

Light and Airy



Scottish Country Dancers of Winnipeg

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Volume 41, Number 5

February 2010

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From the Chair....

Recently at the COM meeting the discussion of promoting SCD was once again revisited. The questions raised: “where are the people and how do we persuade them to join us?” One answer, they’re at the gym ; yet another, playing Wii; or perhaps not doing anything at all. This prompted me to go back and read an article on the Health and Recreational Benefits of Scottish Country Dancing. It seems that the American College of Sports Medicine places SCD in the above average category aerobically and the cognitive demands of SCD movements combined with their coordination with fellow dancers exercises our mental faculties as well. “ Dance activities are effective due to the enjoyment factor and the participant perceives the activity as play and not work.” Paraphrasing, the benefits of such activities as SCD contribute to the well being of individuals through prevention of chronic conditions due to inactivity. They also provide a social component which maintains a sense of community and an enjoyment factor which encourages their participation for the sake of the dance itself.”

I also saw a comment on YouTube relative to a gathering in Scotland: “ Wow, they’re still doing country balls, reminds me of Austen’s books. Love them absolutely!”

Well it seems to me that we in Winnipeg gain all of the above benefits on a weekly basis as we attend classes. The Burn’s Social put us in our own little corner of Scotland as we enjoyed the music and poetry and company

of fellow dancers, friends and family. Many thanks to the Social Committee for organizing such a wonderful evening and to everyone who contributed their time and talent.

Shirley

2009/2010 Dance Season

Week of January 11, 2010	Winter term classes begin
Saturday January 30	Burns Dance – admission \$10
Monday March 1	Class Social
Thursday April 22	Class Social NB Change of date
Week of April 19	Last classes of winter term
Saturday May 1	Workshop and dance
Wednesday May 19	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 Editor

An article by Stephen Mulvey in BBC News Online reported that 6 million Scottish hearts in America fluttered with delight upon hearing that the United States was about to lift a ban on British beef and lamb imposed in 1989 during the BSE outbreak, then skipped a beat when learning this was not true, with the hearts of Haggis producers stopping at the news that the "enormous" US market will remain out of reach.

There is a bigger problem for haggis connoisseurs since the US government has banned food made with sheep's lung since 1971. One haggis producer said, "If it hasn't got lamb's lung, it isn't haggis," with it making up 10 to 15% of the entire classic recipe of sheep heart, liver, and lung chopped up, combined with pinhead oats, onions, suet, and spices stuffed in a sheep's stomach.

Regardless, Burns' suppers around the world, including our own on January 30th, served haggis in one form or another after hailing the bulging delicacy with Robert Burns' eight-verse *Address to a Haggis*.

In an attempt to overcome haggis' reputation for repulsiveness, its promoters state, "It's offal not awful!" In my humble opinion, only half the claim is

true, unlike the fact that Scottish Country Dancing is awesome not awful!!!

Speaking of haggis, did you know that eat is the only word that if you take the first letter and move it to the last, spells its past tense - ate?

Thanks to Harold Marshall for bringing the BBC story to our attention.

Barbara

Class Reports

Fort Garry Social Class

Other class members have joined our accomplished Fort Garry Class reporter, John Giesbrecht, in search of warmer climes. Our talented teacher, Gerry Mayes, along with our friend, Margaret Jones, thought they would warm themselves in sunny Florida, having to re-pack their suitcases when temperatures dipped to freezing right before their departure.

Two individuals volunteered to teach our class while Gerry was holidaying. Under Joyce Cormack's tutelage we enthusiastically, initially energetically, danced delightful pieces from Hugh Foss to Roy Goldring. Our Monday January 25th class was

cancelled by our wise substitute teacher, Christine Wallace, due to blizzard conditions, something which seems to occur on Mondays no matter what the year, but nothing to be concerned about as we always have a make-up class. Class members had the opportunity to celebrate *Robbie Burns' Day* at home where it was toasty warm.

With Gerry's return to teaching we began practicing dances, such as one of Gerry's favorite strathspeys - Bob Campbell, in preparation for our class social March 1, hoping to see you there. We enjoyed dancing Coola Bay and Trip to Bavaria, which we hadn't yet danced this season.

Tuesday Technique Class

This is a true February day with the snow blowing about: makes me think that the groundhogs got it right last Tuesday. We have excellent attendance at Tuesday class over the past month; despite the fact that several people have been away, we usually averaged about 3 sets. Ron Krug has returned looking very brown after some time in Florida, while Brydons and the Natrasses have also been enjoying some warmer southern weather. Joan and Reg Curle are heading west to Vancouver and eventually Hawaii so we will miss them and look forward to seeing them back in a month or so when it will be getting warmer here (we hope). Margaret has been continuing to challenge us all with a fast moving interesting class and the introduction of some new concepts and dances. One of these is the quadrille, a military style dance usually done with walking steps and in a square set. The music is quite different from SC dance music and it has been fun to try out the various figures, moves, and steps for the past few weeks. It reminds me of some of the set dancing often seen on the Jane Austin TV adaptations as there usually is a ball sometime in the course of the story. All we need is the costuming to feel really elegant and 19th century! We also had a go at a John Drewry dance, Bon Accord a few weeks ago. Interesting pick up and drop off reels here which encourage everyone to count if it is all to work out by the end. It is always a reminder of how much this activity relies upon teamwork and social interaction. There are always new challenges to consider and Margaret has suggested we might get to Waverley and the Fugal of Fergus which will once again give us some challenging reels to exercise our bodies and minds. All for now, Lynn

Thursday Class: Basic and Back To ...

Most of us attended the Burns dance, and enjoyed the evening very much. For some, it was a first exposure to that aspect of Scots culture, and some are now busily researching such things as the Selkirk Grace, and the meanings of some of the Scots words. It is encouraging to see that we are gradually learning more, so that most of the dances were approachable for us, even if we chose to watch some of them. The band was in fine form, and that was a lavish "repast" following the dance - much appreciated.

We've discovered that quite a few of us are going to be away at various times in March, and have asked for a change of date for our class social; thanks to the Committee and the band for helping us with this.

And the classes go on! Peter is getting serious about the pas de basque step, and making us move with it, as in "hello and goodbye" setting. What next, we wonder?

Members' News

Jan MacPhail had a wonderful visit to Kelowna in 2009. Here's her report.

Vineyard Tours and Petronella Turns

In September I visited ex-pat friends in Kelowna, who had escaped the floods of last Spring here only to face the forest fires there, which, had the flames not stopped at the neighbour's fence, would have burned them out not just caused them to evacuate for 5 days.

We toured the wine country along the lake and in the hills of the many towns along the Okanagan. The gorgeous vineyards, both large and small, provided for "petits degustations" of the myriad wines - I was not the designated driver - fabulous lunches, albeit expensive, overlooking the vistas of the lake and mountains and quite fabulous houses - NHL and PGA stars, whose names escape.

We took time off to allow our livers to recover by exploring shops, tea houses, cafes, and delis, went walking on the mountain roads, attended fitness classes and my girlfriend Nancy's little grandsons' soccer and hockey games; yes, the seasons

overlapped and were busy, busy, busy with school also starting and two family birthdays - Grandpa's 70th and Sean's 7th.

Also starting up was Kelowna's RSCDS Group and I had gotten contact numbers from our Joyce Cormack. I called and talked with their president who put me on to Myrna McRae, who along with husband Rod were popular members of Winnipeg's RSCDS before they, too, became ex-pats.

I persuaded Nancy to come to the Kelowna class on the Tuesday evening, which was held down in the valley at a recreational centre and we were warmly welcomed. Nancy had brought her SUDOKU book to pass the time, but she didn't know that guests become a dance challenge. It turned out she didn't open that book and danced every dance with enthusiasm and patience. They even did my all time favourite, Mairi's Wedding, in my honour. Myrna yelled out that we don't do it right here as we don't do a true petal reel. Another ex-pat, this time from Vancouver Branch, grabbed my hand and said he did and the rest said we will and we all did the true petal reels. What fun!

The most amazing part of the evening was meeting one of their very pretty, very stately, beautifully turned out members - a lady of 95. This revered member takes the bus to class and dances beautifully. Her Pas de Basque, Petronella Turns, Skip Change and Strathspey Steps are crisp, musical, done on the toes with feet and ankles turned out. What an inspiration!. This wonderful lady also volunteers at the "senior citizen" homes, arriving there after two transfers by bus.

It turned out, because it was their Open House, we had a party afterwards with the yummy scones, oatcakes, sweets, etc., that RSCDS groups are famous for.

Oh yes, my girlfriend, Nancy, was so impressed by their friendliness she went out and bought \$85.00 shoes and joined the class and was looking forward to her first Robbie Burns Event.

Social Dance
Hosts: Fort Garry Class
Monday 1 March, 2010, 8 PM
St Paul's Hall
Music by Scotch Measure
Admission \$5

Programme

Society Piper	32R3	Goldring 10 Social
Bob Campbell	32S3	Drewry Canadian Bk
Laird of Milton's Daughter	32J3	RSCDS Bk 22
General Stuart's Reel	32R3	RSCDS Bk 10
Miss Gibson's S'spey	32S3	RSCDS Leaflet
The Dalesman	40R3	Goldring 12 More
Andrew & Gordon's Jig	32J4	Goldring G&S 2
Bill Little's S'spey	32S4	Goldring G&S 2
J B Milne	32R3	Foss, Fitchet Album
Espie McNabb	32J3	Misc 1
Waltz		

Notes available on the Branch web site.

Winnipeg Branch Workshop and Dance

Save this date!
Saturday May 1, 2010
Teachers: Ron Wallace (Santa Rosa, CA) and
Margaret Zadworny (Winnipeg)
Musicians: Ron Krug and Ken Natrass (classes)
and Scotch Measure (dance)

SCD Crosswords on the Web Site

Several years ago, former member David McKinnon combined his interests in SCD and crosswords to produce a set of crosswords, each with some SCD related clues. Our web master, Glen Colqhoun, has found a programme that allows him to prepare David's originals as .pdf files for mounting on our web pages. David, now retired and living in BC, has given his permission, and we look forward to putting up one a month for some time now. Have a look!

Out of Town Events:

Honolulu, HI

12-14 February 2010
Aloha Winter Weekend 2010
For details, keep checking their web site:
www.rscdshawaii.org

Edmonton, AB

19-21 February 2010
40th Annual Workshop and Ball
Details and forms at www.rscdsedmonton.org

Toronto, ON

20 February 2010
Tartan Ball
Details, forms at www.rscdstoronto.org

Victoria, BC

27-28 March 2010
Vancouver Island SCD Society
34th annual Ball and Sunday Brunch
Details and forms at
<http://www.viscds.ca/springball.html>

Windsor, NS

International SCD School
28 July – 1 August 2010
details, forms etc at
http://www.rscdsnovascotia.ca/ISCDS_2010/ISCDS10.html

COM meetings: first Wednesday of the month,
October 2009 to May 2010.

Next L&A: Starting in October, L&A deadlines
will be the Fridays following COM meetings.

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

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