

SCOTCH ON THE ROCKS

Scottish Country dance week, 13-17 August, 2018 in Nova Scotia consisting of:
Four ½ day classes at Intermediate-Advanced level, a Scottish ceilidh & a dance with live music
Two **excursions** to scenic localities of historical and geological interest with dinner after first excursion
One 1-hour **massage** designed to help keep one dancing through the years

When: 13-17th August, 2018

Where: Bishop Hall, 10032 Highway #1, Greenwich, Wolfville, NS (1 km north of Old Orchard Inn)

Accommodation and meals: not included

Old Orchard Inn recommended: Single/Double - C\$\$115, Triple - C\$\$125, Quad - C\$135 (plus tax)
(mention Scottish Dancing to get these group room rates)

To book: reservations@oldorchardinn.ns.ca,

<http://oldorchardinn.com/nova-scotia-hotel-accommodations/>

Facilities include pool, sauna, hot tub, spa, tennis courts, fitness room.

Website: <http://oldorchardinn.com/>

Scottish Dance Teachers: Duncan and Maggie Keppie

Excursions: Maggie and Duncan Keppie

Massage: Ailsa Keppie, Registered Massage Therapist (receipts issued for Insurance, e.g. Blue Cross)

Cost: C\$\$250/person for dance classes, excursions, dance, ceilidh, and massage

<u>Daily Schedule</u> Two Scottish dance classes with a break:	9.30 — 10.45 & 11.15—12.30
Lunch:	12.30 — 13.30
Excursions (Monday & Thursday afternoons)	14.00 — 16.45
1 x 1-hour massage	(sign up at registration)

Tuesday 14th August: ceilidh at the Bishop Hall 7.00 p.m.
Please bring something to contribute to the ceilidh

Friday 17th August

Dance with live music: 10.00—12.30

Lunch at Old Orchard Inn (Dutch treat) 13.00

Excursions: (order is weather dependent)

1: Monday afternoon: Blue Beach, Churchill House, Hantsport, afternoon tea

2: Thursday afternoon: Carboniferous Windsor Group, Fort Edward, Windsor, visit a local Winery

3 and 4: Tuesday and Wednesday free afternoons to visit places such as Grand Pre National Historic Park, local vineyards, & Cape Split

Registration Form (as numbers will be limited to 32 dance class registrants, please send in your registration as soon as possible to make sure there is a place for you):

Name _____ Signature _____

Address _____

Email _____

Phone Number _____

Please send a \$100 Deposit made out to **J. Duncan Keppie** along with Registration Form to:
Duncan Keppie, 2367 Ridge Rd, Wolfville, N.S., B4P 2R3, Canada: Phone 902-542-5320

Duncan and Maggie Keppie have been teaching Scottish Country Dance workshops and classes for over 50 years in various countries such as Scotland, the U.S., Zambia, New Zealand, Mexico and Canada. In the Annapolis Valley of Nova Scotia, Duncan and Maggie started teaching Scottish Country dancing in 1973 and the Annual Burns Night dinner and dance have become popular events. Duncan has his Royal Scottish Country Dance Society (RSCDS) Teacher's Certificate, and Maggie has completed her Preliminary Certificate. Duncan and Maggie taught for 15-18 years at the Gaelic College in Cape Breton Island, and at the Haliburton School of Arts in Ontario. Duncan and Maggie were recognized and honored as *Outstanding Dance Teachers* and *Dance Inspiration for the Year 2012* in Nova Scotia by the provincial body overseeing dance in that province. They have also composed and published 354 Scottish Country dances in the Gaelic College and Haliburton Series of original Scottish Country Dances. Duncan is author of a highly successful and detailed dance manual, and a book and tape entitled *The Music Tells You What To Do*. Duncan and Maggie also form part of the Macadians Scottish Country Dance Band, Duncan on piano accordion and Maggie playing percussion and singing. The Macadians have recorded three CD's (The Dance Goes On and The Macadians Dancing Master – a 2-CD set), which are nearly sold out. Their combined expertise in both the music and the dance provide them with a unique background in all aspects of Scottish Country Dancing. 2017 will be the 4th year for “Scotch on the Rocks”.

Ailsa Keppie (Honours Physiology, RMT, MFR therapist) has a lifelong interest in the human body and awareness of the subtleties of energy and awareness that intertwine with the physical characteristics, which has led me to search many different forms of expression and therapy. I studied music performance in the USA, moving on to a Physiology degree from St. Andrews University in Scotland graduating with honours in 1994. Wanting to explore how the body works in a more practical way, I enrolled in a one year foundation course in dance and movement therapy, which led to exploring the more adventurous and playful aspects of movement in Circus school. I worked for a year as a trapeze artist in the UK where I met my husband. After a number of years at home with my 4 children, I felt I wanted to engage in further study of the body, and returned to Canada to study massage. I graduated from the Canadian College of Massage and Hydrotherapy in June of 2010 and started working at Physio Connection in Bedford. I have since been to the USA a few times to continue my training in Myofascial Release with John Barnes and Craniosacral therapy with Upledger Institute. I also practice The Way of the Heart techniques for releasing stress and gaining clarity and vision around our life mission. I am committed to engaging fully with myself and my clients to enable true healing to transform pain and injury into a more positive energy that can make more lightness and joy possible both for my clients and the world.

Duncan Keppie received his Ph.D. from Glasgow University and has worked as a geologist in both academia (Bryn Mawr College USA, Acadia University NS, Universidad Nacional Autonoma de Mexico) and government (Zambian and Nova Scotian Surveys). Research topics include paleogeographic reconstruction, terrane analysis, and recycling continental lithosphere through subduction erosion and extrusion. In 2012, Duncan was awarded the Gesner Medal (Distinguished Scientist Award), a Symposium was held in 2013 at the Geological Society of America in Juriquilla (Mexico) in his honour, and a book was published by the International Journal of Earth Sciences entitled “ Rifts, arcs and orogens in space and time: A volume in honour of J. Duncan Keppie”. Duncan has offered field courses in Nova Scotia for non-geologists through the Acadia Lifelong Learning series.