

Light and Airy



Scottish Country Dancers of Winnipeg
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Volume 58, Number 2

November 2026

Important Dates

Dancing in 2026

Mondays – General class 7:30 at St. Paul's Hall

Thursdays – General class 1:30 at Harrow UC

Sunday, November 1 – Essentials class 7:00 at St. Paul's Hall

Sunday, November 8 – Challenge class 7:00 at St. Paul's Hall

Sunday, November 15 – Essentials class 7:00 at St. Paul's Hall

Sunday, November 22 – Step Dance class at St. Paul's Hall - 5:00 at St. Paul's Hall

Sunday, November 29 – Walk Scottish class 7:00 at St. Paul's Hall

Saturday, December 5 – St. Andrew's / St. Nicholas Social 7:00 pm at St. Paul's Hall

Monday, December 7 – last evening class for 2026

Thursday, December 10 – last afternoon class for 2026

Note: **Monday** events are held at **St. Paul's Anglican Church Hall** (830 North Drive at Point Road)

Thursday classes are held at **Harrow United Church** (955 Mulvey Ave. at Harrow St.)

A Word from the Chair of COM

It's good to have classes running along smoothly. I have missed a few classes as I have been caregiving following Cheryl's knee surgery. After three weeks things are going well – she can get out to class but not back to dancing for a bit.

We had the pleasure of seeing Mike Lynch as he joined the afternoon class while visiting for an extended weekend. It's always great to see old friends.

The Monday class time has been shifted to a 7:30 start. This was available and virtually all members of the class chose to begin earlier.

Our Sunday evening classes will continue through November. Please see the Dancing Dates section to see the focus of each week. The Essentials class was very well received and has been scheduled for two of the Sunday evenings. It is open to everyone so come out to improve your own figure and technique skills.

How joyful it is
to complain about
being tired from
dancing all night.

We wish Don Johnson well in his recovery from heart surgery. Hope to have him out again when he is able.

Doug Durnin
Next COM meeting – Nov. 3

News from COM

At the October meeting of the Committee of Management it was decided to seek and purchase a speaker to be used in class. The branch speaker is large and heavy and there is no hall cupboard to store it, so it needs to be carted back and forth. Teachers are now using their own computers to provide music for classes. The type of speaker sought will have Bluetooth capability as well as an audio input jack, similar to some models made by JBL.

Plans for our 2027 Workshop are in progress. Further details will follow.

Upcoming Events

St. Andrew's / St. Nicholas Social

Saturday December 5

St. Paul's Hall 7 pm

Programme

HIGHLAND FAIR	32J	2/4	GRADED BOOK
MUSE COTTAGE	32S	3/3	LET'S ALL DANCE TOO
FLOWERS OF EDINBURGH	32R	3/4	BOOK 1
TRIPLE HAPPINESS	32S	3/3 * for experienced dancers	BOOK 52
ST. ANDREW'S FAIR	32J	3/4	5 SCDs

Break

NEW YEAR JIG	32J	3/4	BOOK 51
SEANN TRIUBHAS WILLICHAN	32S 2 OR 3/4		BOOK 27
MONTGOMERIES' RANT	32R	3/4 * for experienced dancers	BOOK 10
RAKES OF GLASGOW	32S	3/4	BOOK 11
HIGHLAND RAMBLER	40R	3/4	LEEDS SILVER JUBILEE
WALTZ			

From the classes ...

Have you Registered?

It's easy to do – either in person, by mail, or online.

The **registration form** is available on the website (<http://www.rscdswinnipeg.ca>) in both downloadable and fillable formats.

Halls for Dancing

Please take note of a couple of changes for time for our dance classes.

St. Paul's Anglican Church - Monday evenings at 7:30 – 9:30 pm

Harrow United Church - Thursday afternoons at 1:30 – 3:30 pm

In addition to these regular classes on Mondays and Thursdays there will be additional classes on Sunday evenings at St. Paul's with each class focussing on a different aspect of dancing.

St. Paul's Anglican Church - Sunday evenings at 7 - 9 pm*

* Except the 4th Sunday when the Step Dance class will begin at 5:00.

Addresses for the dance venues are given under the "Dancing Dates" on page 1.

Doug Durnin

Chair

Monday

This article was produced by AI with words submitted by some of the Monday dancers. I think AI did a good job of capturing our thoughts:

The dancers in our Monday evening Scottish Country Dance class describe the experience as nothing short of **brilliant** and **magic**. Each class is **well paced**, with **precise** instruction and plenty of attention to **counting**, helping everyone grow in confidence and skill. The atmosphere is **friendly**, **welcoming**, and incredibly **encouraging**, making new and experienced dancers alike feel right at home. There is a wonderful sense of **fellowship**, shared **energy**, and laughter that makes every evening great **fun**. Participants often remark on the **awesome** spirit of the group and the **classy** way Scottish traditions are celebrated. As they might say in Scotland, dancing together is pure "**brah**" (braw), a fine and delightful way to spend an evening with friends.

This general class is thriving with 24 dancers. Some of the dances we have worked on are: The Brownie of Blednoch, The Ninety Second or Marquis of Huntly's Highlanders, Three's a Crowd, White Cockade, Frost and Snow, Highland Fair. The new dancers are picking up the formations and steps really well – great job everyone!

Sharyl Eaglesham

Thank you!

Thanks to the dancers from the Monday night class who have pitched in and helped with closing windows (Tall People), pulling curtains shut (Tidy People), and using that big floor mop (Speedy People), as per the directions from the church.

Greatly appreciated.

Ellen

Thursday

We send our best wishes to our teacher, **Cheryl Durnin**, for a smooth and speedy recovery from knee replacement surgery. We are grateful to **Sharyl Eaglesham** and **James Sutherland**, who have stepped in to lead the class through the coming months.

It's a pleasure to be dancing once again at Harrow United Church, where 10 to 16 enthusiastic dancers create a lively class each week. Together, we're practising formations, enjoying challenging dances, keeping active, and sharing plenty of laughter along the way.

“Won’t you Join the Dance?” – you are welcome each Thursday at 1:30 p.m. at Harrow United Church.

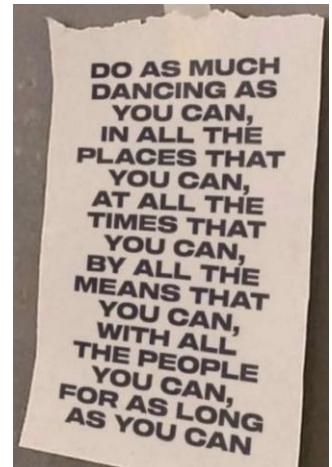
Sharyl

Sunday Essentials class

The Essentials class focuses on personal technique, steps and figures at a pace that suits new dancers, as well as those who want to continue developing their skills. It offers a welcoming opportunity to break dances down into manageable pieces: reviewing steps, practicing them until they feel more natural, and exploring the patterns that bring our beautiful country dances to life.

As a second-year dancer, I really appreciate having this additional class. The smaller group makes it easier to ask questions, revisit anything I’m unsure about and build on what I’ve learned so far. There’s time to focus on the details, practice at a comfortable pace and celebrate the progress we make along the way.

I have already noticed a difference. After just two classes, I feel more confident with some of the basics, and that growing confidence adds to the enjoyment of our regular Monday evening class. I’m also finding that I can listen to and appreciate the music more because I’m not concentrating quite so hard on every step.



The Essentials class is a positive and valuable addition: a supportive space to learn, improve and enjoy dancing together. I'm grateful for the extra opportunity and look forward to continuing to grow as a dancer.

"Dance with your heart and your feet will follow!"

Diane Genyk

What Is Walk Scottish?

Scottish Country Dancing is such an enjoyable activity that many participants hardly think of it as exercise. The music, movement, and social connection make it a fun and engaging way to stay active.

Unfortunately, some dancers find that changes in their health, such as balance issues, dizziness, reduced coordination, or heart and lung concerns, make it difficult to continue attending regular classes. At a time when exercise, mental stimulation, and social interaction are especially important, they may feel that Scottish country dancing is no longer an option.

Walk Scottish was developed with these dancers in mind. It provides an opportunity to continue enjoying Scottish country dance in a supportive environment while rebuilding confidence, maintaining physical activity, and taking an active role in personal well-being.

Classes begin with warm-up exercises using a chair for balance and support. Participants then move into adapted formations set to familiar Scottish country dance music, helping to build stamina, coordination, and support memory. Familiar dances are modified for comfort and safety, with an emphasis on walking to the music rather than using skip-change steps. Hand holds and movements are adapted as needed, creating an inclusive and welcoming atmosphere for all participants.

Extra dancers are always available to step into a set when someone needs to rest, ensuring that everyone can participate at their own pace. Walk Scottish Winnipeg is designed for dancers who are already familiar with Scottish country dance formations, music, and phrasing.

Join Us for Our First Class

Our inaugural Walk Scottish class will be held on **Sunday, November 29 at 7:00 p.m. at St. Paul's Church Hall**. Future classes and lesson plans will be shaped by participant interest and feedback.

Note: This class is for registered members (due to insurance liability). Those registered as membership only (no class fees paid) are welcome to come and enjoy an evening of music and fun for the paltry sum of a \$10 drop-in fee.

Scottish Country Dancing is not about perfect steps. It is about sharing music, movement, laughter, and friendship. We hope you'll join us and discover that there is always a place for you in the set.

Questions?

Please contact **Sharyl Eaglesham** at

Sharyl.eaglesham@mts.net

Sharyl

Have you heard?

Fundraising Ceilidh for ALS Manitoba

Wasn't that a Ceilidh!!

I would like to thank all who were able to help in any way to make this year's Ceilidh in support of ALS Manitoba in memory of my Mom Doreen Mennie the best yet. More than 70 attendees enjoyed the fun dances and musical interlude of the Brochan Lom Men's Choir while helping raise over \$6,000 for ALS Manitoba. WOW!

I am incredibly grateful and the ALS Society of Manitoba will be able to use these funds to support over 500 families dealing with ALS in Manitoba.

Thank you,
Cheryl Durnin



Brochan Lom Men's Choir



Diana Rasmussen & Cheryl Durnin
ALS MB Exec. Dir.



Everyone up and dancing!

from the editor's desk ...

AI helped assemble the report for the Monday evening class.

Do I (as newsletter editor) sit back and put my feet up and let AI take over? Is the L&A editor out of a job? Or is the pen still mightier than the AI? The pieces still need to be fitted together into a cohesive final newsletter!

Thank you to all you contributed articles and information. All are greatly appreciated.

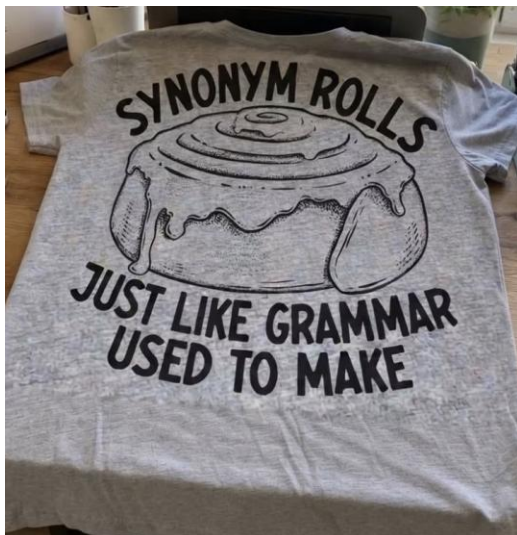
Following up on our Open House and the further adventures of our wonderful guest musicians Karen and Alistair: They have taken possession of their new house in Ottawa and are settling in. Cheryl had a message from Karen “79 boxes unpacked, only 50 or so to go!”



Halloween is this week so alas there is a dilemma we must face.

Doug Durnin, Editor
Douglas.Durnin@umr.umanitoba.ca

The PUN / FUN Corner:



Here and There...

Some out of town events

December 31, 2026 – Calgary – Hogmanay Dance

February 12, 2027 – Toronto – Tartan Ball

February 12 - 14, 2027 - Honolulu, Hawaii – Aloha Winter Weekend

February 20, 2027 – Vancouver – Love to Dance Scottish Workshop & Dance

March 13, 2027 – Calgary – Spring 2027 Mini-Workshop

April 2 - 4, 2027 – Lethbridge – Workshop and Ball

April 24, 2027 – Ottawa – Spring Ball

Planning to travel? Browse for RSCDS & city for dancing where you are going. For instance, RSCDS Toronto hosts workshops and monthly dances and has links to dancing events all over the world. Almost every city in Canada has an RSCDS group. Many have a Facebook site as well.

Here are links to some branch sites:

[RSCDS Winnipeg Branch](#)

[RSCDS Saskatchewan Branch](#)

[RSCDS Calgary Branch](#)

[RSCDS Edmonton Caledonian Branch](#)

[RSCDS Medicine Hat Branch](#)

www.lethbridgescottishcountrydance.org

[RSCDS Vancouver](#)

[RSCDS Toronto Branch](#)

[RSCDS Ottawa](#)

L&A Submissions

Next L&A: December 2026 Deadline for submissions: November 26.

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

Submissions for the *Light and Airy* can be sent to the Branch e-mail address: info@rscdswinnipeg.ca or to the editor at Douglas.Durnin@umr.umanitoba.ca

This and past issues of *Light and Airy* are available at: www.rscdswinnipeg.ca

COM Members

The Committee of Management for the RSCDS Winnipeg Branch has the upcoming season up and dancing. If you have any questions or suggestions, be sure to speak to one of them. The COM members are:

Committee of Management 2026/27

Chair:	Doug Durnin	204-996-4716
Vice-Chair:	Ellen Graham	204-825-7891 / 204-744-2857
Secretary:	Sharyl Eaglesham	204-888-6662
Treasurer:	Hilary Hayles	204-881-2711
Social Secretary	Sheila Careless	204-794-2092
Asst. Soc. Secretary:	Claire Buys	204-388-4832
Publicity:	May Kong Sutherland	204-256-2919
	James Sutherland	204-791-2906
Membership:	Elise Marie	204-583-1100
Library:	Debbie Peters	204-292-5527
Light & Airy:	Doug Durnin	204-253-4213
Teacher's Rep:	Cheryl Durnin	204-291-4213
Webmaster:	John Hayles	204-482-5249