

# *Light and Airy*



## Scottish Country Dancers of Winnipeg

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### ***Important Dates***

#### **No Dance Events Scheduled As Yet**

November ?? – hoping to get started ....

July 24 – 31, 2022 – 2022 TAC Summer School, Calgary

### ***A Word from the Chair of COM ....***

It is mid-October as I write this *Word from the Chair*, slightly later in October when you will receive it in the *Light & Airy*, but in common with all fine and sophisticated magazines and newsletters, our publication is intended for a month from now! So, with currently mild weather and no hint of snow, let's put on a scarf and take a glance at the calendar for November.

For our dance community, the highlight of the month of November was always the St Andrew's Social. It was a great evening of dancing, usually beginning with *St Andrew's Fair*, that wonderfully inclusive dance that most everyone can join in on. The evening would progress until it was time to pull out the tables and fill them with a wondrous array of home baking.

It's sad to have to use the past tense because we couldn't hold the social last year and probably will not be able to this year. But we hope that by November 2022 we will once again assemble near the end of November and celebrate the patron saint of Scotland, with *St Andrew's Fair* and a full programme of wonderful dances, followed by groaning tables of refreshments.

Though this year we probably can't dance our way through a carefully chosen St Andrew's Day programme, at least we might learn a bit about Saint Andrew and the day. In the [Collins Encyclopedia of Scotland](#), edited by John and Julia Keay, we find this entry:

## **ANDREW, Saint**

*Apostle and martyr, fisherman brother of St Peter and Scotland's patron saint (shared with Greece, Russia and Romania), Andrew was reputedly crucified at Patras on a cross of X shape, now the white cross on blue of the Saltire flag. A Pictish King Angus adopted him as patron in the 8<sup>th</sup> or 9<sup>th</sup> century when legends say the cross appeared in the sky during a decisive battle. Relics of the saint were brought to Fife, either from St Wilfred's Hexham Abbey or by St Regulus, for the church at Kilrymont which became the cathedral of St Andrews, replacing Dunkeld in importance. St Andrew's Day, 30 November, is not a public holiday but is much celebrated by expatriates.*

We all look forward to that time when socials and dance classes and workshops will resume. Your Committee of Management is doing what we can to get everyone up and dancing again, and once we are able to secure rental space we will advise you of the class plans. Meanwhile, on behalf of the COM, thank you to everyone who renewed their RSCDS membership for this year. Your support is so encouraging as we work towards a restoration of Scottish dancing in Winnipeg.

May all the blessings of this autumn season be yours to share with those whom you love.

Don Johnson

## ***Have you heard?***

### **October Meeting of COM**

St. Paul's is still cautiously considering opening their facility to renters. Some members of COM have been looking into alternative indoor venues for us to try.

Registrations have been received, 23 so far.

The position of Assistant Social Secretary is open. If anyone knows of someone (or even themselves) who might like to step into the position, please encourage them to come forward. COM is not a scary group, and you could help organize our dance year.

### ***Committee of Management 2021/22***

<b>Chair:</b>	Don Johnson	204-885-9879
<b>Vice-Chair:</b>	Shirley Tinsley	204-256-3835
<b>Secretary:</b>	Sharyl Eaglesham	204-888-6662
<b>Treasurer:</b>	Sharron Bettess	204-256-2248
<b>Social Secretary</b>	Barbara Lambert	204-256-8738
<b>Asst. Soc. Secretary:</b>	vacant	
<b>Publicity:</b>	Joyce Cormack	204-224-2291
<b>Membership:</b>	Doug Durnin	204-253-4213
<b>Library:</b>	Joan Curle	204-254-6697
<b>Light &amp; Airy:</b>	Doug Durnin	204-253-4213
<b>Teacher's Rep:</b>	Cheryl Durnin	204-253-4213
<b>Webmaster:</b>	Sheila Careless	204-233-8808

## Wasn't it Great?

### Another Garden Party!

We gathered once again on October 3 in the garden at St. Paul's. Maureen Burnham had organized some dances for us to try. This was used as a trial run to test out movements in dances without using hands. We are so used to dancing a circle or right hands across with our hands coming up as we begin moving forward. Maureen's most repeated instruction was

“NO HANDS!”

You look ridiculous if you dance.

You look ridiculous if you don't dance.

So you might as well dance!

- Gertrude Stein

### And Yet Another!

We gathered again on October 17 to visit and dance a bit. Maureen & Cheryl had a few dances for our two sets to do. Thanks to them both.

Take away from the garden dancing: it is much nicer and easier to dance in the proper shoes on a floor in a hall than in running shoes on grass! – ed.

### Membership ...

Thus far 30 registrations have been received. Thank you to all those dancers eager to get back on the dance floor. (This a higher number than in the COM meeting report because more registrations have since been received.)

The registration form is posted on the branch website (<http://www.rscdswinnipeg.ca/>).

We are collecting only the registration fee of \$60 at this time. Class fees will be determined once dancing resumes.

If I'm telling you a story,  
be prepared to have 7 mini-  
conversations and 19 other  
stories thrown into it,  
because I can not stay  
focused.

### From the Classes ...

#### Monique Henderson

On a sunny cool day I had the opportunity to spend a few hours with Monique Henderson listening and reminiscing about her time Scottish Country Dancing (SCD) here in Winnipeg and heard stories of how she and her husband Grant (now deceased) got their start in SCD. During our afternoon together, we had many laughs and even a glass of wine.

I had first met Monique when she was teaching a class that I was fortunate enough to be a student in almost 30 years ago. Years later when I also became a teacher, we organized a teachers' workshop here in Winnipeg. It was lovely working together to make the event such a success.

I asked Monique where she first heard about (SCD) and Monique shared that in December of 1962 she saw a whole page article in the Free Press about SCD that included a picture of the ladies in their long white dresses with sashes and the men in their kilts and dinner jackets and thought how beautiful they looked.

( <https://archives.winnipegfreepress.com/winnipeg-free-press/1962-12-08/page-19/> )

With this fresh in her mind she had taken her daughter Camille to a highland dance class at Mrs. Merriman's and mentioned this to her. Mrs. Merriman said that's something you could do. "I could never do that" said Monique. And, she was told "That is for you. It is social dancing." Thinking that SCD was for couples she wondered how she could convince Grant to join her. She got all of her arguments ready and to her amazement Grant said "Ok." No arguments were needed.

Shortly after this article was published a new class was starting in January of 1963 in the Memorial Hall near Knox United Church. In those days there was only one class and the hall cost \$15.00 per evening. Each member paid \$1.00 per class and sometimes the teachers had to pay to make up the cost. This article brought in many new dancers. The teachers, David Williams and Archie Nixon, were very pleased and immediately applied for branch status. The Winnipeg Branch was born in 1963.

Not all dancers who started stayed. Most dropped out after a few classes. After the summer break only 4 dancers returned. They were Frank and Shirley Taylor and Grant and Monique. Of those 4 dancers, 3 went on to become teachers. Of note Shirley started and was the first L&A editor. As a new dancer Monique felt very lucky to have the support of the experienced dancers.

Monique really enjoyed the social aspect and the people in the class. She shared that after class they would go for coffee. Archie Nixon would share jokes (some a little off color) and they would all laugh for hours. They shared many social evenings together.



I can attest that Monique was the hostess with the most-est. She and Grant hosted many events in their home and with a sprung hardwood floor in a large basement main room we even danced on more than one occasion that I can recall.

Daughter Elaine shared a memory of dance evenings held in the basement when she and Camille would watch through the railings when they were supposed to be in bed sleeping, and danced on their own upstairs. Camille knew the poussette rhyme and would push Elaine around.

Monique really enjoyed learning the intricacies of the steps and figures and phrasing it “just right”. So, when asked, she reluctantly agreed to take her teaching certificate in SCD under the tutelage of Archie and Mary Nixon. She shared that she thought this would be a great way to learn more about dancing and never planned to teach. This was something she never shared with Archie or Mary. Monique received her first teaching certificate in 1967 and her full in 1969. For her second certificate Mina Corson was the examiner and her dance partner was her then brother-in-law Malcolm Hogarth. Monique remembers teaching Petronella for her first certificate.

There have been many happy times dancing and a few outstanding memorable events for Monique.

One was when she had the opportunity to join a set that danced the Allwyn Suite with the Winnipeg Symphony Orchestra wearing a beautiful green ball gown. Another was the time she taught a workshop in Vancouver where Adam and Rena Laird decided to come along to attend the workshop. Monique asked Adam to play for her class as she planned to teach a dance that Adam had written music for. Cascade Mountain was one of the tunes. Dancing with Lt. Governor Dumont for the first dance at the annual ball was another special event. At one time all 5 of her family danced in a set together at a Burns Dinner. Having her family all dancing was very special.

Monique has composed a few dances over the years. One, a dance in memory of her mother-in-law Annie Douglas was published in Prairie Gold, Fifteen Scottish Country Dances in celebration of RSCDS Winnipeg’s Golden Jubilee published in 2013. Glow in Winter is another dance that was published in Fare Thee Weel A While, the Winnipeg Branch Silver Jubilee Book of dances published in 1988.

For her years of commitment to the branch Monique was awarded with a life membership in 1990, an honor that was most deserving.

Cheryl Durnin

## **Iona McPhee**

Apologies from the editor for missing this photo of Iona McPhee celebrating her 90<sup>th</sup> Birthday in with the article from Marilyn Piniuta. Here is the photo complete with cake, candles, and Iona’s always present smile. We remember Iona fondly.



## **Benefits of Dancing**

The arts are a key to living your best life – science is constantly discovering facts that support arts as a part of a healthy lifestyle.

Data suggests that people who have spent 30 minutes or more, each day during the pandemic, on arts activities have reported lower rates of depression, anxiety, and greater life satisfaction.

Researchers at the University of California Berkley's Greater Good Science Center found that dancing releases dopamine, serotonin, and endorphins – chemicals that are very good for your mind and body.

John Hopkins Medicine: “There are few things that stimulate the brain the way music does.”

And even more benefits –

Dance – improves flexibility, boosts memory, reduces stress, and fights depression. It imparts better heart health with better balance and an energy boost. There is also improved blood flow, and increased endurance with dancing.

And don't forget how much fun it is to participate in social activities!

Submitted by Joyce Cormack



## **Upcoming dancing ...**

The 2022 TAC Summer School is scheduled for July 24 -31, 2022 at Mount Royal University in Calgary. A great line-up of teachers and musicians is organized.

Get ready ... get set ... and plan to join the fun at

**2022 TAC Summer School**  
Mount Royal University, Calgary, Canada  
**July 24-31, 2022**

Welcoming, supportive classes  
**For dancers of all levels**  
Basic | Intermediate | Advanced

Daily classes | evening social dances | formal ball and banquet |  
evening after parties | ceilidh | silent auction

**Teachers**  
Raphaëlle Orgeret (France)  
Robert McOwen (USA)  
Jeanne Moody (USA)  
Barbara Johnston (Canada)

**Musicians**  
Judi Nicolson, Fred Collins,  
Ian Muir, Kathy Fraser Collins,  
not pictured:  
Terry Traub, Mary Ross

 **tac-rscds.org**  
Sponsored by Scottish Country Dance Teachers' Association (Canada)



## ***From the editor's desk ...***

I am so excited to have some local news for the Winnipeg Branch dancers!!

Another beautiful day for a Garden Party! We gathered again on October 3 to see each other, visit, and DANCE! Maureen had some dances organized and Cheryl had the music prepared. Well done! There were some familiar faces, some not as known, and sometimes a guessing game for "who might that be behind the mask?"

There was another afternoon with dancing on October 17! Our weather has held on so nicely we met again in the dance garden at St. Paul's.

The registration form is now available on the branch website.

Hope to see you again soon!

Doug Durnin, Editor  
[Douglas.Durnin@umr.umanitoba.ca](mailto:Douglas.Durnin@umr.umanitoba.ca)



*"You'll be in charge of the music down here."*

## ***Here and There...***

### ***SCD Books and Music***

Anyone interested in buying books of Scottish country dances or recordings of SCD music should be aware of TACBooks and TACSound, two services maintained by Teachers' Association Canada (TAC). You can look at their catalogues on the TAC web site [www.tac-rscds.org](http://www.tac-rscds.org). If you want to order any items, please do it via the Branch Librarian, as there are discounts available to Branches, but not to individuals.

### ***Scottish Country Dance Ghillies and Pumps***

[www.avriel.com](http://www.avriel.com) Shoe shop for dancers.

### ***Clan Info and Scottish Shop***

[www.scotclans.com](http://www.scotclans.com)

### ***SCD Online***

In case you didn't know about these sites:

Royal Scottish Country Dance Society, Edinburgh, Scotland: <https://www.rscds.org>

A great site to link to other branches and everything in the world of Scottish Country Dancing.

[The Inter-City Scot](http://The Inter-City Scot) - lists events across Canada and the United States. For other parts of the world, use the link to SCD groups on the Strathspey site [www.strathspey.org](http://www.strathspey.org) to find contact information.

Strathspey [www.strathspey.org](http://www.strathspey.org) has a database where you can search for info about dances (including cribs and videos when available), music (some clips), people and more. Also, there is a link to the Strathspey e-mail list, in case you'd like to join an online mailing list about SCD.

SCD Dictionary [www.scottish-country-dancing-dictionary.com](http://www.scottish-country-dancing-dictionary.com) has info about steps and formations. We don't really need that, we get it in our classes; however, sometimes a video may help, and SCD dictionary has videos for steps and formations. Also, there is info about dances, as on Strathspey.

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

If you have an internet connection, browse for RSCDS & city. 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.

**Fall, 2021** - dance classes hopefully resuming in various centers. Check local branch websites for specific details as restrictions permit dancing together in person.

## **Summer, 2022 – Calgary TAC Summer School 2022**

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](http://www.lethbridgescottishcountrydance.org)

[RSCDS Vancouver](#)

[RSCDS Toronto Branch](#)

[RSCDS Ottawa](#)

## ***L&A Submissions***

**Next L&A:** December

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](mailto:info@rscdswinnipeg.ca) or to the editor at [Douglas.Durnin@umr.umanitoba.ca](mailto:Douglas.Durnin@umr.umanitoba.ca) Deadline for submissions: November 13. This and past issues of *Light and Airy* are available at: [www.rscdswinnipeg.ca](http://www.rscdswinnipeg.ca)