

Fun with Scottish Country Dancing

By Cheryl Brownrigg and Kristin Downey

Newlands Brownies meet on a Tuesday evening at Newlands Community Centre.

This term we are working on Healthy You – a clause in our Keeping Safe badge.

We had to try an energetic activity like dancing, aerobics, or Zumba to keep us fit and healthy.

Newlands Brownies decided they would like to learn about Scottish Country Dancing and the Johnsonville Scottish Country Dance

Club agreed to come and teach them about the fun, fitness and friendship that is part of Scottish country dancing.

Scottish country dance tutor Rod Downey gave us a quick introduction to the steps and then we were up and into our first dance - The Flying Scotsman.

Everyone loved the dancing, and we had lots of help from the Scottish country dancers, all decked out for the occasion in their tartan sashes, kilts and trews.

We were also lucky enough to have Scottish

country dance musician Aileen Logie play her accordion for the dancing, and let us have a go afterwards.

It was fun to try playing the piano accordion, which many girls had never seen in action before.

Our sincere thanks to the team from the club who came to share their expertise and knowledge about Scottish Country Dancing

and Scotland.

Girls aged from 7 to 10 are welcome to come and join Newlands Brownies. Contact Cheryl 027 465 7974 or register online <https://girlguidingnz.org.nz/join-us/>

Teens or adults interested in Scottish country dancing can find out more at <https://www.johnsonvillesc.org.nz/about-us/> or call Robert on 021 163 9649.

WARM TOES = HAPPY FEET!

At Active Feet Podiatry we are here to assist you to have feet that look and feel great! This winter guard against a common problem that colder temps can bring- Chilblains!

Chilblains are spots that show up as small red dots on toes which may be painful and or itchy. They are the result of inadequate blood flow into the toes. Many people have a tendency in the winter to have the vessels in the fingers and toes



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go into spasm and the results are small areas of tissue damage called Chilblains.

They are best prevented by the following steps:

Wear wool socks in the winter
Keep feet at a constant warm temp by wearing socks and shoes in the house

Wear shoes with a little wiggle room in them as this allows for a pocket of warm air and ensures that the vessels are not compressed.

Look after your feet and they will look after you! Call for a check up and a winter foot tidy at our clinics at 85 the Terrace or at Ngaio Medical Centre. (04) 473 8696
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Newlands Brownies enjoying Scottish Country Dancing. Photo: Loralee Hyde.



Newlands Brownies having a turn at playing the piano accordion, held by Aileen Lodge. Photo: Loralee Hyde.