

# 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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Volume 43, Number 2

November 2011

### Committee of Management 2011/12

<b>Chair:</b>	Pat Clubb	774 2796
<b>Vice Chair:</b>	Christine Wallace	478 1026
<b>Secretary:</b>	Gerri Stemler	488 7386
<b>Treasurer:</b>	Joan Curle	254 6697
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<b>Social Secretary:</b>	Anne Morrison	488 9548
<b>Assistant Social Secretary:</b>	Rose Klusowski	775 5281
<b>Membership:</b>	Debra Forrest	284 4667
<b>Publicity:</b>	David Kroeker	284 4667
<b>Demonstration:</b>	Agnes Brydon	837 7346
<b>Library:</b>	Reg Curle	254 6697
<b>Teacher's Rep.:</b>	Margaret Zadworny	667 0599

### From the Chair....

All Branch members will be affected by the Motions passed at the COM meeting on Wednesday, November 2, 2011, regarding the structure of the dance program offered. "In view of the small numbers attending the Basic Class (two), that the Basic Class continue to the end of the term (December 2011) with the support of experienced dancers of the Branch." Following that, a second motion was passed (two opposed and one abstention): "that the current Basic Class members be invited to join the Monday Fort Garry Social Class as of January for the remainder of the term (May 2012)".

This was a particularly difficult decision as it leaves the Branch temporarily without a beginner program, which is vital to a dynamic organization. Be assured that the COM is working hard to develop new methods to attract new members and new program ideas. The discussion which informed the Motions was lead by three senior teachers: Peter McClure, Margaret Zadworny, and Christine Wallace. The COM was in full attendance. The COM has a fairly even complement of dancers from the Fort Garry Social Class and the Technique Class, which represents a good cross-section of interests of the Branch. Thank you to all who participated in the discussion.

The first Branch social of the year, the St. Andrew's Social, will be held on November 28, and hosted by the Fort Garry Social Class. There will be a silver collection in support of "WaterAid", an international trust supported by Prince Charles which raises awareness and funds for people, especially in Africa, India, and Asia, who are plagued by the need for clean water and sanitation. The idea of a Ceilidh started in England three years ago by a man and his son (the Olivers) as a way to spread interest in ceilidh dancing and the world-wide crisis in water issues. The day set aside this year for the international Ceilidh was October 15, 2011. Our Branch, in keeping with the spirit, will have an informational corner and silver collection at the St. Andrew's Social. For more information regarding this initiative, check the internet under "WaterAid".

Jim Fargey, a past Chair of the COM and strong dancer with the Branch and the Pavilion of Scotland at Folklorama, has donated his complete kilt outfit to the Branch. It is a beautiful Walking Stewart tartan, in mint condition, with both formal and wool jackets. The Branch is having the outfit appraised and will be offering it for sale.

Claire McMahon has not been able to dance this first season due to foot problems. She expects to be back in fine form in the New Year. Jean Highmoor has had some health problems which have prevented her from dancing much this season. Jean hopes to be back soon. We wish them both quick recoveries as we miss their cheery smiles and lovely dancing.

The Branch wishes thank the members of the Red River/Selkirk Settlers Bicentennial Committee (Christine Wallace, Agnes Brydon, Debbie Forest, Margaret Zadworny, and Wendy Land) for the wonderful presentation at the SAGE conference in October 2011 - a selection of music and dance which would be appropriate for teachers to introduce children at the grade 4-5 level to this part of their history. Christine devised an original dance for the presentation. The completed project is available on the website. Gerri Stemler's husband, Peter, provided invaluable assistance in the on-line project availability. Thank you also to the senior dancers who assisted with the presentation (Reg and Joan Curle and Glen and Heather Colquhoun). Wendy developed a Social Studies curriculum on the Selkirk Settlers which was also presented at SAGE and very well received. Thank you, Wendy, for your continuing hard work on behalf of the Branch.

The Scottish Heritage Council has not called its first meeting. We expect activity before the New Year to support the activities around the Selkirk Settlers Bicentennial Celebrations scheduled for September 2012.

*Pat Clubb*

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### **2011/12 Dance Season**

<b>Monday November 28, 2011</b>	St. Andrew's Social (hosted by the Fort Garry Social Class)
<b>Week of December 12</b>	Last classes of Fall Term
<b>December 28</b>	Betwixt and Between Social, \$2
<b>Week of January 9, 2012</b>	Winter Term classes begin
<b>Saturday January 28</b>	Burns Dance
<b>Tuesday February 28</b>	Class Social (hosted by the Technique Class)
<b>Thursday March 29</b>	Class Social
<b>Week of April 16</b>	Last classes of Winter Term
<b>Saturday April 28</b>	Workshop and dance
<b>Wednesday May 16</b>	AGM

Please note: All dates are subject to change – please check the calendar each month. All socials are at St. Paul's Church at 8:00 pm, with admission at \$10.00, unless otherwise noted.

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## From the Editor

Our Chair, Pat Clubb, recently attended a presentation on *Neural Fitness: Balance and Mobility Skills and Link to Cognitive Health* by Dr. Tony Szturm, an Associate Professor in Physical Therapy and a Researcher in Balance and Mobility. The presentation looked at the link between balance/mobility and cognitive skills.

Dr. Szturm indicated that in the past, mobility and cognition were seen as separate processes and rarely linked together. However, more recent and clinical work has highlighted the interactive role that these systems play in our daily living.

Cognition describes the mental processes involved in acquiring and processing information (e.g., the ability to pay attention, perceive, remember and make decisions).

Balance requires different mental processes to:

- maintain stability during voluntary movements (such as walking, running, standing, stepping),
- restore stability following a sudden disturbance or unexpected loss of balance (such as a fall), and
- take into consideration many environmental factors (such as slippery or moving surfaces, obstacles, lighting).

Balance control requires three brain processes to **detect** body orientation/motion, **sense** body stability (and threats to balance), and **select and execute** appropriate and timely corrective reactions (motor actions).

Physical exercise can protect against cognitive decline. Aerobic exercise, for example, is associated with modest improvements in attention, brain processing speed, visual-spatial functions, working memory and multitasking.

To be effective, the physical exercise must be a meaningful and engaging experience, with the effect proportional to the intensity and volume of practice – a perfect description of Scottish Country Dancing. While previous issues of the *Light and Airy* have discussed the physical and psychological benefits of Scottish Country Dancing, Dr. Szturm's research suggests that this type of activity is also beneficial to our cognitive health.

Happy dancing!

Heather Ferguson

## Library Notice

Get started on your Christmas shopping now. Contact Reg Curle, the Branch librarian, to order CDs and books at discount prices from TAC Music and TAC Sound. The CD "Scottish Party Dance" was featured in TAC Music's October 2010 newsletter. To quote TAC Music, "music to keep your dancers smiling and singing along – to music like *Jingle Bells* and *Rudolph the Red-Nosed Reindeer*."

Our lending library has CDs for loan - including highlights of past Mug Pub performances at Folklorama events in years gone by as well as dancing technique videos. We also have books on Scottish history and books about dancing footwork and formations.

For further information, contact Reg Curle at [rcurle11@hotmail.com](mailto:rcurle11@hotmail.com).

## Upcoming Events

### St. Andrew's Social

November 28, 2011

The Fort Garry Social Class will be hosting the St. Andrew's Social on Monday, November 28 at St. Paul's Church Hall.

The Dance Program for the social is as follows:

Dance Program		
It's Nae Bother	32J2	2 <sup>nd</sup> Graded Book
Barbara's Strathspey	32S3	Book 46
Catch the Wind	32R3	Book 45
Hooper's Jig	32J3	MMM 2
Delvine Side	32S3	Book 2
The Flowers of Edinburgh	32R3	Book 1
Intermission		
St. Andrew's Fair	32J3	5-82
Christine's Scroll	32S3	Leaflet
Maxwell's Rant	32R3	Book 18
Granville Market	32J3	2 <sup>nd</sup> Graded Book
<i>Crib notes for the dances are available on the Branch website.</i>		

## **Betwixt and Between Social**

*December 28, 2011*

There will be a "Betwixt and Between" social held between Christmas and New Year's at St. Paul's Church Hall. Dancing will begin at 8:00 pm. The social will include dances for all levels and music will be CDs. The charge for admission will be a "Toonie".

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

## **Robert Burns Event**

*January 17, 2012*

R. Lawrence Cormack is giving a talk on Robbie Burns and the ladies of the time - their connections to his poems and stories. The talk will take place at 11 am on January 17, 2012 at the Winnipeg Convention Centre. The Braemar dancers will also demonstrate Scottish dancing. If you plan to attend, RSVP to Jacqui by email at [jdblanch@mts.net](mailto:jdblanch@mts.net) or phone 489-6960.

## ***Event Reports***

### **SAGE Conference**

October 21, 2011

The RSCDS Bicentennial Committee, which consisted initially of Wendy Land, Agnes Brydon, Debbie Forrest, Betty Poole, Margaret Zadworny and Christine Wallace, was formed at the beginning of this year to come up with ideas that would commemorate the upcoming Bicentennial of the Selkirk Settlers in 2012. One of the proposals was that we look into the possibility of preparing a small program of Scottish Country Dances with music for children (Grades 4 to 6), that could be presented to school teachers. This would be done under the auspices of the annual provincial school teacher's conference held in October (SAGE).

The objective was to interest/prepare school children for the upcoming Bicentennial of the Selkirk Settlers, who were an important part of Manitoba's history. This was an ambitious undertaking, for we had certainly tried to interest schools in the past. But with Wendy Land's contacts in the Winnipeg School Division, it was decided to investigate further.

Margaret Zadworny and I were asked to put together a booklet of appropriate dances. We had to be certain that the dances chosen would have the figures in them that could have been danced prior to and in the time of the Selkirk Settlers (1812).

We chose five dances. Four of these dances came from, or were recommended by, the "Dance Scottish" booklet, part of a package prepared for Scottish Schools by permission of the RSCDS, Edinburgh, Scotland, with the accompanying music. The fifth dance, a reel, was devised in honour of the upcoming Bicentennial year. The music chosen for this dance was from the CD "Six Times Through", track # 1, by kind permission of the musician, Muriel Johnstone.

As we went through the whole process of preparing this particular project, the decision was taken to put all the dance instructions, diagrams and music "on line". This would provide easier access for the school teachers. The RSCDS Winnipeg Branch Teachers would be available as resources and to help when required.

Well, Friday, October 21, 2011, the day of the SAGE Conference, arrived. There were two workshops for the Dance classes - one with the Physical Education Department and the other with the Social Studies Department. As there was insufficient enrollment for the Physical Education Workshop, it was cancelled.

The Social Studies Workshop was in two parts. In the morning, there was an excellent presentation given by Wendy on the history of the Selkirk Settlers, which also gave many ideas of how students could be involved in various projects that would create interest in this particular era of Manitoba's history. The four teachers attending were very interested and impressed, and asked good questions.

In the afternoon, the second half of the workshop was held, where the chosen dances would be taught. To our disappointment, only one of the four teachers who had attended the morning session participated. This teacher from Eriksdale, with her interest, enthusiasm and energy, more than made up for the lack of numbers.

With the help of some of our experienced dancers (Agnes, Joan, Joyce, Wendy, Reg and Glen), who had agreed to come out to help, Margaret was able to teach four of the five dances, including the steps and formations.

The teacher was most appreciative, and was looking forward to returning to her school in Eriksdale, to put into practice what she had learned. She hopes to include one or two of the dances in the school's Folk Dance Festival to be held in the Spring of 2012.

Although the enrolment for the workshops was disappointing, the whole process was a learning experience for Margaret and me, and our thanks goes to Wendy for all her input, and the excellent and informative presentation that she gave on the history and background of the Selkirk Settlers.

Our thanks also goes out to all the Branch members who helped/contributed towards this project. I would also like to acknowledge the help and expertise given by Peter Stemler (Gerri's husband), who did such an excellent job of preparing the dance diagrams to be "put online".

Thank you one and all!

*Christine M. Wallace*

## ***Class Reports***

### **Fort Garry Social Class**

*Sweet female Beauty hand in hand with Spring;  
Then, crown'd with flow'ry hay, came Rural Joy,  
And Summer, with her fervid-beaming eye;  
All-cheering Plenty, with her flowing horn,  
Led yellow Autumn wreath'd with nodding corn;  
Then Winter's time-bleach'd locks did hoary show,*

(Robert Burns from the *Brigs of Ayr*)

In other words the cold season is upon us, a perfect time to be dancing!

We're always blessed to have Peter as our teacher, with his added wealth of background knowledge of the Scottish creators and stories behind the dances we learn to do. Dances for the upcoming St. Andrews social have been the priority, though on Halloween night, I'm told guest teacher Joyce Cormack taught *The Widdershins (The Witch's Way)*, an all left-handed dance.

Joyce and Lawrence are travelling to Tofino, British Columbia to see their grandchildren. Barbara LeBow is going to relax in Mexico!

We're glad to see Lynn again after injuring her back by the riverbank while out with the dogs, and also Sheila Somers, who has been able to dance a bit after having trouble with her foot and is slowly gaining strength. We're a determined lot! I have missed the last two weeks because of a fall-- while stepping off a chair, I tripped over our small dog and fractured my wrist. Hopefully, I will have a little more member "goings-on" to share with you next month.

See you on the 28<sup>th</sup>!

*Rose Klusowski*

### **Technique Class**

For the last number of weeks, Margaret Zadworny has been taking us on a tour of Scotland, with all kinds of dances named for different parts of Scotland. Prior to Halloween, we did a dance called *Widdershins*, where most of the turns were by the left hand and the circle round and back started by going to the right.

The dance *St. Andrew's Castle* started with first couple facing second corner as opposed to facing first corners. Just a few brain teasers to keep us on our toes. A very interesting strathspey, entitled *Fortnight in St. Andrews*, featured a version of double triangles. More recently, Margaret has us working on *St. Andrews Square*, a four couple dance which we are in the process of refining.

Our class numbers vary from 18 to 24, with some absences due to minor ailments and travel commitments. Scott Mac Rae enjoyed a holiday in Honolulu and Fiji while Jane and Ken Nattrass have been off to see their son in Saskatoon. It has been a pleasure to have Ray Plaitin back dancing on a regular basis. It has been a challenging and very interesting first term.

*Reg Curle*

### **Basic Class**

Greetings and Happy "Movember" from the Basic Class!

We are looking forward to attending the first social of the season. As our class is small (four - two with previous experience) we have had the opportunity to work hard on our steps and basic formations.

With the support of experienced dancers, we have also been working on reels of three and four, some corner figures, petronella and half poussette in strathspey time.

We are enjoying our time in Basic Class and are very pleased to be joining the Fort Garry Social Class in January. We are looking forward to the opportunity to meet new dancers and be a part of a larger group.

*Cheryl Durnin*

## **Demonstration Team**

Upcoming demonstrations:

November 14	Deer Lodge Centre
November 16	St. Saviours Church – Seniors Supper
November 19	Dalhousie Ward
November 23	Shaftsbury Park Old Timers Residence
March 24, 2012	Kildonan Presbyterian Community Church
April 6	Tartan Day
June 23	Manitoba Highland Gathering
September 1-11	Selkirk Settlers Bicentennial Celebrations

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](mailto:brydona@Yahoo.com).

*Agnes Brydon*

## ***Here and There***

### **The History of Saint Andrew of Scotland**



November 30th is St. Andrew's Day in Scotland. The patronage of the saint whose name means "manly" or "strong" also covers fishmongers, gout, singers, sore throats, spinsters, maidens, old maids and women wishing to become mothers. But just who was Saint Andrew and how did he become the patron saint of Scotland?

Saint Andrew (who is believed to have later preached around the shores of the Black Sea) was an agile and hardy Galilean fisherman who also had good social skills. He brought the first foreigners to meet Jesus and shamed a large crowd of people into sharing their food with the people beside them. Today we might describe him as the Patron Saint of Social Networking!

Having Saint Andrew as Scotland's Patron gave the country several advantages: because he was the brother of Saint Peter, founder of the Church, the Scots were able to appeal to the Pope in 1320 (The Declaration of Arbroath) for protection against the attempts of English kings to conquer the Scots. Traditionally, Scots also claimed that they were descended from the Scythians who lived on the shores of the Black Sea in what is now Romania and Bulgaria and were converted by Saint Andrew.

In the fascinating legend of The Voyage of St. Rule from Greece to Scotland, we can see the complicated spread of devotion to Saint Andrew - from Constantinople in modern Turkey, to St. Andrews in Fife. St. Rule (Regulus in Latin) and the six nuns and monks who took the long sea-journey with him, stand for the missionaries and monasteries who worked long and hard to bring the Good News to Britain. They lived in communities organized by a monastic Rule - hence the name St. Rule or Regulus.

As Scotland slowly became a nation it needed a national symbol to rally round and motivate the country. Saint Andrew was an inspired choice and the early Picts and Scots modelled themselves on Saint Andrew and on one of his strong supporters, the Roman Emperor Constantine the Great, whose statue you can see today in York, where he visited his father, a Roman General then trying to force the Picts to go back north.

Although a pagan who worshipped the Roman sun god Sol, Constantine later became a Christian and went on to make Christianity the official religion of the Roman Empire.

It all began near Rome in 312 AD when, on the night of a make-or-break battle against a rival emperor, he saw the symbol X P (Greek for the first two letters of 'Christ') in the dazzling light of the setting sun and then had a dream in which he was promised victory. Constantine ordered his troops to hold the Christian cross at the front of the army, and won.

In a similar way, around 500 years later, King Angus of the Picts, facing a larger army of Saxons at Athelstaneford in what is now East Lothian in Scotland, was overwhelmed by a blinding light the night before the battle and, during the night, had a dream. The message he was given was that he would see a Cross in the sky and would conquer his enemies in its name.

The following morning, King Angus looked into the rising sun and saw the Saltire Cross in its blinding light. This filled him and his men with great confidence and they were victorious. From that time, Saint Andrew and his Saltire Cross were adopted as the national symbols for an emerging Scotland.

The Saltire Cross became the heraldic arms that every Scot is entitled to fly and wear. However, its colour was not white at first but silver (Argent), as in heraldry white stands for silver.

The first time the colour of the Saltire is mentioned is in the *Acts of Parliament* of King Robert II in July 1385, where every Scottish soldier was ordered to wear a white Saltire. If the uniform was white, then the Saltire was to be stitched onto a black background.

Both William Wallace and King Robert the Bruce appealed to Saint Andrew to guide them in times of national emergency. The Saltire was flown on Scottish ships and used as the logo of Scottish banks, on Scottish coins and seals, and displayed at the funerals of Scottish kings and queens - that of King James VI for example and of his mother, Mary Queen of Scots. At the Union of the Crowns in 1603, London was treated to the spectacle of Saint Andrew and Saint George on horseback, shaking hands in friendship. When King George IV visited Edinburgh in 1822, he was presented with a Saltire Cross made of pearls on velvet, within a circle of gold.

There is also a wider dimension. Saint Andrew and his relics at St. Mary's Metropolitan Cathedral in Edinburgh provide Scots with a special link to Amalfi in Italy and Patras in Greece (where two

Cathedrals named after the saint also hold his relics). The many St. Andrew Societies worldwide, set up originally as self-help organizations for Scots who had fallen on hard times, form a network of Scots who are all united under the Saltire Cross of Saint Andrew. They give Scotland a European and worldwide dimension.

*Written by Michael T R B Turnbull (author of "Saint Andrew: Scotland's Myth and Identity").  
Source: The Official Gateway to Scotland Website*

## The Flag of Scotland



The Scottish national flag is a white-on-blue saltire (i.e., a diagonal cross on a coloured background) and is derived from the shape of the cross on which Scotland's patron saint, Saint Andrew, was crucified.

Andrew was reputedly martyred at Patras in Greece, having petitioned the Roman authorities who had sentenced him to death not to crucify him on the same shape of cross as Christ. His request was granted and Andrew was duly crucified on the x-shaped cross (or saltire) which has subsequently become his symbol.

The Saltire was in regular use by the 14th century, although not always against a blue background. It was in the 16th century that the plain white saltire on a blue field became established. In 2003, Scotland's politicians specified that the white St. Andrew's Cross should appear on an azure background known as Pantone 300 in the international colour coding system.

## **Humour for the Thinking Person**

- I went to a bookstore and asked the saleswoman, "Where's the self-help section? She said if she told me, it would defeat the purpose.
- If the police arrest a mime, do they tell him he has the right to remain silent?
- What was the best thing before sliced bread?
- One nice thing about egotists, they don't talk about other people.
- If you try to fail, and succeed, which have you done?

## **For Sale**

Filing cabinet

- two drawer
- legal type with hanging files.

To make an offer, contact: jcurle11@hotmail.com.

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

### **St. Andrews, Scotland**

*January 27-29, 2012*

RSDCS Edinburgh Branch

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

### **Ottawa, ON**

*January 27-29, 2012*

Ardbrae Dancers of Ottawa

Ardbrae Ball Weekend

Music: Laird Brown & The Scottish Accent Band

Contact: Elaine Hoag (613-729-6198 or elaine.hoag@gmail.com)

### **Honolulu, HI**

*February 17-19, 2012*

RSCDS Hawaii Branch

Aloha Winter Weekend

Teacher: Eileen Hsu (Seattle)

Music: Humuhumunukunukuapua'a & Strathspey Society Band

Contact: Melissa Lindsay (808-256-3347 or MLindsay@hawaii.rr.com)

### **Edmonton, AB**

*February 17-19, 2012*

RSCDS Edmonton Caledonian Branch

Workshop and Ball Weekend

Teachers: Graham Donald, Elaine Brunken and Robin Lynch

Music: Ken Natrass and Ron Krug

Contact: Louise Lattimore (780-468 2879 or louise\_12@live.com)

### **Toronto, ON**

*February 18, 2012*

RSCDS Toronto Branch

49<sup>th</sup> Tartan Ball

Music: Scottish Accent Band

Tickets: Jane Robinson (416-463-5016 or janer1@sympatico.ca)

### **Vancouver, BC**

*March 17, 2012*

RSCDS Vancouver Branch

Heather Ball

Music: The Scottish Accent

Tickets: Mary Ann McDevitt (604-929-2944 or mamedevitt@shaw.ca)

### **Beloit, WI**

*May 18-20, 2012*

Chicago, Madison and Milwaukee Scottish Country Dancers

Midwest Scottish Weekend

Teacher: Bruce Hamilton

Music: Waverley Station

Contact: Diana Hanks (262-679-8522 or midwestScottishWeekend@gmail.com)

Be sure to check the Inter-City Scot website for more information on dancing events in other cities (there is a link on the Winnipeg Branch website).

## ***Important Dates***

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

**Next L&A:** Deadline for the December 2011 issue is **December 9, 2011.**

Members are encouraged to submit articles, pictures or information of interest to Branch members.

This and the past 11 issues of the *Light and Airy* are posted on the Branch website (rscdswinnipeg.ca).