



B.C. HIGHLAND NEWSLETTER

The official newsletter of the British Columbia Highland Dancing Association.

April 2003

Your Executive members for the 2002-2003 dancing season.

President

Glenna Urbshadt 604-224-5479

Vice-president

Kathleen Carlsen 604-788-3816

Secretary

Peggy Askew 604-944-3077

Treasurer

Elaine Goodman 604-942-1033

Competition Secretary

Joan Drabyk 604-540-7890

Past-president

Bob Collins

Executive at large

Fraser Fraser (Alan)

Kelly Harder

Nancy Lee

Angus Mackenzie

Dave Moralek

Annette Oliver

Cheryl Rafter

Sharon Sullivan

Shannon Watt

Non-Voting executive

Susan Rowe-Sleeman

Diane Tilkane



General Meeting

Wednesday, April 9th 2003

Wednesday, June 11th 2003

Burnaby North Baptist Church

977 Albert Street, Burnaby.

Be there at 7:30 PM

UPCOMING COMPETITIONS

BCHDA CLOSED

Sunday, April 13th. 2003

Terry Fox Sec. School Theatre

1260 Riverwood Gate,

Port Coquitlam

BRITISH COLUMBIA CLOSED CHAMPIONSHIP

Sunday May 11th. 2003

Douglas College

700 Royal, New Westminster

[Capilano College has been booked for the next 5 years for this competition on Saturday in the second week of May.]

CITY OF VANCOUVER CHAMPIONSHIP

June 28th. 2003

Coquitlam

Workshop

A joint workshop with FVHDA is planned for Monday evening, April 14th 2003 from 6:00 to 9:00 PM at the Scottish Cultural Center with Alison Munro, a judge who is visiting from Scotland. Need a registration form? Contact dan_hearty@telus.net

BUY AND SELL

Jig costume size 10 - 12: red skirt, green vest & blouse \$30.00.

Please contact Doris Duncan at 604-590-3397 or email: clanduncan@dccnet.com

WANTED

Highland outfit size 10-12. Please contact Karen Waters at 278-0293 or email:

karenwaters@shaw.ca

Jig outfit, size 14 or so, as well as a national vest, again a size 14. Please contact Cathy Hoffard at (604) 939-8386 or email: CHoffard@sd43.bc.ca

Kilt with or without Vest that would fit a 5'8", 130-pound woman with 28" waist. Any tartan would do. Please contact: Shannon De Lange at 604-465-8670 or email: shannon_de_lange@hotmail.com

National outfit for my daughter who is turning 7 in June. It would have to be a very small one. Please contact: Shelley Stewart at 604-467-8492 or email: D&S_Stewart@telus.net

If you have any items for sale or are looking for something, please contact Dave Moralek by phone 604-272-6566, or by email to bchdanews@telus.net

Do you know of anyone that is considering joining our association?

If you do, please advise them that all **NEW** members will have their dance fees prorated from the time that we receive their application with payment of membership fee. In other words, if a Premier dancer was a past member, and they did not register before our first competition and they wanted to register after November 17, 2002, they would still be required to pay the membership fee and all missed competition dance fees from the beginning of our dancing year prior to November 17, 2002. If you are a **new dancer** and have never been a member you will not have to pay for missed competitions.

SILENT AUCTION

Wow! Thanks to everyone who bid on items at the silent auction at the last competition. We made over \$1100.00. And again a big thank you for all the donations and to the members who assembled the baskets. Without your help this fundraiser would not have happened. Thank you.

Catch us on the web www.agspider.com/bchighlanddance

An Irish wish

Apparently a true story, but who knows and if it isn't; "What the Heck!

An Irish man by the name of Fleming, while trying to make a living for his family, heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved. "I want to repay you," said the nobleman. "You saved my son's life. "No, I can't accept payment for what I did," the Scottish farmer replied, waving off the offer. At that moment, the farmer's own son came to the door of the family hovel "Is that your son?" the nobleman asked. "Yes," the farmer replied proudly. "I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father he'll no doubt grow to be a man we both will be proud of." And that he did.

Farmer Fleming's son attended the very best schools and in time, he graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin. Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia. What saved his life this time? Penicillin. The name of the nobleman? Lord Randolph Churchill. His son's name? Sir Winston Churchill.

Someone once said: What goes around comes around. Work like you don't need the money. Love like you've never been hurt. Sing like nobody's listening. Live like it's Heaven on Earth. Dance like nobody's watching.

THANK YOU

Thank you to Central Interior Highland Dance Association and Port Alberni Highland Dance Association for their \$100.00 donation to support the B.C. Closed Competition. Support like this is much appreciated.

Have You Ever Wondered?

Have you ever wondered how the judge's marks are transcribed into the placings and results at the end of a competition? The judges mark each dancer out of 100 with first place going to the dancer(s) with the highest score, and so on down the line. Aggregate winners are determined by adding up the combined scores over the day, but rather than use the judge's scores, points are assigned according to placement. All competitions run under the Scottish Official Board of Highland Dancing use the same schedule of points, keeping the job of scoring consistent from one competition to another. Here's a breakdown of the marks.

1 st place	88 points	2 nd place	56 points	3 rd place	38 points
4 th place	25 points	5 th place	16 points	6 th place	10 points

Based on the above, BCHDA then awards medals and/or cash awards according to the number of dancers in each class on the day of competition.

For	1 – 2 Dancers	there is	1 placing
	3 – 4 Dancers		2 places
	5 – 6 Dancers		3 places
	7 – 8 Dancers		4 places
	9 – 10 Dancers		5 places
	11 or more Dancers		6 places

FREE MONEY *not really but now that I got your attention please read on:*

Recently some members of the executive were not too thrilled to discover that viruses infected their computers. As we all know you have to be very careful when you open that unsuspecting e-mail attachment. So with that are very own executive member Mr. Fraser has come up with a little advice for us to maybe help us all stop passing those ugly viruses around.

Computer viruses

Your Mum always said the best way not to catch a cold was to wash your hands, use disposable tissues, and get plenty of rest. Well the same can be said about avoiding "computer viruses". Scrub your e-mails with a "anti-virus" program, (like Norton or McFee); don't use somebody's else e-mail attachment, (i.e. you might recognize the name of the sender, but the e-mail may not have come from them); and get plenty of rest, by backing up your active files, and updating the anti-virus programs.

What is a "Computer Viruses"? In short, it is a computer program; able to make copies of itself; able to distribute those copies; and may or may not deliver a "payload".

Types of viruses: Worms, Viruses, and Trojans. *Worms*: are self-contained programs, not added onto an existing program; can spread from one computer to another with no human interaction; depend solely on vulnerabilities in service provided by network computers; and can be very devastating and consume a lot of resources to fight. Best way to protect against worms is to patch your software, and run to run detection tools such as a Baseline Security Analyzer – like HFNetChk.exe. *Viruses*: are additional instructions imbedded in existing programs; require human interaction to spread; vary widely in propagation techniques and payload; and are generally a cat & mouse games to detect. Viruses will attack the computers Boot sector, other files, (such as word or excel template documents), and are transmitted using those files via an e-mail attachment, or spread through JavaScript, Active X or Macro programs. *Trojans*, or social engineering virus require the recipient to manually do "something" to their own system, i.e., "Warning: Delete This File", and then manually forward the warning request to other people E.g." Hi, I just got word that I may have sent you a virus, but it wont become active till 1st June, so to protect yourself, please delete the"SULFNBK.exe" found." and then delete it from the Recycle bin, and forward this warning to other".

To check on Viruses and Hoaxes try these sites <http://www.f-secure.com/v-descs/> <http://vil.nai.com/vil/default.asp> <http://www.norton.com/avcenter/> One of the best ways to protect yourself is to know your "file extensions", which ones are safe? *Safe files*: *.BMP, *.JPG, *.GIF, *.TIF, *.MP3, *.MAV, & *.WPD *Usually safe*: *.PDF, *.HTM (or HTML), *.ZIP, & *.MPG ***NEVER safe***: *.EXE, *.COM, *.BAT, *.VBS, *.DOC, *.XLS, *.PPT, & *.SCR. Know the sender, most people have a fixed style of communicating (i.e. I open with "Hello *name* or et el"). Viruses don't have any "style". The e-mail does not have a recipient's name, and is usually unsigned. **Don't open attachments**, always save the attachment "file" first, (I have a special folder where all attachments are sent).

Scan the folder before opening. Don't use auto open from the Explorer window, always open using a program, (some attachments may look like, say a word document*.doc... but is in fact is *.doc.exe. where the *.exe extension is hidden, at least in "Microsoft explorer". If one opens in auto through explorer, the file will execute, and one could be in trouble) If in doubt ask the sender to verify that they sent the attachment. And you thought catching a cold was easy.

Thank you Fraser for all that information.

I know that I will be a lot more careful, how about YOU?

VOLUNTEERS NEEDED

Are you going to be here this June 28th? Are you going to the Highland Games in Coquitlam? Then we need you to VOLUNTEER to help us out at the Dancing Competition. Please contact Susan Rowe-Sleeman to add your name to our schedule.

Contact her by phone 604-552-2696, or by email srowe@shaw.ca

ASK YOUR EXECUTIVE

(We do listen)

Do you have any thoughts, suggestions, comments or anything that the executive should know? Do you have any comments on a past competition? Any suggestions that may help a competition run smoother? Please bring your notes to the next General Meeting. You will have your chance on April 9th 2003 (see first page for address). What you can't make it to the meeting! Send your note to bchdanews@telus.net Subject *Comments*. And we will discuss it at the next meeting and will get back to you.

If you have any items that would be of interest to our members, and you would like them in our next newsletter please let me know.

Phone Dave Moralek at 604-272-6566 or e-mail me at bchdanews@telus.net

The next newsletter deadline is May 1st 2003.

We would like to send our next newsletter and other dance info. to you via e-mail, please send me a note to bchdanews@telus.net and I will make sure your address is on our e-mail list.

April 13th competition notes

Beginners & Novices should arrive by 9:00 am, ready to dance at 9:30 sharp.

Primary Dancers should arrive no later than 9:45 am, ready to dance after the Seann Truibhas are complete.

Intermediates & Premiers should arrive no later than 11:30 am. We will be starting the afternoon as close to 12:00 as possible.

Thank you Joan Drabyk

**APRIL 13TH BCHDA CLOSED COMPETITION
PLATFORM SCHEDULE**

Morning events

Dance	PLATFORM 1	PLATFORM 2
Fling	Beginner 7 & Under Beginner 8 years Novice 10 to 12 years Novice 13 & Over	Beginner 9 & 10 Beginner 11 & Over Novice 9 & Under
Seann Truibhas	Beginner 7 & Under Beginner 8 years Novice 10 to 12 years Novice 13 & Over	Beginner 9 & 10 Beginner 11 & Over Novice 9 & Under
Pas de Basques PdB & Hi-Cuts Fling Sword	Primary 5 & Under Primary 5 & Under Primary 5 & Under Primary 5 & Under	Primary 6 & Over Primary 6 & Over Primary 6 & Over Primary 6 & Over
Lilt	Beginner 7 & Under Beginner 8 years Novice 10 to 12 years Novice 13 & Over	Beginner 9 & 10 Beginner 11 & Over Novice 9 & Under
Flora	Beginner 7 & Under Beginner 8 years Novice 10 to 12 years Novice 13 & Over	Beginner 9 & 10 Beginner 11 & Over Novice 9 & Under

**APRIL 13TH BCHDA CLOSED COMPETITION
PLATFORM SCHEDULE**

Afternoon events

Dance	PLATFORM 1	PLATFORM 2
Fling - 4 Step	Intermediate 8 & 9 yrs Intermediate 10 & 11 yrs	Intermediate 12 & Over Premier 9 & Under
Fling - 6 Step	Premier 10 years Premier 11 years Premier 13 years Premier 15 years	Premier 12 years Premier 14 years Premier 16 & 17 years Premier 18 & Over
Sword - 2 + 1	Intermediate 8 & 9 yrs Intermediate 10 & 11 yrs	Intermediate 12 & Over Premier 9 & Under
Sword - 3 + 1	Premier 10 years Premier 11 years Premier 13 years Premier 15 years	Premier 12 years Premier 14 years Premier 16 & 17 years Premier 18 & Over
Seann Truibhas 4 step	Intermediate 8 & 9 yrs Intermediate 10 & 11 yrs	Intermediate 12 & Over Premier 9 & Under
Seann Truibhas 6 step	Premier 10 years Premier 11 years Premier 13 years Premier 15 years	Premier 12 years Premier 14 years Premier 16 & 17 years Premier 18 & Over
Strathspey & 1/2 Tulloch	Intermediate 8 & 9 yrs Intermediate 10 & 11 yrs	Intermediate 12 & Over Premier 9 & Under
	Premier 10 years Premier 11 years Premier 13 years Premier 15 years	Premier 12 years Premier 14 years Premier 16 & 17 years Premier 18 & Over
Laddie - 4 Step	Premier 10 years Premier 11 years Premier 13 years Premier 15 years	Premier 9 & Under Premier 12 years Premier 14 years Premier 16 & 17 years Premier 18 & Over