

# Light and Airy



## Scottish Country Dancers of Winnipeg

P. O. Box 175, Winnipeg, MB R3C 2G9

[www.rscdswinnipeg.ca](http://www.rscdswinnipeg.ca)

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### Committee of Management 2010/11

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<b>Teacher's Rep.:</b>	Christine Wallace	478 1026

### From the Chair....

There are green growing things in my front flowerbed, surely spring is here! This month marks the beginning of the end of the dance season with the last classes in the week of April 18<sup>th</sup>, our annual workshop on the week-end of April 29<sup>th</sup> and our AGM on Wednesday, May 18<sup>th</sup>. Again this year we will spin out the season with two evenings of Spring Dancing on May 10<sup>th</sup> and June 7<sup>th</sup> at St Paul's.

This week's social, hosted by the Basic Class, was a lively initiation to the spring dance season. Thank you to Joyce and the newest members of our Branch for a most enjoyable evening, to Scotch Measure for their always delightful accompaniment, and to Donna and Betty for their success in running the kitchen so efficiently. The social's theme was Tartan Day and bright tartans on the walls and the dancers were a sparkling reminder of our cultural roots. The social echoed the success of this year's April 6<sup>th</sup> Tartan Day Celebration in the Rotunda of the Legislature, organized by the Scottish Heritage Council to recognize the contributions of Scots to the cultural, social and political heritage of Manitoba.

Members of the Demonstration Team pulled together a very full program for the April 16<sup>th</sup> Mug Pub Ceilidh. The very entertaining evening and wide array of refreshments were a successful remembrance of Mug Pubs of the past.

The Workshop Committee is putting the finishing touches on plans for our annual Workshop. You won't want to miss this great opportunity for dance instruction from our guest teacher, Elinor Vandegrift of Seattle, Washington. As well, we look forward to Peter McClure's always thorough instruction. Peter has agreed to step in for guest teacher Robin Lynch, who has withdrawn due to a recent family bereavement. Registration applications are available online or at class and allow for different levels of involvement, from a full package of Friday evening ceilidh, morning and afternoon workshops and evening dance, to any part of these.

On behalf of the Branch, this month I have extended expressions of concern to Jane Natrass and Bobby Brown, and our sympathy and concern to Robin and Mike Lynch and their family, and Monique Henderson and her family.

*Submitted by Wendy Land*

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### **2010/11 Dance Season**

<b>Saturday April 16</b>	Mug Pub Ceilidh - Silver Heights United Church, 8:00 pm, \$15
<b>Week of April 18</b>	Last classes of winter term
<b>Friday April 29</b>	Workshop Practice Dance and Ceilidh - St. Stephen's and St. Bede's Church, 7:30 pm
<b>Saturday April 30</b>	Workshop and Dance - Silver Heights United Church and St. Stephen's and St. Bede's Church
<b>Sunday May 1</b>	Teachers Workshop - St. Stephen's and St. Bede's Church
<b>Tuesday May 10</b>	Spring Dancing, 8:00 pm, St. Paul's Church
<b>Wednesday May 18</b>	AGM
<b>Tuesday June 7</b>	Spring Dancing, 8:00 pm, St. Paul's Church

Please note: All dates are subject to change – please check the calendar each month. All socials are at St. Paul's Church Hall at 8:00 pm unless otherwise noted. For class socials, the admission charge is \$5; others are as noted.

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## **From the Editors**

Dance, including Scottish Country Dance, brings many benefits to health, such as reducing the risk of cardiovascular disease, weight control, muscle fitness, and social/emotional well-being. The anecdotal evidence to support these claims is large, with research studies growing that document the benefits of dancing.

A recent experimental study discovered that dance had a positive effect on physical fitness and psychological well-being and could be considered a valid alternative to sport. Another study indicated that dance is useful in tackling obesity in young people and should be welcomed in schools for that reason.

An Italian study in 2006 showed that dance is a very good exercise for heart patients compared to other aerobic exercises like cycling, possibly because the patients enjoyed it much more, viewing it as play not work. A study by Dr. Paul Dougall at Strathclyde University in 2010, concentrating on older women, found that Scottish Country Dancers were more agile, have stronger legs, and can walk more briskly than people of the same age who took part in exercises such as swimming, walking, golf, and keep-fit classes.

We especially appreciate the reduction of mental/emotional stress, the enjoyment, and the sense of community experienced every time we participate in the high stepping and rhythmical dances of Scottish Country Dance. Extol all of the benefits of Scottish Country Dance whenever you can, which should help in recruiting new members to our Branch.

## **A Note of Thanks**

Our sincere thanks to the RSCDS Winnipeg Branch and the individual members who sent kind messages of condolence following the loss of our baby grandson, Samuel Alfredo.

*Mike and Robin Lynch and family*

## **Memoriam - Grant Henderson**

It was with great sorrow that we learned of the death of Grant Henderson, long time member of the Winnipeg Branch, on April 1, 2011.

I had the privilege of knowing Grant and his wife Monique (one of our beloved teachers) and their children, Michele, Camille and Elaine, since the very early days of the Branch.

Over those many years, Grant, as a member, supported the Branch in its ventures very quietly and unobtrusively. He was Vice Chairman and Chairman on several occasions. He was always "there" with his insightful advice, touched with his infectious smile and great sense of humour.

He enjoyed Scottish Country Dancing so much, participating in the various classes, and was for a time in the Demonstration team. In class or rehearsal, if he thought that we were becoming too serious, sometimes to the despair of the teacher, he would add some amusing comment to the instructions, accompanied by a wink and infectious grin, that would cause us, teacher included, to dissolve into laughter.

I remember a few times in the early years of our annual workshops, when we billeted out of town participants. I would host a breakfast before the Sunday morning class. Grant would come along with Monique, and always came into the kitchen to help. He made the best "scrambled eggs" in town, and continued to do this for me until we moved the workshop into a hotel setting.

On a personal note, when I worked at Glengarry Scottish Imports, I recall when Grant would come into the store every year just before Christmas, looking for that special "Scottish" gift for Monique, and how we chuckled together, on how he was going to get it into the house and hide it, without her knowing!

As most of you know, in his retirement years, Grant returned to his "artistic passions", taking up wood carving and painting. He returned to the University of Manitoba, where he earned a Diploma in Fine Arts in 1997. I looked forward to his annual Christmas season visit, when he would "hand deliver" the family's Christmas card, which he had so painstakingly designed from one of his sketches or paintings. He would arrive, coming in for a cup of tea and a visit. It was one of the ways that he kept connected with friends and colleagues.

Grant overcame "many" health challenges over the years, and was thus able to keep on enjoying his many hobbies. This included his love of Scottish Country Dancing. When he was no longer able to dance, he still maintained contact by attending Branch functions.

Grant was a devoted family man. He and his wife Monique and their daughters, with their warm, generous hospitality, always made one feel so welcome in their home.

We shall miss you, Grant, with that infectious laugh and twinkling eyes, as he shared the "dance" with us.

To Monique and Family, we extend our deepest sympathy.

"For Auld Lang Syne",

*Christine M. Wallace*

## **For Sale**

Gents Highland Outfit, which includes the following items:

- Dress Gordon Kilt (light-weight worsted), waist 34", length 24"
- Prince Charlie Jacket, approx 40" chest
- evening shirt (plain) size 15½ / 32
- evening shirt (with ruffle) 15½ / 32
- kilt belt with silver buckle
- Day Wear leather sporran
- Evening sporran
- Skean Dhu
- 1 pair Lovat green hose
- 1 pair off-white hose
- 1 pair red flashes.

A Ladies Silk Plaid long evening skirt and coordinating Silk Blouse (royal blue), size 8-10.

For further information, contact Christine Wallace at 478-1026.

## **Equipment**

The Branch will be purchasing a new Caliphone CD/cassette to replace the broken one (\$320.75 plus tax). At this time, we will not be purchasing a "power booster" to provide augmented sound at socials or other venues. Perhaps at a later date? The inventory of Branch-owned equipment will be ready for the AGM.

*Pat Clubb*

## **Health and Safety**

Spring is here and RSCDS is in full swing! The Branch is sponsoring, for the first time, a CPR workshop for 12 Branch members. Heart Beat Inc. has been contracted for April 21, 2011. Participants will only be responsible for the workbook. The Branch will pick up the tab.

I am so impressed with the response from members and the COM. Their support of this venture will benefit the Branch and our community in so many ways. This is just the first of more sponsored initiatives, I hope.

I apologize to those who could not be accommodated this first time. We will be ready and confident for the Workshop!

*Pat Clubb*

## **Upcoming Events**

### **Workshop 2011**

*April 30, 2011*

The annual one-day workshop will be held on Saturday, April 30, with guest teachers Elinor Vandegrift from Seattle, Washington and Peter McClure from Winnipeg. Class musicians will be Ron Krug (piano) and Ken Natrass (accordion).

Classes will be held at Silver Heights United Church and also at St. Stephen's and St. Bede's Church on Saturday morning. The two churches are across the street from each other. There will be a dance in the evening at Silver Heights, with music provided by Scotch Measure.

A practice dance and ceilidh evening will be held on Friday, April 29, at St. Stephen's and St. Bede's Church, beginning at 7:30 pm.

Registration information is available on the Branch website, at [www.rscdswinnipeg.ca](http://www.rscdswinnipeg.ca), or by calling Reg Curle, Workshop Registrar, at 254-6697.

Crib notes for the dances are also available on the Branch website.

Deadline for registration was April 15 but registrations are still being accepted.

## **Teachers Workshop 2011**

*May 1, 2011*

A Teachers Workshop will be held on Sunday, May 1, with guest teacher Elinor Vandegrift from Seattle, Washington. This workshop is open to all teachers, teacher candidates, those who are presently teaching without a certificate, and those who may be thinking about taking their Teacher's Certificate.

The workshop will begin with a "working brunch" at the Viscount Gort Hotel at 10:00 am, followed by a class at St. Stephen's and St. Bede's Church from 1:00 to 4:00 pm.

Registration information is available on the Branch website, at [www.rscdswinnipeg.ca](http://www.rscdswinnipeg.ca), or by calling Christine Wallace at 478-1026.

## ***Event Reports***

### **Demonstration Team**

The Demo Team has been busy preparing for the Mug Pub Ceilidh. Upcoming demonstrations include:

Deer Lodge	May 26
MB Highland Gathering (Selkirk)	June 18
Pavilion of Scotland	August 2

*Agnes Brydon*

## ***Class Reports***

### **Fort Garry Social Class**

The social on March 7 hosted by our class was well attended and enjoyed as usual. We're thankful for the topnotch music by Scotch Measure, fine briefing of the dances by Peter McClure, bountiful food preparation by Donna Robinson, and others involved in making it a success.

Peter has had us working on more John Drury dances from the Brodie Book, one of which was called *Seagreen*, a 32 bar Strathspey, and other old favorites such as *Wild Geese* and *Capitol Jig* - really an engaging variety. Then for two weeks he, Lynn and their entire family left to take a welcome holiday down in Pensacola, Florida.

On the 28<sup>th</sup>, Joyce Cormack filled in nicely, guiding us through some of the upcoming social dances and some extras such as *The Frisky*, *Sugar Candy*, and *Joie De Vivre*, all with her contagious enthusiasm. On April 4<sup>th</sup>, Elizabeth Frenette, with her sparkle and wit, took us through *Saint John River*, *Mrs. Stewart's Jig* and more.

The harsh winter helps give most of us the impetus to escape, if briefly, except for David and Anne Morrison, who didn't mind the snow one bit as they sped down the trails on their snowmobiles, their usual route being from their cottage in Victoria Beach to Pine Falls and back. Margaret Jones went with Gerry Mayes to Victoria for two weeks and had a lovely time visiting friends. Janet Newediuk travelled to Ottawa to see her family and new grandniece. Virginia Stevens is set to go to New York this week. My husband and I celebrated our 25<sup>th</sup> anniversary by going down to San Diego, where he especially enjoyed touring the war ships/subs and planes in the harbor, while my favorites were anything green and the Spanish architecture.

Bob and Betty Poole just returned from their two month stay just north of San Diego, something they have done annually since the early 1980's. Half the time they were staying at a long-time friend's house (exceptionally beautiful) in Rancho Bernardo, where Bob provided handi-man service and Betty her culinary skills. The other half was spent in Vista where they have their own apartment inside another friend's house, so she can travel and have them look after her dog. They especially enjoyed going to a musical theatre tribute to Irving Berlin, and a piano concert showcasing a 12 year old girl's talent. This was the first year they did not join the RSCDS dance group that meets every Tuesday in Powey, though they had their slippers packed. As they were driving home through the Rockies, Betty recounted how they were captivated by the sight of the snow on the evergreens going up the slopes, appearing as a staircase to heaven.

I just thought I'd mention that my daughter and I went to the Tartan Day celebration at the Legislative Building, where we enjoyed the beautiful Scottish historical costumes, dance, music and refreshments, and chatted with Branch members. Oh, how the rich sound of the bagpipes rang and echoed throughout the dome rotunda, and off the limestone walls!

Happy Easter!

*Rose Klusowski*

## **Technique Class**

The past month has been a good one for the members of the Technique Class. Margaret Zadworny has been working on step practice to get everyone on the same page in terms of movement. She has also kept the class on their toes by providing interesting and challenging dances right to the end of the class.

Margaret seems pleased with the effort and progress being made and I know all of us take great pleasure in seeing her clearly enjoying her teaching of the class. We know how lucky we are to have Margaret teaching us, and everyone wants to please her with good progress and results.

Things don't always go smoothly and there are foul ups at times, but I don't know who laughs more, Margaret or us. Margaret will tolerate the odd breakdown as long as she sees a decent effort. The biggest sin is not taking pride in our dancing or showing respect for the art of Scottish Country Dancing in general. The enjoyment Margaret shows throughout the evening is certainly a barometer for us that shows that we are, at least reasonably, achieving the goal of respecting the dance and working at meeting Margaret's high expectations. As a result, we enjoy the class as much as she does, week after week.

Our ranks have been thinned somewhat this past month. Jane Natrass has been unable to dance the past few weeks due to physical pain but it appears she may be recovering soon (she was seen lurking about in the kitchen during the last Social). She has not been alone, as at one class this last month there were almost more people sitting on the chairs by the end of the evening as there were in sets (a bit exaggerated). One person was heard to remark that it appeared like a scene out of a World War Casualty ward. Another person was heard to remark that it sure is fun getting old. As well, the class has had its share of world travelers, with Reg and Joan Curle in Vancouver (taking the train, no less) and David Kroeker and Debbie Forrest basking in Hawaii. Ron Krug was rumoured to have been in India. I, myself, returned from four weeks in Florida which was the first time getting away during the winter for a prolonged stretch.

All in all it has been a good past month for the Technique Class.

*Scott McRae*

## **Basic Class**

It looks like spring is finally here – warmer temperatures, rain and rising river waters make spring a reality in Winnipeg.

The Basic Class held its Spring Tartan Social on April 7<sup>th</sup>, with about 35 people attending decked out in a variety of tartan clothing and accessories. The weather was gorgeous for the event. It was so nice to leave the social and not have to bundle up with several layers of winter clothing. While I wasn't able to dance due to a foot injury, it was great to sit on the sidelines and watch the dances unfold. As always, the live music of Scotch Measure lifted everybody's spirits and had toes tapping for the duration of the night. The evening was capped off with a fine table of goodies shared by all. A big thank you goes out to all members of the Basic Class who helped to make this event a big success as well as to all the more experienced dancers who have supported our small class by attending our weekly class and helping out whenever needed.

There are only two weeks left before the end of the class season – I know I will miss the opportunity to dance on a weekly basis. There are still a few events to give us extra dancing during the month of April – April 16<sup>th</sup>'s Mug Pub Ceilidh is next up (sorry I will have to miss this one). I'm sure everyone will enjoy this fun event.

Some members of the Basic Class will be attending the annual Spring Workshop being held on April 30<sup>th</sup>, with the Practice Ceilidh the night before. Saturday's workshop will be a great opportunity to catch up with old friends and to make new ones, all while improving on our dancing technique. And of course Friday's Ceilidh and Saturday's Dance will be wonderful social events as always.

Hope all stay dry this spring – Happy Dancing!

*Sheila Somers*

## ***Here and There***

### **2011**

In 2011, we will experience four unusual dates: 1/1/11, 1/11/11, 11/1/11, and 11/11/11.

October will have 5 Sundays, 5 Mondays and 5 Saturdays. This happens once every 823 years.

## Mini Quiz on Brigadoon

*What is, and where is, Brigadoon?*

Brigadoon is the bridge that crosses the Doon River, near Alloway, south of Ayr. The Robert Burns Monument overlooks the Brig o' Doon. Nearby is the Burns Cottage.

Brigadoon is also the name of the musical by Lerner and Loewe which takes place in Scotland.

The musical is about two Americans who become lost on a hunting trip in Scotland. They encounter a small village, not on the map, called Brigadoon, in which people harbour a mysterious secret, and behave as if they were still living two hundred years in the past.

Test your knowledge of this popular musical by taking the following quiz:

### Brigadoon Trivia

1. Which two actors played the American visitors in the movie?
2. Why can't the visitors find Brigadoon on the map?
3. Why can't the townspeople leave Brigadoon?
4. Which two sisters are featured in the story?
5. What is happening on the day the visitors stumble upon the town?
6. Brigadoon was originally a Broadway musical. Name another successful musical created by Lerner and Loewe.
7. When did *Brigadoon* first open on Broadway?
8. When was the movie released?
9. Name a popular song from the show?
10. Who is Gene Kelly's dancing partner in the movie?

The answers to the quiz are on the last page of the *Light and Airy*, after the Important Dates section.

## The Two Sex Scottish Dancer

I'm a two sex Scottish Dancer  
And may seem rather dim,  
But I never spend one evening  
As a full-time her or him.

I change my sex from dance to dance,  
My corners always alter.  
It's really not surprising  
I occasionally falter.

The old and simple dances  
I can manage very nicely,  
And I can learn a new dance  
And do it most precisely.

But when it comes to next week,  
I don't know if I can,  
For I learnt it as a woman  
And dance it as a man.

And so you men who have the luck  
To always stay the same,  
When female gentlemen go wrong  
Be sparing with your blame.

I'll add a postscript to this tale –  
One comfort I have got,  
When both the women change their sex  
It doesn't show a lot!

- Patricia Batt

*Submitted for your enjoyment by Margaret Zadworny*

### Did You Know?

"Stewardesses" is the longest word typed with only the left hand and "lollipop" is the longest word typed with the right hand.

No word in the English language rhymes with "month", "orange", "silver", or "purple".

"Dreamt" is the only English word that ends in the letters "mt".

The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.

The words "racecar", "kayak", and "level" are the same whether they are read left to right or right to left. They are palindromes.

There are only four words in the English language which end in "dous": "tremendous", "horrendous", "stupendous", and "hazardous".

There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

"Typewriter" is the longest word that can be made using the letters only on one row of the keyboard.

## ***Out of Town Events***

### **Beloit, WI**

June 10-12, 2011

RSCDS Cincinnati Midwest Scottish Weekend

Teacher: Terry Harvey

Special class by Sue McKinnell

Music: Barbara McOwen and Terry Traub

Contact: Diana Hankes at 262-679-8522 or

Mady Newfield at 630-584-0825 or

MidwestScottishWeekend@gmail.com

### **Prague, Czech Republic**

June 10-13, 2011

RSCDS International Branch Workshop

The workshop will be followed by a week of dancing and sightseeing in Prague and the Czech Republic with Ron Wallace and Gary Thomas

Contact: Susi Mayr at

ibworkshop.prague@gmail.com

### **Columbus, OH**

June 11, 2011

Heather „N“ Thistle, Columbus RSCDS Workshop and Ball

Teacher: Bruce Hamilton

Music: James Stevenson and Mara Shea

Contact: Laura Russell at 614-906-1704 or

LRussell942@gmail.com or Jim & Donna

Ferguson at 740-439-3974 or

JFergie@roadrunner.com

### **Sherbrooke, QC**

July 24-31, 2011

TAC Summer School

Bishop University

Teachers: Bill Zobel (BC), Eric Finley (Scotland), Fred DeMarse (CA), Mervyn Short (England), and Patricia Houghton (Scotland)

Musicians: Muriel Johnstone (BC), Keith Smith (Scotland), James Gray (Norway), Bobby Brown (ON), Laird Brown (ON), and Elke Baker (MD)

Contact: Jody Williams at jwilliams@storm.ca or visit the TAC website at [www.tac-rscds.org](http://www.tac-rscds.org)

Be sure to check the Inter-City Scot website for more information on dancing events in other cities. The website can be accessed through a link on the Branch website under "Members".

## ***Important Dates:***

**COM meetings:** the first Wednesday of the month from October 2010 to May 2011.

**Next L&A:** Deadline for the May 2011 issue is **May 6, subject to change.**

Members are encouraged to submit articles or information of interest to the Branch. Contributors are requested to send their submissions either in Word (.doc) or .pdf format, or typed directly into an email message.

Answers to the Brigadoon Trivia Quiz:

1. The two actors who played the American visitors were Gene Kelly and Van Johnson.
2. Brigadoon appears from the mist for one day every one hundred years.
3. If any of the townspeople leave Brigadoon, the spell will be broken and the town will disappear forever.
4. The two sisters featured in the story are Fiona and Jean Campbell.
5. On the day the visitors stumble upon Brigadoon everyone is preparing for Jean's wedding.
6. *My Fair Lady* is another successful musical created by Lerner and Loewe.
7. The musical first opened on Broadway in 1947.
8. The movie was released in 1954.
9. There are many popular songs from the show, including *The Heather on the Hill*, *I'll Go Home with Bonnie Jean*, *Waitin' for My Dearie*, and *Almost Like Being in Love*.
10. Cyd Charisse played Fiona, Gene Kelly's love interest and dancing partner in the movie.