

# *Light and Airy*



## **Scottish Country Dancers of Winnipeg**

[info@rscdswinnipeg.ca](mailto:info@rscdswinnipeg.ca)

[www.rscdswinnipeg.ca](http://www.rscdswinnipeg.ca)

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**Volume 45, Number 5**

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### **Committee of Management 2013/14**

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<b>Library:</b>	Christine Wallace	204-478-1026
<b>Teachers' Rep.:</b>	Maureen Burnham	204-786-7767
<b>Webmaster:</b>	Sheila Careless	204-233-8808

## From the Chair....

So here we are well into the second term of dancing and we hope that everyone is enjoying the classes and attending them as you are able. What a wonderful uplifting activity this is for those of us who are unable to escape this Winnipeg winter. The branch continues to be very active and works to resolve issues in the hope of increasing our membership.

Our social committee planned our traditional Burns Dinner and Dance that was most successful and a lot of fun. Thank you to everyone who helped make this evening such a success. We also held a very successful Open House Jan 9th with many guests, many of whom signed up for classes. We also had a fun- filled Valentine's Ceilidh evening February 8. We welcomed many visitors to the event and warmly thank everyone involved in making this evening such a success.

Our next social is March 3rd hosted by the Fort Garry Social Class and we look for a good turnout to this event!

We have had an invitation from the English Village Green Dancers to attend the JT Memorial Dance March 8 as their honored guests. (See details elsewhere in this newsletter). Please also see the poignant write up on John submitted by Maureen. This man continues to be an inspiration to all of us - as we work to keep Scottish dancing alive and strong in Winnipeg. I encourage all branch members to give this event their full support.

Last month I reported that the McConnell Dancers were applying to Folklorama to run a United Kingdom Pavilion. This application has now been approved and this pavilion will operate from August 10 to 16 (the same week as Scotland). Our branch has been invited to provide entertainment on the main stage, every night if we are able. We will also be given the opportunity to be involved in pre-show entertainment which might include ceilidh type participation dancing with the audience. Branch members will be invited to volunteer at this pavilion in areas that interest them. The branch will be paid a portion of the profits that the pavilion realizes, based on the volunteer hours that our members work. This undertaking is an opportunity to have a higher profile than we currently have at the Pavilion of Scotland which should result in more exposure of our dancing activity. It could also be financially rewarding for the Branch. More details will be forthcoming as discussions continue with the McConnell Dancers. If members have any questions or concerns, please don't hesitate to contact either myself or Sheila Careless.

HAPPY DANCING!

*Joyce Cormack*

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### 2013/14 Dance Season

<b>Thursday, September 5</b>	Welcome Dance/Open House – No charge 8:00 pm
<b>Week of September 9</b>	Fall Term <b>Regular</b> classes begin
<b>Thursday, September 12</b>	Fall Term <b>Basic</b> classes begin
<b>Thursday November 21</b>	Last <b>Basic</b> class of Fall Term
<b>Tuesday, November 26</b>	St. Andrew's Social (hosted by the Technique Class)
<b>Week of December 9</b>	Last <b>Regular</b> classes of Fall Term
<b>Monday, December 16</b>	Make up class for Social Class. Open to Social & Technique class members
<b>Saturday, December 28</b>	Between & Between Ceilidh 8-10:30 \$5 charge
<b>Thursday, January 9, 2014</b>	Welcome Dance/Open House – No charge 8:00 pm

<b>Week of January 13</b>	Winter Term <b>Regular</b> classes begin
<b>Thursday January 16</b>	Winter Term <b>Basic</b> classes begin
<b>Saturday January 18</b>	Burns Dinner and Dance
<b>Saturday, February 8</b>	Ceilidh. Silver Heights United Church
<b>Monday, March 3</b>	Class Social (hosted by the Fort Garry Class)
<b>Thursday March 20</b>	Last <b>Basic</b> class of Winter Term
<b>Thursday, April 3</b>	Spring Social (hosted by the COM and Teachers)
<b>Week of April 21</b>	Last <b>Regular</b> classes of Winter Term
<b>Friday-Sunday May 2-4</b>	Workshop Weekend

Please note: All dates are subject to change – please check the calendar each month. Socials are at St. Paul's Church Hall, North Drive and Point Road, at 8:00 pm, with admission of \$10.00, unless otherwise noted.

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### **From the Editor...**

*"The music is the stimulus of the dance, and the dance should be the physical expression of the music."* Miss Milligan. I love that quote. I find that no matter how tired I am when I arrive at class, once I hear that music, it gets the blood flowing and it's hard to stand still.

I've now completed the first of 5 steps (well hopefully I've passed!) in pursuit of a teaching certificate. I wrote my unit 1 exam on Feb 8<sup>th</sup>. . Thank you to Agnes & Debbie for taking the morning to be the invigilators and thank you to Don for the loan of his office. There were a number of questions that were not on the exam that I expected there to be. Now what do I do with all this knowledge in my head that I didn't use? I'll have to have some pop quizzes with everyone or it's going to start leaking out of my ears! Watch out everyone! Now to get ready for Colorado! I also want to say thank you to everyone in the branch for their support. I hope I don't disappoint you!

Did everyone see the article in Free Press with the picture of the monument on Waterfront Drive? Here is the link if you missed it. <http://www.winnipegfreepress.com/local/the-sutherland-saga-240975291.html>.

Sheila Careless

### **Branch News**

#### **Class Reports**

##### **Fort Garry Social Class (Mondays):**

Despite forty below temperatures and howling prairie winds, our Garry social Class has persevered, although we have been down a few bodies on occasion. Maybe it's time to visit our RSCDS Winnipeg anniversary disc and take a crack at Scotch Measures' Forty Below dance.

Appropriate to the weather, Peter has led us through "The Whistling Wind" Reel, devised right here in windy Winnipeg. Lately, we have focused on a number of less common dance formations, such as the reels of four, petronella in tandem and inverted triangles. One dance we worked on was the Lord Selkirk Reel, devised by my first SC dance teacher, Jo Anning. (now Hamilton) We have also worked on other locally devised dances such as Annie Douglas by Monique Henderson. Just for fun Peter has added an old class favourite "Tribute to the Borders", which I believe to be on the March Social Programme.

It has been most pleasant to reminisce with dances devised for or by Winnipeg Branch members like Jo Hamilton, Monique Henderson and Archie Nixon. I feel both proud and blessed to have had teachers of this caliber in my circle of acquaintances, knowing their work will remain in the repertoire of Fort Garry Social class.

See you at our March Class Social!

John Giesbrecht

### **Technique Class (Tuesdays):**

Thanks to Peter for choosing great dances and music as he filled in for Cheryl. Cheryl and Doug are in Mexico enjoying piña coladas, walks on the beach, and sunsets.

Last weekend Debbie and David worked very hard at planning and presenting the Valentine ceilidh at Silver Heights church hall. The dances were well chosen and well briefed by David. Reg and Scott along with Betty from the Monday night class played a mixture of seasonal and Scottish music. Sheila finished the evening by leading the sing a long. Branch members contributed the necessary social food for the forty five people who were out -- a mixture of members, church members, and people who saw it advertised.

We want to extend a warm welcome to Paula Ferreira who came out to see what the Tuesday evening class is about.

Cheryl makes practicing technique fun as she will often use patterns from the dances she is using that night to practice both at the same time.

Only in Winnipeg does a temperature rising to -20 make us think it's a sign of spring.

### **Basics of Scottish Country Dancing Class (Thursdays):**

There are 15 people registered in the class this term - 6 new this term and 9 from previous terms. To date the attendance has been hit and miss as some people have been away for vacations to warmer climes and who can blame them? In fact, we actually feel a bit of envy that they have escaped our winter. One couple actually escaped to their cottage which they love in the winter. What with odd bouts of illness our attendance has been down by about half. We are pleased that our new friends Oksana and Erzhan have attended when they are able.

Thanks to Wendy, Jan, Dwayne and Sheila for coming out. We are working on the basic steps and formations with the hope that these people will be able to participate in some of the dances at the March 3 Social. We hope that experienced dancers will join us as they are able. You will certainly enjoy meeting and dancing with these new dancers.

*Joyce*

### ***Inclement weather cancellation policy:***

The COM discussed the cancellation of events situation and came up with the following:

Members should be aware of the possibility of cancellation, and check for email notification. If it is a class, someone in the class should have the list and a process for contacting class members. Not everyone has email.

If it is a Branch event, as in the Betwixt and Between, an email will be sent to all members, facebook will be updated as well as the website. If you have invited people that are not part of the branch, please notify them of the cancellation.

Thank you  
*Committee of Management*

### ***Thank you – Burns Dinner & Dance:***

I want to give a huge thank you to those that helped Bob set up on the Friday night and to those that helped everything run smoothly at the dinner. Thank you to those involved in the program – Don, Quentin, Reg, Shirley, Jane, David K, Kirby (Honorary Branch Piper), Cheryl D for the dance program, and our own great band Scotch Measure.

Thank you to those that helped behind the scene – Jean, for making the tickets and wall programmes, and welcoming everyone, Joan for the decorations and the booklets on the table etc etc etc, the members of the COM, and Donna for dressing the Haggis for me.

Last, but not least, a thank you to my wonderful husband who stepped up and carried out both of our jobs in order to make it an enjoyable evening for all. As some of you know – he is a “gem”.

Thank you everyone – I appreciated it all so very much.

Betty

## Upcoming Events

### March Social

March 3, 2014

The next social is Monday, March 3, 2014. This social is hosted by the Monday night Social class. Always the highlight of a social is the joy of dancing to the music of our band *Scotch Measure*. Cost is \$10 at the door, \$5 for basic class members. The programme and crib notes are on the website.

<b>March 3, 2014 Social Programme</b>			
1.	Saw Ye My Wee Thing	32J2	Bk 25
2.	Annie Douglas	32S3	Prairie Gold
3.	Joanie's Hornpipe	32R3	TAC 50th
4.	Tribute to the Borders	32J3	RSCDS Lflt
5.	Invercauld's Reel	32S3	Bk 11
6.	Mrs MacLeod	32R3	Bk 6
Interval			
7.	Rorie O'More	32J2	Bk 1
8.	The Shamrock Girl	32S4	Goldring 12 More
9.	Leaving York Factory	32J 3 cpl set	Prairie Gold
10.	Maxwell's Rant	32R3	Bk 18

### RSCDS

#### Winnipeg Branch

#### 43<sup>rd</sup> Annual Workshop and Ball

**May 2 - 4, 2014**

Teachers: Ruth Jappy, Delta, BC

Cheryl Durnin, Winnipeg, Mb

Workshop Musicians: Ken Nattrass, Accordion

Ron Krug, Piano

Band: Scotch Measure

For application forms and further information

Go to our website at [www.rscdswinnipeg.ca](http://www.rscdswinnipeg.ca)

## A Time of Renewal and Change!?

On the heels of a successful 50<sup>th</sup> Anniversary Event and with great response from the survey of our membership and friends, this year, the 43<sup>rd</sup> Annual Workshop and Ball will be held at 17 Wing! The Ceilidh, all classes and the Ball will be in the one location! Now, it is time to send in those registration forms. Registration forms and brochures outlining the events of the weekend are on the RSCDS website.

*Once again, we must have the registrations for all the weekends' activities by April 23<sup>rd</sup>, in order to meet the security requirements of 17 Wing.*

### **Friday Ceilidh**

This year the Ceilidh will be held in the Bar area of the Mess Hall at 17 Wing. The atmosphere is great for socializing and entertainment! A little small for dancing! We are hopeful there will be enough room to do a few simpler dances that will include everyone. Peter McClure has offered to prepare and brief these dances. If the floor is too crowded we will do the dance twice! Dances from the Ball Program will **not** be included in the evening. Skits, demo dancing, vocal and instrumental pieces will be needed to support a successful evening of entertainment. Please consider offering your talents in this area. Fill in the space on the form or contact Ray Plaitin or Jane Natrass with your Ceilidh piece and requirements for sound.

### **Reminders:**

*Billeting and Transportation:* If you are able and willing to assist in some way over that weekend, please let Pat Clubb (Hospitality) know.

*Silent Auction and Draw Prizes:* Remember all the great baskets that you put your tickets in last year!! Let's do it again! Individually or as a small group, sponsor and donate a prepared basket for our draw! These items help to reduce the cost of the weekend, as the proceeds act as part of our revenue for the weekend. Think of themes – Spring, cottage, lake, garden, golfing, grand children, tea and scones! We have a few already! What about something for the silent auction? It's actually lots of fun! I have two ready to go!

Well, I think that is all for now!! Get the registration forms in!!! Sharon is waiting!!!  
Jane Natrass, Chairperson, 43<sup>rd</sup> Annual Workshop and Ball

### **The Commonwealth Ceilidh**

June 21, 2014

To celebrate the Commonwealth games in Scotland, Creative Scotland has commissioned the RSCDS to create a 2 hour dance programme with three new, specially commissioned "Commonwealth Games" dances. *The Commonwealth Ceilidh* was launched officially by Fiona Hyslop, Cabinet Secretary for Culture & External Affairs, on Dec. 12<sup>th</sup> in Edinburgh. It will be a mass event on June 21, 2014 starting at 7:30 local time and performed as widely as possible throughout the Commonwealth and elsewhere. More details to follow but save the date!

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

### ***Note from Headquarters:***

Headquarters has decided to postpone the vote regarding the re-structure until November 2014.

### ***A Mid-Winter Irish Ceili***

Sunday, Feb 23, 2:30 – 5:30 pm

Harrow United Church, 955 Mulvey (at Harrow), Winnipeg

Ceili dancing for everyone called by Jeremy Hull

With live music by David Strang, Cathy Rayner, Susan & Paul Hammer

Performances by: The McConnell Irish Dancers, The Comhaltas Set Dancers

Traditional Irish Music session to follow

Tickets at the Door: \$10 (Comhaltas Members) / \$15 (others)

Information: 204-477-5981

<http://www.comhaltaswinnipeg.ca/>

### ***St. David's Day Banquet, Concert & Annual General Meeting***

St. George's Anglican Church, Wilton & Grosvenor

Saturday, March 1, 2014

RECEPTION – 5:00 P.M. – DINNER – 6:00 P.M. CONCERT – 8:00 P.M.

THE ST. DAVID'S SINGERS In collaboration with Celtic band PLAIN SALT

This year's concert is dedicated in loving memory to Gwen Hodgson

Dinner ticket: \$25 – Please pay at the door.

Limited seating – early registration is recommended.

Please register by **February 23<sup>rd</sup>** by contacting Bill Owen – 204-475-1848 - [mowen@mts.net](mailto:mowen@mts.net) or

Mair Livingstone – 204-475-0517 - [kama@mts.net](mailto:kama@mts.net)

Cash Wine Bar & Enjoy Refreshments after the Concert

### ***Village Green English Country Dancers***

Would like the pleasure of having RSCDS Dancers

*As their Honored Guests* at the JT Memorial Dance!

Date: March 8th, 2014

Time: 8:00 pm – 10:00 pm

Location: Harrow United Church

955 Mulvey Ave

No Charge Admission for RSCDS Members

Please consider bringing a Loonie or Toonie for LITE (Local Initiative Toward Employment), a valuable Winnipeg organization we support.

### ***Who is JT?***

It is John Trevenen!

John, or John T, as we affectionately called him, was introduced to Scottish Country Dancing in the early 1960's through his friendship with David Williams, co-founder of the Winnipeg Branch. John's love of dancing took him to many places including several trips to St. Andrews' summer school in Scotland.

After his marriage to Betty in 1974, John's dancing focused on Winnipeg. In wanting to share his love of both music and dance, he went on to obtain his Teacher's Certificate at Summer School in 1976 at Kingston.

John was always expanding his interest and knowledge of dance and was co-founder, with David, of the Village Green English Country Dancers and the Village Green Morris Men. He was widely recognized for his expertise in dance and taught at many workshops in North America.

John's contribution to the Branch was immeasurable, as a teacher, committee member, and dancer. Being a proponent of "live music" he was constantly on the look-out for up and coming musicians who could be converted to the Scottish tradition. He loved to sing and was an active member of Bunch of Grapes.

John was an English teacher and loved words. He was accepting of everyone, generous and supportive in his teaching, and kind in his critique. He was a dreamer of greater things and had been planning ways to bring his two groups –English and Scottish-together.

John died in September 1996 at the age of 57. He had been out doing one of his favourite things: dancing with the Morris Men.

"O man, learn to dance, otherwise the angels in heaven will not know what to do with you." *St. Augustine*

Maureen Burnham

February 2014



### ***Jane MacDougall: The battle of the gym vs. Scottish Country Dancing***

For the benefit of those who do not have the benefit of the internet, this article from the Life section of the National Post, writes about mainstream types of exercise, such as working out in the gym, as being bereft of the important element of "FUN". She describes her experience of Scottish country dancing and how it incorporates the FUN component. If you have the opportunity, take a look at it and if you find it interesting consider sending the link on to your contacts.

<http://life.nationalpost.com/2013/11/02/jane-macdougall-it-battle-of-fun-vs-the-gym-scottish-dancing-wins-every-time/>

### ***Scottish Country Dancing can help to keep us young!!***

This article published in the Health section of The Scotsman Jan 14 2014 describes how research suggests that SCD can delay the aging process. We have previously heard about this research and this article compares the ways in which dancing has a more positive influence on our health as we enter our 70's and older. Very interesting and most informative. Read it if you can and consider sharing it with your contacts if you find it worthwhile.

<http://www.scotsman.com/news/health/scottish-dancing-can-help-keep-old-age-at-bay-1-3265032>

### ***Scottish Country Dance Ghillies and pumps***

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

Your one stop shoe shop for all your dancing needs. H11's and H splits are on sale now.

### ***Scottish Screen archive of the Nat'l Library of Scotland***

<http://ssa.nls.uk/film> (Note that there is no "www" in the url.)

A huge archive of historical videos on all things Scottish. Some, but not all, can be viewed on your screen. To see a particular film, you add a number to the url above. For a general film about Scottish dancing, add /2224 to the above; I think this is something some of us have seen before.

To see Rakes of Glasgow, add /0313.

To see The River Cree, add /0850.

And for a short look at The Duke of Perth, add /3270. This also shows a really nice view of a formal ball "back in the day". Note the speed of the music!

There may be other SCD clips as well, but it will take some searching to find them. There are also SCD references, e.g., Mrs MacLeod, for which the video is apparently not available on screen.

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

#### **Belleville, ON**

*Feb. 28 – Mar. 2, 2014*

RSCDS Kingston

30th Annual Belleville Workshop & Ball.

Teachers: John Wilkinson and Janet Johnston from Scotland.

Music by Scotch Mist.

Contact Mike at 613.967-1827 [lmccarey@sympatico.ca](mailto:lmccarey@sympatico.ca), or Jan at 613.965-4212

[waverleyglen@bell.net](mailto:waverleyglen@bell.net)

#### **Calgary, AB**

*March 14-16, 2014*

RSCDS Calgary & St. Giles Country Dance Group

Spring Workshop

Teachers: **Armin Busse**, Milpitas, USA, **Evelyn Nixon**, Comox, BC, **Bernadette Thill**, Edmonton Alberta

Music by Mercat Cross Band, Calgary.

Contact: Ken Blackwood, 403-678-2423, [bkenb@telus.net](mailto:bkenb@telus.net)



## **Regina, SK**

*March 22, 2014*

RSCDS Saskatchewan

Spring Workshop

Teacher: Bob Anderson, Victoria BC

Contact: Regina Scottish Country Dancers, Registrar, 2229 Pasqua Street, Regina, Saskatchewan, S4T 4M5 - Tel. No. 306-586-3211

## **Picton, ON**

*Mar. 28-30, 2014*

RSCDS Kingston

Prince Edward County Tartan Tea Weekend

at the Picton Yacht Club, Picton, Ontario. Guest Teacher: Jimmie Hill, Edinburgh, Scotland. Music: Fred Moyes. The weekend includes a dance Friday evening, a workshop Saturday, a dance Saturday evening, and the Tartan Tea Sunday afternoon.

Info: [www.rscdskingston.org](http://www.rscdskingston.org) ( look at Local Events) or contact Sheila Keller, 613 393-2955 [ckeller@sympatico.ca](mailto:ckeller@sympatico.ca)

## **College Park, MD**

*March 28 - 30, 2014*

RSCDS Washington & North Virginia

Capital Weekend 2014

Musicians: Thistle House

Cherry Hill Park Conference Center, College Park, MD

## **Red Deer, AB**

*April 4-6, 2014*

RSCDS Red Deer

Workshop and Ball

Teachers: Rebecca Blackhall-Peters, (Langley, BC), David Booz (Toronto, ON), Fiona Miller (Lethbridge, AB)

Music: Dennis Orr and Glenmorin

Red Deer RSCDS web site <http://reddeerscottishcountrydancers.weebly.com>

## **Jersey, Edinburgh**

*May 22-25, 2014*

RSCDS Edinburgh

Jersey Caledonian Dance Weekend.

Tickets: Joy Carry 01534 862205 [chanjoy@jerseymail.co.uk](mailto:chanjoy@jerseymail.co.uk)

or Alan Nicolle 01534 484375 [alan.nicolle88@gmail.com](mailto:alan.nicolle88@gmail.com)

<http://scottishcountrydancingchannelislands.blogspot.com>

## **Leeds, England**

*July 12, 2014*

RSCDS Leeds

White Rose Festival

60th anniversary of the Festival of Scottish Country Dancing

The Festival is held just outside Leeds on the playing fields of Gateways School in a rural setting opposite to the Harewood estate. There will be massed open air dancing for adult and junior teams, opportunities for demonstrations of pre-selected dances and ladies' and men's Highland displays, and an evening social dance. Dancing will be to Luke Brady and his Scottish Dance Band with piping from Alan Harrison. Ian Slater will play for the juniors if the event is held indoors because of wet weather.

Full details of the dances and additional information can be found at <http://tinyurl.com/owonk3e> or contact our Secretary Irene Dracup

[glyn.cup@virginmedia.com](mailto:glyn.cup@virginmedia.com) <<mailto:glyn.cup@virginmedia.com>>



*Lynn & Peter McClure in Leeds, along with Gerry Mayes & Janet Campbell*

### **Canberra, Australia - Winter School**

*Sept. 28-Oct 4, 2014*

RSCDS Canberra & District Branch

Teachers: Eric Finley (Scotland), Doug Mills (New Zealand), Martin Mulligan (Canada), Jeanette Stephen (Sydney)

Musicians: Jane Ellis (New South Wales), James Gray (Scotland/Norway), George Meikle (Scotland), Bob McInnes (New South Wales), Kate Scott (Canberra)

Contact: Jack Arthur - [jarthur@apex.net.au](mailto:jarthur@apex.net.au); [www.rscds-canberra.org](http://www.rscds-canberra.org)

### ***Important Dates***

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

**Next L&A:** Deadline for the March issue will be March 15, 2014.

Members are encouraged to submit articles, pictures or information of interest to Branch members. Please send submissions for the *Light and Airy* to Sheila Careless at [careless@mts.net](mailto:careless@mts.net)

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