



Moving Forward Into 2022

Wishing everyone a “Happy New Year” doesn’t seem to be enough these days. Please don’t take me wrong, I do wish everyone every bit of happiness life brings them, but I do wish them things that seem more important these days. For everyone my number one wish is health, both physical and mental. I also wish that your bubbles of contact give you a constant source of support and companionship. Next I wish that everyone is able to give, and is receiving acts of kindness and generosity. Words of praise to students, and notes of thanks and encouragement are very important these days.

To keep dancing we are all going to have to be patient, yet persistently adaptive! We all need these two things in abundance. I keep telling students to keep their eye on the long-term goals. We must all have a personal vision of how we want to emerge out of the pandemic and not get caught up in the momentary difficulties. This also means taking stock of our small successes when they happen. An accumulation of small successes is how we reach our goals. Whether we are teaching in-person or on Zoom we all need to remain resilient and purposeful. A step forward, no matter how it is taken, is still a step forward. May all of us have many steps forward in 2022! – Leica Hardy

***May your year be filled with health, kindness,
generosity and a sense of purpose.***

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Database & Online Directory Updates

The online Teacher Directory has now been updated with the latest information from our master database. Members who are not listed in the online directory have been contacted via email so that they can provide us with more complete database information. Once we receive your email responses we will be able to add you to our online directory quickly.

Directories are organized by Province/Town/Alphabetical by last name. Teachers are listed according to the location of their studio or home address as per the previous version of the directory.

We ask that all members proofread their [Teacher Directory](#) listing as soon as possible. If you have any corrections please send that information to [Leica Hardy](#).

The Growth & Development Sub-Committees

We are very pleased to share the members of the various Growth & Development sub-committees. Thank you to all the members for your commitment to the Society.

The composition of the sub-committees are as follows (SP denotes committee spokesperson.):

- **Social Media, Marketing & Advertising:** Katherine Clarke – SP, Courtnae Bowman, Heather Davies, Janie Lacelle
- **50th Anniversary Committee:** Janie Lacelle – SP, Merle Adam, Courtnae Bowman, Heather Davies, Audra Grierson, Elizabeth MacDonnell

- **Seminars, Webinars and Conventions:** Audra Grierson – SP, Courtnae Bowman, Mandi Lines, Elizabeth MacDonnell, All examiners
- **Teacher Resources:** Heather Davies – SP, Audra Grierson, Janie Lacelle, Mandi Lines, Jessica Parly
- **Community Outreach Programs:** Elizabeth MacDonnell – SP
- **International members:** Courtnae Bowman – SP, Mandi Lines

Vaganova Quote For January

The battement tendu “is the foundation of the entire technique”.
– Agrippina Vaganova from *Basic Principles of Classical Ballet* page 26

I don't think anyone would deny that the battement tendu is a fundamental element of ballet technique. I do also think the pli   deserves the same rank of importance. We would be hard pressed to think of any movement that didn't rely in some way on a battement tendu or pli  . The quality of those movements in a younger dancer pave the way for future success.

If you know of any quotes by or about Vaganova please don't hesitate to forward them to [Leica Hardy](#) for future newsletters. Thanks to Merle Adam for sharing this month's quote.

Exam Dates & COVID Restrictions

In our effort to keep moving forward by being persistently adaptive, please contact [Deanna Stewart](#) and your assigned examiner if you need to change the projected dates of your exams or need to move from in-person to digital. We understand that we are all trying to cope with ever-changing COVID restrictions and the challenges they present. We can work together so that we find the best solution for everyone.

Celebrating 50 Years of The Society of Russian Ballet – Seminar 2023

Due to the holiday season we have no further information about our 50th Anniversary. Janie Lacelle and Merle Adam are meeting with a proposed facility in Ottawa in the coming weeks. We will keep you updated as we learn more.

Back Issues of *Musings* Now On The Website

You can now view back issues of *Musings* on the Member New page of the website. Simply click on the links in the right hand column to download a copy.

Content For Our Next Newsletter

If you have any content or questions you would like to include in our next newsletter, please send that information directly to [Leica Hardy](#). Share your studio, student and alumni successes, performance dates, ask questions about vocabulary or exam processes, send us information about teaching opportunities for members.

Have a healthy and successful 20tutu!

The Society of Russian Ballet

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