



The Kiltie Club

*And the Grinch, with his Grinch feet ice cold in the snow stood
puzzling and puzzling*

how could it be so?

It came without ribbons. It came without tags.

IT CAME WITHOUT PACKAGES BOXES OR BAGS

And he puzzled and puzzled till his puzzler was
sore.

**THEN THE
GRINCH**

thought of something he hadn't before.

*What if Christmas, he thought doesn't
come from a store?*



Dress Theory Questions



KILT

- What is the kilt made of?
- What regulation exists for the choice of tartan?
- What types of pleating are used?
- State two important points regarding the kilt apron?
- State two important points regarding the under apron?
- Where are the buckles placed on the under apron?
- What is the length of the kilt?
- What is important about the height?

KILT PIN

- What type of kilt pin is worn?
- Where and how is it worn?

SPORRAN

- Which dancer must wear a sporran?
- What is a sporran made from?

JACKETS

- What colours are preferred for all jackets?
- Name three types of jackets with long sleeves?
- Which jacket is for gentleman only?

DOUBLET

- State four features of the doublet?
- When ladies wear the doublet, what else must be worn and what is involved?
- When gentleman wear the doublet what else must be worn with it?

MONTROSE

- How is the jacket styled?
- State two important points regarding the black belt worn with the Montrose?

PRINCE CHARLES COATEE

- Where are the buttons placed?

EXERCISES

Is EXERCISE a word you like to hear? Or do you give a big sigh when your teacher says “To the bar please”.

The famous dancing master, Carllos Blasis placed tremendous emphasis on working at the barre. He said—

“You should spare no effort to acquire steadiness and perfect balance. The natural ease and facility of your dance execution will bear testimony to the perfection you have attained at the barre”.

So never think barre work is boring. It is the foundation of all you hope to achieve.

STANDING AT THE BAR

The correct height of the barre is when it is comfortable to hold without lifting your shoulders. Stand far enough from the bar to rest your hand lightly on it just in front of your body.

1. Pull your tail under and your tummy up so that your back is flat and straight. Lift up your rib cage so that your chest feels high.
2. Keep your chin up and your head erect. Open your eyes and look straight to front—this is eye focus.
3. Press shoulder blades down so that your neck looks long and graceful. Keep your shoulders in their natural position do not force them back.
4. Stand with your weight forward over the balls of your feet so that your heels feels free although they remain on the floor. Breathe deeply and try to relax.



YOUR PRACTICE

It is better to practice seriously for a shorter period of time than to fool around for an hour. Be inspired by the fact that our champion dancers have studied the very same exercises and steps as you are doing now.

If you love Highland Dancing and really want to improve you must be very faithful about attending lessons and keeping up your PRACTICE. Every time you practice correctly, you gain a little more strength and ease and you can then go on to more difficult and interesting steps and you will never be bored, and maybe like our champions,

you too may reach the stars!



A FISH



*Robyn
Simmons
Presents
A Fish Tale,
Fantastic
performance
by all of her
wonderful
dancers!*



Snow White and the



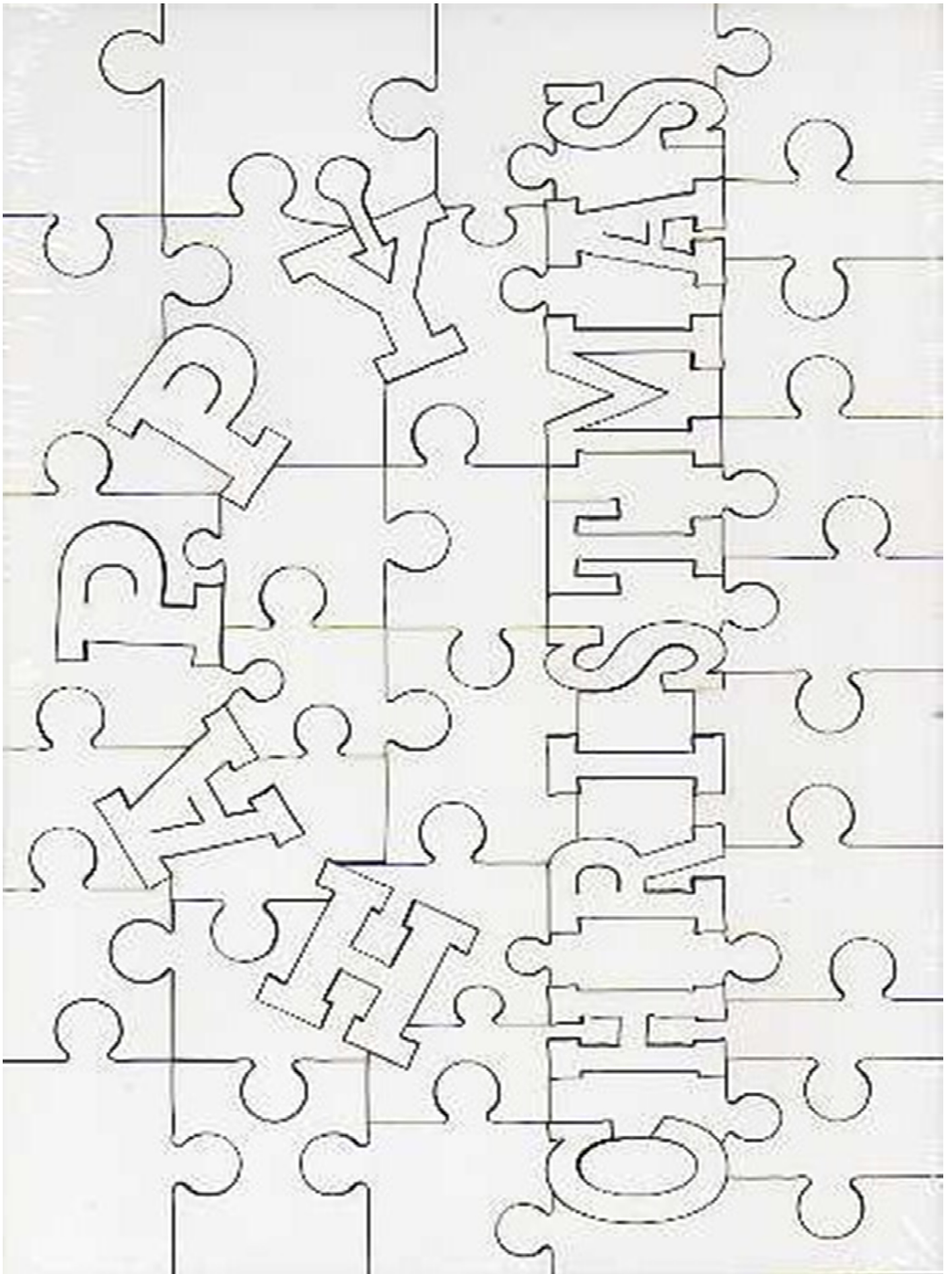
Julie Hawke School of Dance presents Snow White and the Scottish Huntsman. Two fantastic shows were performed and with just over 100 dancers the show was outstanding.





COLOUR ME IN

MAKE YOUR OWN PUZ-



STRAWBERRY SANTAS

These little guys have been incredibly popular - they're so cute and fun, it's easy to see why.

20 medium-large strawberries, hulled for a flat base

100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.)

4-6 tsp icing sugar, to taste

40 mini dark-choc bits or chocolate chips

Cut the top third off each berry and reserve. Stand berry bases on a serving platter.

Mix cream cheese and icing sugar until smooth and creamy.

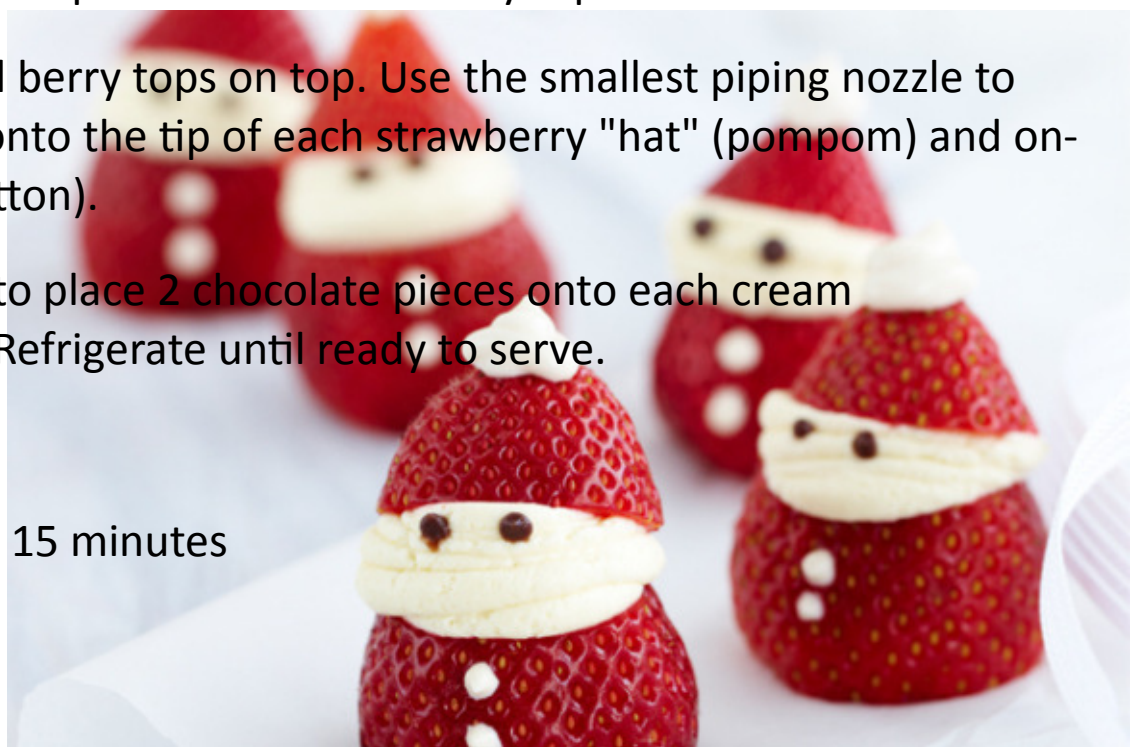
Pipe or spoon 1 tsp cream onto flat berry tops.

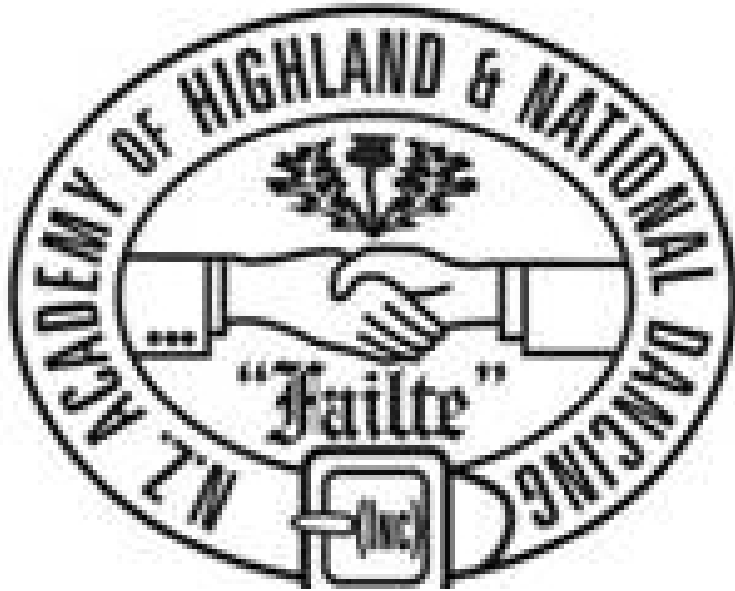
Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry "hat" (pompom) and on to "chest" (button).

Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes). Refrigerate until ready to serve.

Makes: 20

Time to make: 15 minutes





Hí dancers,

Hope you have all had a wonderful year this year, with dancing lessons concerts and competitions.

Hope everyone's exams went really well I'm sure you all did your very best.

I would like to wish you and your family a very Merry Christmas and a wonderful new year.

Don't forget to get your entries into Summer Fling 2015 it's a great way to start off the year and get back into it.

Look forward to seeing you all next year.

Merry Christmas

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Kiltie Club

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