

Light and Airy



Scottish Country Dancers of Winnipeg

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www.rscdswinnipeg.ca

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Committee of Management 2010/11

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From the Chair....

Today is bright with sunshine and summer promises, but there is also a clear hint of fall in the air, a sure sign that the dance season is about to begin!

The Committee of Management met three times over the summer to prepare for the coming year. Our new Treasurer has guided us through the budget process and provides information further on in the newsletter. The registration form is attached to this newsletter and available on the website. Please mail your form in so that Debra Forrest can deliver your receipt during the first week of classes. Plans for our annual Welcome Social are in place and also described further on. The Publicity Committee has arranged paid advertising of our fall events in the Leisure Guide and community newspapers, and submitted information to free bulletin boards in the *Free Press* TAB and the community newspapers.

Much has been done this summer to spread the joy of Scottish Country Dancing, and attract new dancers. The Demo Team has performed at the Canada Day celebrations at Lower Fort Garry with the Windsor Dancers (the children's class), and at Folklorama and two rural venues. A write-up of their adventures is included later in the newsletter. The Branch's new video attracted lots of attention at Folklorama, as did enthusiastic participation in ceilidh dancing by many visitors to the Cultural Display, and a successful draw

for free lessons that identified many people interested in further information about our classes and special events. Many thanks to everyone who contributed their time and energy to these successes.

Our video, produced to attract new dancers to our fold, is one of several new initiatives. It proved its worth at Folklorama and will soon be up on our website. Other new projects include a celebration of Dance Scottish Week under the canopy at the Forks on Sunday, September 19th, and a ceilidh in mid-October to encourage interest from new dancers not yet ready to commit to formal RSCDS lessons. Look for information about the Dance Scottish event below, and the ceilidh as plans develop.

The Scottish Heritage Council of Manitoba recently formed to provide an umbrella for the activities of various Scottish cultural organizations in Winnipeg. Reg Curle has agreed to sit on its Steering Committee to keep us tied into the larger Scottish cultural community. Plans for the Selkirk Settlers parade organized by the Council appear later in the newsletter.

While members of the COM have seen a lot of each other this summer, we are looking forward to a new season of dancing and reconnecting with all of you....see you at the Welcome Social!

Wendy Land

2010/11 Dance Season

Saturday September 11	Welcome Social, St Paul's Church Hall, 7:30 PM – No charge!
Week of September 13	Fall Term classes begin
September 19	Dance Scottish Week Celebration, The Forks, 12:00 – 4:00 PM
Mid-October	Ceilidh
Tuesday November 30	St. Andrew's Social (class social)
Week of December 13	Last classes of fall term
Week of January 10, 2011	Winter term classes begin
Saturday January 29	Burns Dance – admission \$10
Monday March 7	Class Social
Thursday April 7	Class Social
Week of April 18	Last classes of winter term
Saturday April 30	Workshop and dance
Sunday May 1	Teacher's Workshop
Wednesday May 18	AGM

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.

From the Editors

The flowing tunes of Scottish Country Dance are pure brilliance in sound and time, containing harmony, melody, rhythm and rhyme, evoking feelings of friendliness, unity, happiness and fun. There are all different genres of music on earth, something for everyone, but one of the best would be the Celtic music we dance to.

The editors look forward to experiencing the joy of the dance with you as we begin the 2010/11 Season with the September Welcome Social. See you there.

From the Treasurer

The Committee of Management has finalized the budget for the 2010/11 dance year. It has been decided to keep the fees the same as last year, at \$160 for a full year of dancing and \$5 per person for socials. The fee for the socials is being reviewed. There will be a charge of \$15 for those members who want their copy of the *Light and Airy* mailed.

We are increasing our advertising budget to raise our branch profile and hopefully attract new members, which will, in turn, increase our revenue.

Registration

The Registration Form for the 2010/11 dance season is now available on the branch website at www.rscdswinnipeg.ca. The form can be found in the Members section of the web site. Please download a copy and send it as directed.

Welcome Social

September 11

The Welcome Social will be held at St. Paul's Church Hall on Saturday, September 11, beginning at 7:30 PM. Admission is free.

The event will provide an opportunity to reconnect with dancing friends and invite family members and friends to experience the joy of the dance! The program will include music by Scotch Measure and both participation and ceilidh dancing. Scottish sweets, punch, tea and coffee will be served. Small donations of sweets would be appreciated (please contact Donna Robinson or Betty Poole for more information).

Selkirk Settlers Parade

September 11

The fifth annual Selkirk Settlers Commemoration Parade will be held on the afternoon of September 11th. Assembly will begin at 11:30 AM on Assiniboine Avenue at Fort Street. The parade will commence at 12:00 Noon and cross Main Street to The Forks via Fort Gibraltar Trail, then continue through The Forks Market square onto Waterfront Drive, ending at the Settlers Monument and Scots Monument. This year's event will honor the 100th Anniversary of the Queen's Own Cameron Highlanders of Canada. Keynote speaker will be Mr. Murray Burt who has just completed a book on the history of the Queen's Own Cameron Highlanders of Canada Regiment. If you are interested in participating and helping to carry the RSCDS banner, please contact Wendy Land at info@rscdswinnipeg.ca.

Dance Scottish Week

September 19

Dance Scottish Week (DSW) is organized by RSCDS headquarters to encourage branches around the world to focus the week of September 19 to 25th on promoting the fun of Scottish country dancing to the general public, and to recruit new dancers. More information is available at <http://www.rscds.org/events/dance-scottish-week.html>.

The Winnipeg Branch has seized this occasion to organize a special event on Sunday afternoon, September 19th, under the canopy at The Forks from 12:00 to 4:00 PM. The program will include many opportunities for participation and ceilidh dancing by experienced dancers and the general public, as well as demonstrations of step and hard shoe dancing, our Demo team and the Windsor Dancers (children's class), invited highland dancers, and at least one piper! There will be a formal salute to DSW about 2:00 PM which is expected to include special invited guests. This is a great opportunity for you to share the joy of the dance with your family, friends, and neighbors, and to socialize with old friends and new from the Scottish community in Winnipeg.

Our plans for promoting this event are wide ranging and include circulation of a colorful poster. This poster will be sent to branch members by email with a request that you send it out to as many of your contacts as you think might be interested. We will appreciate anything you can do to help promote this exciting event!

Folklorama

Thanks to all who helped staff our RSCDS booth at the pavilion. We had a very good response to the video and over 50 folks entered the draw for free 1st term basic classes. Our air-conditioned room was quite a contrast to the heat and humidity in the main area. Also bouquets to the teachers who taught the participation dancing and Heather Ferguson and her crew (which included Co-Coordinator Joan Curle, Debbie Forrest, Jean Highmoor, and Christine Wallace) for looking after the entire Cultural Display area. One of our members, David Kroeker, even worked on the security detail at the entrance to the pavilion.

Scott MacRae and Reg Curle

Demonstration Team Trip to Carberry and Neepawa

On Friday July 23, the demo team took off early to do a demonstration at the Carberry Care Home. After the performance, we were treated to dainties and coffee/tea/juice.

We then drove to Neepawa, home of the Lily Fest, which runs from July 12-15, 2010. On a sad note, the man who started the Fest passed away on the Saturday morning but his last request was for the festivities to continue.

Agnes and Joan/Reg took the others on a tour of the town, which included a tour of the cemetery, Lake Irwin, museum, Margaret Laurence house, Williams Gardens, etc. The interest at the cemetery was the "Stone Angel" monument which is the title of one of Margaret Laurence's books that was made into a movie.

We took in a fiddle contest at the Yellowhead Centre on Saturday, an antique show at the Yellowhead on Sunday, a quilt show at the United Church and, of course, the lily show. There were vendors in the street selling the usual wares – jewellery, hot dogs, fries, lilies, etc.

We did our performance in a huge tent set up outside the Roxy Theatre at about 8:30 Saturday evening. There were several other ethnic groups performing as well. Our performance was well received even if the dancers were a little thrown off by the slight tilt of the make-shift stage. At least none of us fell off or tripped up.

Agnes Brydon

Benefits of Scottish Country Dancing

Submitted by Peter McClure

Scottish country dancing could be key to keeping fit in old age, a leading university has said.

Participants in a study who took part in the dancing were found to have better levels of fitness than people who did other exercises.

Dr. Paul Dougall, an expert in dance and drama at Strathclyde University in Glasgow, led the research.

He said: "It's generally assumed that dancing is good exercise but we wanted to measure whether Scottish country dancing has specific health benefits."

The study focused on older women and had 70 participants - 35 women aged between 60 and 85 who practised Scottish country dancing and 35 in the same age range who took part in other forms of exercise.

The comparison between two groups who were active in different types of exercise suggested that country dancing was particularly effective at keeping people fit.

Dr Susan Dewhurst, an exercise physiologist from the Strathclyde Institute of Pharmacy and Biomedical Sciences, led assessments of the participants' fitness.

She said: "We used state-of-the-art equipment to give very precise measurements of muscle quality and function."

Kevin Gilmartin

Published in *The Scotsman*, August 7, 2010

Condolences

Our condolences are extended to Betty and Bob Poole and their family on the passing of Betty's mother, Mildred Logan, in her 100th year.

A person...
who leaves the world a bit better...
has succeeded.

Ralph Waldo Emerson

Christine Wallace's 70th Birthday Celebration.

In honour of Christine's 70th birthday, her family organized a special celebration in Scotland. The following is an account of the event written by Christine's sister Alison. Family members who attended included Alison's two daughters Julia and Sheila, Christine's other sister Mary Duncanson and her two daughters Kirsty and Lindsay, and Christine's brother Alistair Wallace.

This took place over the weekend Friday/Sunday 7th to 9th May at Naughton House in Fife, a beautiful old country mansion complete with extensive gardens, stables (for the 7 polo ponies) and enough space for 17 to stay overnight and another 8 to come for a picnic tea and dinner on the Saturday.

Celebrations started late Friday afternoon when a convoy of us left Edinburgh and crossed the Forth Bridge into Fife. We were welcomed by James Crawford, the owner, his very friendly black Labrador, Lara, and our younger sister Mary who had driven down from the North. Log fires were burning and lamps were lit in the bedrooms where many of us slept in four-poster beds! (We did not check for what might have been underneath.)

Supper had been pre-cooked in Edinburgh by Julia who commented later in the dining room that eating chili con carne with a huge original Raeburn painting hanging above us didn't seem quite appropriate! Some of us retired to bed while others waited for fresh arrivals from Edinburgh Airport. (Many of the guests had been dodging the volcanic ash cloud. Guest of honour Christine, flying in from Toronto, had been diverted to Manchester instead of Glasgow and came up to Scotland by coach.)

Saturday morning was a beautiful fresh Spring day. I left a sleeping household about 7 AM and walked down to the stables to see the polo ponies snugly wrapped in their blankets, being close-clipped for the sport. Pheasants were croaking in the woods and I watched a kestrel and buzzard fighting for occupancy of one tree-top.

After a very extended breakfast, as people drifted down looking for coffee, eggs, bacon and toast, most of us headed for St. Andrews for the obligatory walk along the West sands (freezing), followed by a pizza lunch. A quick stop at Bonkers (an amazing gift shop that has been a port of call for years) and back to the sunshine at Naughton House.

Our niece Lindsay and partner Marek had laid out a fantastic treasure hunt for the five little ones. The end was by a bluebell patch where they found Aunty Christine on a silver-covered chair, presiding over a picnic tea put together by Julia. The trees around the picnic spot were festooned with bunting and Chinese lanterns. Tea ended with chocolate cake and a single Roman Candle (70 would have required the Fire Dept!). Children were bathed (face paint removed) and if not settled for the night were at least dressed for bed!

The adults gathered for champagne and canapés by the living room fire. Mary and I made short welcoming speeches and a toast to Christine. Sheila presented her with a photographic précis of her life, a joint effort by the extended family. Other presents and cards were given by various others, including the children, who were definitely not ready to sleep!

Dinner, prepared for us by Craig, a chef friend of our niece Kirsty, was served about 8:15 PM in the dining room. Sheila and James had worked on the table setting together and it was just beautiful. White tulips in tall vases separated by silver candelabra and tea lights in white china tulip-shaped bowls. Our brother Alistair said the Selkirk Grace for us and we sat down to a fabulous 3 course meal followed by cheese, coffee and petit fours. (Main dish was lamb, dessert was a selection of rhubarb crumble and brownies with crème fraiche.)

Afterwards, the ladies retired to the living room where little Ava and Josh Wallace were blissfully asleep on one of the sofas and Lara (the dog) was stretched out by the fire. Somehow by previous spoken arrangement, the younger men drifted down to the snooker room in the basement and were not seen again apart from a request for the whereabouts of the whisky! (Our niece Kirsty being in 'the business' kept us well supplied with 'fortified' liquid refreshments the entire weekend.) I lasted till about 12:30 AM and left my two sisters Christine and Mary recounting family stories for the younger members.

The following morning was a much more subdued start unless you were aged 6 or under! (They didn't seem to think it odd to be eating rice crispies at a table that could accommodate 22!) The last one for breakfast finally drifted down about noon when the rest of us were packing up our cars and endeavouring to leave James' house and particularly the kitchen as we found it.

James and Lara were hugged by everybody and it was really very sad to leave -- and the sun was still shining! Some of the family headed to Craighrothie, the nearest village to our parents' old home in Chance Inn, to have lunch there. Christine left with Mary to drive up to Kingussie for two days, then on to the island of Iona for another two days. From there on she went to Stranraer for a weekend and then back to Edinburgh for a week.

All in all it was a very memorable weekend. Everything went according to plan. Everybody contributed in their own way and if at one point Christine was reduced to tears as she tried to thank us, then we did a good job.

Alison Masson

The Bagpipe Story

Submitted for your enjoyment by Joan and Reg Curle

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a grave side service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Kentucky back-country.

As I was not familiar with the backwoods, I got lost. I finally arrived an hour late.... and saw the funeral guy was evidently gone, and the hearse was nowhere in sight.

There were only the diggers and crew left.... and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down. The vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played 'Amazing Grace', the workers began to weep. They wept; I wept; we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head hung low, my heart was full. As I opened the door to my car, I heard one of the workers say,

"I never seen nothin' like that before.... and I've been putting in septic tanks for twenty years..."

Dancing Holiday?

Ever think of including dancing in your holiday? Be sure to check the Inter-city Scot website for information on dancing events in other cities. The website can be accessed through a link on the Branch website under "Members". The following are some of the events listed on the website.

Out of Town Events:

Washington State

10 -12 September 2010
Fort Worden Workshop
www.rscds-seattle.org

Kenosee, SK

1-3 October 2010
Saskatchewan Branch
30th Annual Workshop, Banquet and Ball
www.rscdssask.org

Ottawa, ON

1-3 October 2010
Ottawa Valley Dance Scottish Weekend
www.ottawadancescottish.org

Calgary, AB

15-16 October 2010
St Giles SCD Group
Ceilidh, Workshop and Ball
See brochure on St Paul's notice board

Pacific Grove, CA

29-31 October 2010
RSCDS San Francisco Branch
Asilomar Weekend Workshop
asilomar.rscds-sf.org

Important Dates:

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

Next L&A: Deadline for the October 2010 issue is **October 8**. L&A deadlines are the Friday following the monthly COM meeting.

Contributors are requested to send their submissions either in Word (.doc) or .pdf format, or typed directly into an email message.

Please note that on the advice of our web master, we are no longer including members' personal email addresses; if not included, phone numbers are available from the membership list.