

Light and Airy



Scottish Country Dancers of Winnipeg

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

www.rscdswinnipeg.ca

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Committee of Management 2010/11

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From the Chair....

Our successful Spring Workshop on the last week-end of April was a fitting climax to this year's dance program! Thank you to the Workshop Committee and our Social Conveners for their extraordinary efforts. Thank you to our guest teachers, Elinor Vandegrift and Peter McClure, who worked hard to provide us with challenging classes, to Maureen Burnham who made Friday evening's dance practice both entertaining and helpful, and to the teachers who briefed the Saturday dances. The Grand March began an evening of great music and dance that ended with so much good food that some was given away as draw prizes. Thank you, as always, to Scotch Measure whose music gives an extra lift to our feet. A big pat on the back to everyone who contributed to the Workshop's success!

This year's Teachers Workshop was also very well received. Our thanks to Christine Wallace for her efforts in bringing this initiative to fruition. It was an important contribution to the COM's continuing efforts to support and grow our cadre of teachers.

The last week of classes came much too quickly this month. Classes were followed by refreshments and socializing during which class members were pleased to express their thanks to the teachers with small gifts to recognize their efforts.

Much of my time in the last month has been spent on work associated with the Bicentennial Committee and the Ceilidh Committee. The Ceilidh Committee's final report was presented at the May COM meeting. The new COM will decide whether and how to continue this initiative.

After a lively discussion of a proposed RSCDS Selkirk Settlers Bicentennial project, the COM decided to present the project to the AGM for discussion and action. While the project itself was well received, concern has been expressed by some because the project cannot proceed without the Branch underwriting the cost of completing the project in time for its distribution to classroom teachers at provincial teachers' conferences in October. While some, and perhaps all, costs are expected to be recouped from the sale of the materials to teachers and from various grants that are in the process of application, some fear this use of Branch funds is too risky. Information on the project will be circulated by email prior to the AGM meeting. Please plan to attend on Wednesday, May 18th, 7:30 pm at St. Paul's.

This year seems to have passed very quickly. The COM has worked hard on your behalf to meet the goals we set for ourselves at the beginning of the year. My thanks to them and to the membership for your help and support. Best wishes to next year's COM for a productive, successful and fun year!

Submitted by Wendy Land

2010/11 Dance Season

Wednesday May 18

AGM, 7:30 pm, St. Paul's Church Hall

Tuesday June 7

Spring Dancing, 8:00 pm, St. Paul's Church Hall, \$2

Please note: All dates are subject to change – please check the calendar each month.

From the Editors

I wanted my parting words as a *Light and Airy* editor to be ones of motivation and gratitude.

I encourage members to practice etiquette when they dance, remembering that the basic standards of etiquette are:

1. Arrive on time whenever possible.
2. A clear invitation to dance may be extended by either a man or a woman, with a friendly hand extended to the partner.
3. Always join a set at the bottom, but do not walk through the set to get there or to another set. Do not pass a set in need of a couple or leave a set once you have joined it, except under the direction of a MC or teacher. The first man in a set counts off, from top to bottom, the number of couples in line.
4. Listen quietly during instructions. Ask questions of the instructor, not other dancers.
5. At the end of every dance, thank your partner and clear the floor.
6. Do not form new sets until the next dance is announced.
7. Ask a variety of partners to dance, remembering dancers frequently sitting out, beginning dancers, and visitors.
8. Study notes off the floor, as the dance floor is a place for sociability.

Friendliness is part of good manners, which Scottish Country Dancing promotes, and one of the joys of dancing.

I have enjoyed serving on the Committee of Management, with dedicated members and co-editors, becoming friends with all. I am grateful for the support, encouraging words of appreciation, understanding, suggestions, and contributions received from the membership while editor. Thank you!

Barbara LeBow

A Note of Thanks

A big thank you to all our RSCDS friends who came to Grant's service to help us celebrate his life. Also, thank you for the cards and notes of tribute. I have re-read them all and have been deeply touched.

To Christine, for the memoriam in last month's *Light and Airy* - words cannot express adequately the feelings in my heart when I read it - thank you.

Monique Henderson

For Sale

Gents Highland Outfit, which includes the following items:

- Dress Gordon Kilt (light-weight worsted), waist 34", length 24"
- evening shirt (with ruffle) 15½ / 32
- kilt belt with silver buckle
- day wear leather sporran
- evening sporran
- 1 pair Lovat green hose
- 1 pair off-white hose.

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.

Health and Safety

RSCDS Winnipeg Branch has 12 CPR certified members! The workshop, sponsored by the Branch, and put on by Heart Beat Inc., was a relaxed, non-threatening, learning situation in which we all had "hands on" experience with rescue techniques for adults, children and infants. We even had a go at using the AED!

Thank you to all the participants: Pat Clubb, Heather Colquhoun, Joan Curle, Reg Curle, Elizabeth Frenette, David Kroeker, Wendy Land, Barb LeBow, Lynn McClure, Peter McClure, Ann Morrison and Dave Morrison.

The Branch has started a discussion at the COM level regarding AED accessibility for the activities of the Branch. The Province of Manitoba is going to introduce a bill which would make it mandatory for such devices to be available in public places (see article in the *Winnipeg Free Press*, April 28, 2011). The Branch is thinking ahead!

The following is a useful rhyme from the CPR Workshop that I thought I would pass on to readers!

When assessing a situation for safety, before attempting a rescue, think:

No Fire, No Wire
No Gas, No Glass
No Bees, No Trees
No Drugs, No Thugs.

Always consider your own safety first!

Pat Clubb

Equipment

The Branch has ordered a Califone CD/cassette player from Inland Audio. An inventory of Branch equipment is available from the Vice Chair.

Left at the Workshop on April 30

- Woman's black leather glove (Silver Heights)
- Small pink lipstick (St. Stephen & St. Bede)

If these items belong to you, please contact the Branch at info@rscdswinnipeg.ca.

Demonstration Team

Upcoming demonstrations include:

Deer Lodge	May 26
MB Highland Gathering (Selkirk)	June 18
Lower Fort Garry - Canada Day	July 1
Teulon - Canada Day	July 1
Pavilion of Scotland	August 2

Anyone with two years of dancing experience is invited to come out and join the Demonstration Team. If you are interested, call Agnes at 837-7346 or email: brydona@Yahoo.com.

Agnes Brydon

Upcoming Events

Heritage Days

Volunteers are required for Heritage Days at Lower Fort Garry on May 24, 25, 30, and 31 and June 14. This is the fourth year that RSCDS has been invited to participate in this event.

Come out and spend a pleasant day at the Fort and have fun helping Joyce Cormack teach Grade 5 students a Scottish Country dance.

If you are interested, contact Agnes Brydon at 837-7346 or email: brydona@Yahoo.com.

Spring Dancing

Each year, after the end of regular dancing, the Winnipeg Branch holds two evenings of "social dancing" for the membership. They are not classes - dances are included in the program for all levels of dancers, lead by the Teacher in charge of each evening. This is called "Spring Dancing"!

Dates: Tuesday, May 10, 2011
Tuesday, June 7, 2011

Time: 8:00 – 10:00 pm

Place: St. Paul's Church Hall (where we have our regular classes)

Cost: \$2:00

I look forward to seeing you there.

Christine Wallace

Event Reports

Mug Pub Remembered Ceilidh

April 16, 2011

I would like to thank the Demonstration Team for all the work that was involved in getting this Ceilidh together.

It was a **GREAT** success as one can see from the profit of \$2,222.90.

I would also like to thank all the Branch members who helped with selling of tickets, publicity, baking, set up and take down, decorating chores, serving coffee and refreshments, etc.

Our biggest thanks go to the entertainers who gave of their time and talents to make it a tremendously entertaining evening. I heard nothing but praise for the whole evening from everyone I talked with.

Also, a **BIG** thank you to Don Johnson. He really gave of his time and talents – from helping us with set up, finding coffee urns/plugs, making custard for the trifle, dancing in the *Reel of the 51st Division*, etc. We could not have done it without you.

Agnes Brydon
Chair

Workshop 2011

April 30, 2011

On behalf of the workshop committee, I would like to thank the Branch members for all the support they gave to the workshop.

The Friday evening practice dance was a good gathering and an even better place to help prepare oneself for more of the same. Margaret Zadworny did the dance briefing, with Maureen Burnham making the announcements.

Our Saturday workshops, with Ron Krug on the piano and Ken Natrass on the accordion, were enjoyed by all. Elinor Vandegrift, of Seattle Washington, had dynamic energy and evoked us to push ourselves. The dances were fun and covered many of the basics. She was fun and we were happy she shared the spirit of the theme.

Peter teaches with precision that enables the learning of the steps. Challenging and thorough, he makes the flow happen. Their hints on technique were and will continue to be helpful in the future. The classes were fun, with a lighthearted atmosphere that was enjoyed by all.

Our eight out of town guests were from Lethbridge, Regina, Kenora, and Dryden. The evening dance briefing was done by Peter. Scotch Measure sounded fabulous - loved the encores.

I would like to thank the many volunteers on Friday and Saturday. Our event was a success due to the many people that helped – Master of Ceremonies Christine Wallace, Elinor's billeting hosts, the library set up, dance note preparation, our hostesses inside and outside, all the silent auction work and those who supported it, contributors of food and the decorations for the workshop. Thanks to the great workshop team: Christine Wallace, Jane Natrass, Joan and Reg Curle, Betty and Bob Poole, and Jean Highmoor.

Yvette Berube

Here and There

Dancing in British Columbia

Reg and I visited Vancouver in March. When at the coast, we join in a social dance class when we have time. On our last Thursday evening, we danced with Ruth Jappy's group in Richmond. We first met Ruth in Winnipeg about ten years ago when she was our workshop guest teacher. There was a larger group than usual at her class the night we went - perhaps seventy or so. Ruth had had a phone call from Bill Zobel a few days before asking her if he and his wife, Muriel Johnstone, could come and teach the class and they just happened to have a program ready. Muriel taught at our Branch workshop a few years ago as well as performing a piano concert on the Friday night before the workshop.

Bill did most of the class and Muriel taught one dance. It was their 21st anniversary that day. Between dances they gave little anecdotes about their marriage and their house renovations. The dances had a connection to their marriage, such as *Kiss Under the Stairs* - having four kids in their house, two from each of them. *Haste to the Wedding* came with an explanation that they had put up wallpaper and wired electrical plugs until

three in the morning the night before their wedding. They were having the wedding reception at their house. They had to tell people not to touch the wall as the paper was still wet. We also did *Miss Johnstone of Ardrossan*, which was written for Muriel. They said it was danced in the States as *Miss John Stone of Ardrossan*.

There was the usual half-time tea break with a few more desserts than usual. On my plate, I had double meringues with whipping cream in the middle and a piece of crunchy caramel layer cake.

They mentioned their house had gone up for sale as they prepared for their return to Scotland. Bill was originally from Kent and spent many years in Newcastle. Muriel was born in England, where her father worked, and later lived in Scotland. Ruth Jappy was as gracious as ever and invited the class back to her house for a visit and for goodbyes. We didn't go as we felt it was more for close friends than acquaintances.

I am always impressed how similar RSCDS classes are in most places we've danced, which makes us feel at home right away. Usually, we've done at least half of the dances in Winnipeg, with new ones making up the rest.

Joan Curle

Did You Know?

- * In the last 4,000 years, no new animals have been domesticated.
- * A cat has 32 muscles in each ear.
- * A goldfish has a memory span of three seconds. Some days that's what my memory span is.
- * A snail can sleep for three years.
- * An ostrich's eye is bigger than its brain.
- * A shark is the only fish that can blink with both eyes.
- * Women blink nearly twice as much as men.
- * Our eyes are the same size from birth, but our nose and ears never stop growing.
- * Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.
- * The average person's left hand does 56% of the typing.

- * Almonds are a member of the peach family.
- * Peanuts are one of the ingredients of dynamite!
- * February 1865 is the only month in recorded history not to have a full moon.
- * The winter of 1932 was so cold that Niagara Falls froze.
- * The microwave was invented after a researcher walked by a radar tube and a chocolate bar in his pocket melted.
- * The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.
- * Rubber bands last longer when refrigerated.
- * Leonardo Da Vinci invented the scissors.
- * The Sixth Earl of Kellie composed fine fiddle music.
- * Winston Churchill was born in a ladies' room during a dance.
- * A "jiffy" is an actual unit of time for 1/100th of a second. I don't do anything in a "jiffy" anymore.

Submitted by Barbara LeBow

Tell Granny to Put on Her Dancing Shoes

A new U.S. study links dance-based activity with a significant reduction in dementia among adults 75 and older.

Holistic Benefits of Dancing

By Drs Kay Judge and Maxine Barish-Wreden

Want to avoid your risk of dementia holistically? Besides controlling your weight, blood pressure, cholesterol and blood sugars, and decreasing your intake of inflammatory foods, what else can you do?

Start dancing!

Dancing has been shown to have numerous health benefits in various studies. The most obvious are increased socialization and improved physical functioning. Two recent studies conducted by University of Missouri researchers found that participation in dance-based therapy can improve balance and gait in older adults. This can reduce the risk of falls and injuries in this population.

Studies also have shown a strong link to a decrease in the development of dementia among participants who danced. A study funded by the National Institute of Aging and published in 2003 in the *New England Journal of Medicine* showed a significantly reduced risk of dementia in older adults who danced frequently.

The study looked at almost 500 people aged 75 and older, tracking their activities and incidence of dementia over five years. It showed a surprisingly strong correlation between dancing and reduction in dementia — a whopping 76 per cent.

Dancing also was the only physical activity that reduced dementia. There was, for example, no reduction in the development of dementia among those who golfed frequently.

Other physical activities studied included playing tennis, swimming, bicycling, walking for exercise and doing housework.

Some mental activities that reduced the risk of dementia were reading and doing crossword puzzles.

Why does dancing help maintain the brain? The principle of neuroplasticity hypothesizes that we continue to rewire synapses in the brain with continuous activity. This is literally a "use it or lose it" phenomenon.

When we are dancing, we are using our cerebral cortex and hippocampus, which are critical to dancing. These areas of the brain are remarkably plastic, and they rewire themselves based upon their use. Researchers hypothesize that perhaps this greater cognitive reserve and increased complexity of neuronal synapses keep dementia at bay.

Submitted by Sharon Plaitin

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 (262-679-8522) or

Mady Newfield (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 (614-906-1704 or
LRussell942@gmail.com) or Jim & Donna
Ferguson (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 (jwilliams@storm.ca) or
visit the TAC website (www.tac-rscds.org)

Port Townsend, WA

September 9-11, 2011

RSCDS Seattle Branch

Fort Worden Weekend Workshop

Fort Worden State Park & Conference Center

Teachers: Irene Paterson, Lin Pettengill, Terry
Harvey, and Jim Rae

Musicians: Calum MacKinnon, Ryan McKasson,
Lisa Scott, Ginny Snowe, and Brian Crisafulli

Contact: Elizabeth Miller (206-782-8345 or
fw@rscds-seattle.org) or Kathi Ploeger
(fwreg@rscds-seattle.org)
[www.rscds-seattle.org]

Regina, SK

September 30-October 2, 2011

RSCDS Saskatchewan Branch

31st Annual Workshop, Banquet and Ball

Royal United Services Institute of Regina

Teachers: John and Janyn Bertram

Music: Ken Natrass and Ron Krug

Contact: workshop@rscdsSaskatchewan.org
[www.rscdsSaskatchewan.org]

Pacific Grove, CA

November 4-6, 2011

RSCDS San Francisco Branch

Asilomar Workshop Weekend

Teachers: Pat Coyle, Mary Murray, David Queen,
Duncan Smith and Tim Wilson

Musicians: Catherine Fraser/Duncan Smith
(Friday) and Reel of Seven (Saturday)

Contact: Fred DeMarse (510-522-3013 or
fred1314@sbcglobal.net) or Julee Montes
(650-722-0473 or julm-hcs@pacbell.net)
[www.rscds-sf.org]

St. Andrews, Scotland

January 27-29, 2012

RSDCS Edinburgh Branch

Fairmont St. Andrews Hotel

2012 Weekend Away

Teacher: Muriel Johnstone

Pianist: Peter Shand

Bands: Gary Donaldson (Friday) and David
Cunningham (Saturday)

Contact: weekend@rscdsedinburgh.org or
telephone +44 (0) 131-652-0057

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 to May.

Next L&A: Deadline for the June - July 2011 issue is TBA. Watch your email or mailbox in June.

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.

Along with this issue of the *Light and Airy*, 11 past issues are posted for your reading pleasure on the Branch website at rscdswinnipeg.ca.