coffee, biscuits, Angela Young our teacher for the morning session and David Oswald our musician for the day. After some refreshment and a welcome from Janet Johnson our Chair, it was down to work. It was great to see some younger folk among the 40ish attending. The first session was based on the new Society Warm-up Booklet. Angela started off with some Warm-Up exercises, as expected. Some walking, heel first, toe, on tiptoe, long stride short stride. Then into The Big Three ceilidh dance. Lack of balance was discussed and perhaps the need, depending on your Class, to bring in some balance exercises – walking one foot in line with the other and possibly some seated exercise to help balance. Of course, warm-up can use any suitable music – not just SCD. We had the pleasure of David Oswald sitting there playing a great mixture of tunes to complement Angela's teaching, with tunes like The Bare Necessities. So much to discuss – Warm Up, Cool Down – go online to the RSCDS website and order a copy of the new Booklet.

After a short break Angela was on the go again, looking at differing ways to teach formations. With everyone in a large circle, men with partner on right, we can have everyone involved in practising formations like Set + Rotate as in A Capital Jig. Also in a large circle, and again with men with partner on right, we can practise moving alternately three places anticlockwise then casting one clockwise. It's that formation where so many dancers have an automatic "I cannot do that" – Schiehallion. We also looked at alternative ways to teach Set and Link, the Tourbillon and the Tournee. Our thanks to Angela for work which is difficult to put into writing – SO much better to be in in the Hall and be involved – book early for our next Workshop.

After lunch, and a car reposition, we had an interesting session on "Coping with an incident" by Stewart Paton supported by Sandra McAllister from Glasgow Branch. Stewart is a First Responder and has been involved as First Aider at Murrayfield and Motor Sport events – so a lot of experience. (And he's a country dancer.) We looked at what we should have in a Class First Aid kit. Anne Thorn also shared information about the paperwork involved for our Branch / Class – Public Liability Insurance, Risk Assessment for each of our premises, Emergency Information – location of defibrillators, contact details of next of kin of class members. First Aid kit for every Class / event. Do you have a Safeguarding Officer in your Branch? etc etc etc... So much to think about, so much legislation to comply with – if we wish to dance, we have to comply. Check the Society website for more info.

To finish the day, we had three dances from Glasgow Anniversary Books taught by TAS Committee members. Muriel Bone started the session with a dance close to her heart from the 85<sup>th</sup> Anniversary Book – the Reel – **Mrs Muriel More**, for Muriel's mother, devised by John Johnston, music by Muriel More, herself a talented musician, and arranged by Robert H Mackay.

Janet Johnston then taught the strathspey, **Salute to Glasgow**, a very nice 8 x 32 Strathspey from the Glasgow 75<sup>th</sup> Anniversary Book. The dance was devised by John Johnston with music by his mother Margaret. Sue Porter finished off the final session teaching the appropriately named **Bearsden Jig**, an 8 x 32 jig devised by James McMillan also from the 85<sup>th</sup> Anniversary Book.

An excellent Workshop with the added advantage of the Friday night dance.

Thanks to Janet and the committee for all their work, to Angela for the morning session, to Stewart for the “Safety” briefing and David for providing excellent music all day.

RMB