

# *Light and Airy*



## **Scottish Country Dancers of Winnipeg**

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**Volume 43, Number 4**

**January 2012**

### **Committee of Management 2011/12**

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<b>Vice Chair:</b>	Christine Wallace	478 1026
<b>Secretary:</b>	Gerri Stemler	488 7386
<b>Treasurer:</b>	Joan Curle	254 6697
<b>Light and Airy Editor:</b>	Heather Ferguson	795 2337
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### **From the Chair....**

Welcome to the 2012 RSCDS dance season! I hope everyone had a relaxing and fun-filled holiday season. The Branch COM had its first meeting of the new year on January 4, 2012, where we tackled some important issues that will affect the Branch operation. A committee will be formed by the Chair to handle Growth and Development issues. Members will be drawn from the COM, the general membership, a member from each class and the Demo team, teachers, and committed members who are no longer active for said committee. The terms of reference for the committee will be developed at the first meeting. The title of the committee speaks for itself. We want to support Scottish Country Dancing and build our membership and all its activities. If you are interested, please call/email the Chair.

As you are aware, the Basic Class dancers have joined the Fort Garry Social Class on Monday nights. We are all looking forward to having such keen new members to the dance! Thank you to the teachers of the Basic Class (Maureen Burnham and Cheryl Durnan) for providing a very strong dance experience in the first term, which has made this quick transition possible.

We had a lengthy discussion at the COM around the use of the Thursday night dance spot (now vacant). The plan is to host a series of social dance evenings from February 2 to March 15. More information is provided later in this issue.

The Betwixt and Between Social on December 28 was great fun! Joyce's dance program, to wonderful Xmas themed music, brought everyone onto the dance floor. Thank you, Christine! Where do you find such gems?

Activities around the Red River/Selkirk Settlers Bicentennial seemed to have stalled over the holidays but will soon be up and going. Our Branch is planning an event on September 7, 2012, which will focus on the music and dances that would have been part of the settlers' experience. The official Red River 200 website is [redriver200.ca](http://redriver200.ca).

Glen Colquhoun will be stepping down as our official webmaster as soon as we appoint a new one! If anyone with expertise in web design is interested, please call/email the Chair.

*Pat Clubb*

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

<b>Week of January 9, 2012</b>	Winter Term classes begin
<b>Thursday, January 26</b>	Preparation for the Burns Dance
<b>Saturday January 28</b>	Burns Dinner and Dance
<b>Thursday, February 2</b>	Thursday Social Evenings begin
<b>Tuesday February 28</b>	Class Social (hosted by the Technique Class)
<b>Thursday, March 15</b>	Thursday Social Evenings end
<b>Thursday March 22</b>	Whisky Tasting Evening, St. Paul's Church Hall, \$25
<b>Thursday March 29</b>	Class Social (Thursday Social Evenings Wind-up)
<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**

With the Christmas season over, many Winnipeggers are resigned to two or three more months of winter – a good time to hibernate and not venture out on cold winter evenings. This is not the case for Scottish Country Dancers, who brave the cold to dance – some three or more times a week! The joy of the dance and the camaraderie of friends entice them out of their cozy homes to enjoy the added physical, psychological, and cognitive benefits of Scottish Country Dancing. January also brings another benefit – one of my favourites – the celebration of Scottish culture through the life and works of Robert Burns.

There is some evidence that Burns took dance lessons as a child. Even parents of modest means would pay for lessons, as great importance was placed on dancing at that time. Burns continues to be connected to Scottish Country Dancing through the many dances based on his poems or tunes. In celebration of Burns, this issue contains some tidbits of information on his work.

Have an enjoyable Robbie Burns Day!

*Heather Ferguson*

## Branch Library

The Branch Library has books and CDs for loan. Titles you may be interested in borrowing include the following:

- *Rantin' Pipe and Tremblin' String – A History of Dance Music*
- *A Social History of Scottish Dance*
- *Dance With Your Soul* (biography of Miss Milligan)
- *An Album for Mrs. Ysobel Stewart of Fasnacloich*

I am also missing a book entitled *So You Want to Wear the Kilt*. If you find it on your shelf, please contact me.

Reg Curle

## Social Evenings of Scottish Country Dancing Thursdays, February 2 – March 15, 2012

The Committee of Management and the Teachers' Committee are organizing programs to use the Thursday night time slot currently vacant as a result of the Basic Class joining the Monday night Social Class.

The intent of these evenings is to stimulate interest in Scottish dancing and increase the membership of the Branch, by introducing new people in a relaxed, sociable atmosphere without the pressure of committing to membership.

Members, non-members, family and friends are all invited to participate.

The charge to non-members is a \$5.00 per night drop-in fee. There is no charge for members with class registration.

The program will run each Thursday from February 2 to March 15, 8:00 to 10:00 pm, at St. Paul's Church, and will be "hosted" by different teachers.

New participants are reminded to wear appropriate shoes, i.e., soft leather soles.

Other Thursday night events include a preparation evening for the Burns Dance on January 26 (all members are welcome), a Whisky Tasting Evening on March 22 (tickets are required), and a Wind-up Social on March 29 (with music by Scotch Measure).

## Upcoming Events

### Winnipeg Branch Burns Dinner and Dance January 28, 2012

The Burns Dinner and Dance will be held on Saturday, January 28, 2012 at St. Paul's Church Hall. Doors will open at 5:30 pm. Dinner will begin at 6:00 pm with Grace, followed by the Piping In of the Haggis. The Immortal Memory will be given during the Dinner. Dancing to the music of Scotch Measure will follow.

The cost for all or part of the evening is \$20 (there is no reduced rate for those unable to attend the dinner). **Seating for the evening is limited and all tickets have been sold.**

The dance program will include Scottish Country Dances as well as modern dances.

Burns Dinner and Dance Dance Program		
The Gay Gordons		
Kendall's Hornpipe	32J2	Graded Book 22
The Silver Tassie	32S3	Leaflet – Book 1
Spot Dance (Modern Dance)		
Intermission		
Light and Airy	32J3	Book 4 - 5
Burns Hornpipe	32R4	Book 27 - 4
The Lea Rig	32S2	Book 21 - 5
The "Cloutie Dumplin" (Modern Dance)*		
Intermission		
The Wild Geese*	32J3	Book 24 - 3
Ca' the Ewes tae the Knowes	32S2	Book 16 - 8
Maxwell's Rant	32R3	Book 18 - 10
Tam O' Shanter	32R3	LADT – p. 52
Waltz		
Auld Lang Syne		

\* Further information on these dances appears later in this issue.

Crib notes for the dances are available on the Branch website. There will be a dance preparation evening on January 26, 8:00 – 10:00 pm, at St. Paul's Church.

## **Parks Canada Learning Opportunities**

*February 24, 2012*

Parks Canada is offering an afternoon of learning and professional development, in the theatre at Lower Fort Garry on Friday, February 24, 2012.

At **12:30 pm**, there will be an encore performance of Kym Terry's ***Building an 18th Century Stone Wall in the 21st Century***. How did 18th century masons split rock and lift 3500 lb stones into position? After seven years of rebuilding the walls of the Prince of Wales Fort, Kym will show you what has been found and what they are still looking for.

At **1:30 pm**, Janis Dicks will be presenting the 45-minute video ***Tracing the Columbia***. Janis, a LFG volunteer and experienced paddler, will share her experiences as a participant in the 2011 Columbia River Voyageur Canoe Brigade.

For further information, contact Kim Larcombe at kimberley.larcombe@pc.gc.ca, or telephone 785-6079.

## **Whisky Tasting Evening**

*March 22, 2012*

Come spend an evening learning about the history and production of whisky. This is our third event of this type since 2003. Staff from the Manitoba Liquor Control Commission will be in charge and participants will learn about the history, production and nuances of various types of whisky as well as regional differences. There will be, of course, tasting as well.

The event will take place on Thursday, March 22 at 8:00 pm in St. Paul's Church Hall. Cost is \$25 per person. Attendance is limited to 30 but there will also be seats (\$10 per person) for those who wish to listen in but not be part of the actual tasting. The last two Scotch Whisky nights sold out quickly. Call Reg at 254-6697 for your seat at the table.

## **RSCDS 50th Anniversary 2013**

The 50th Anniversary Committee continues to brainstorm to find an appropriate, upscale location for our 2012 weekend workshop ball which won't cost a king's ransom. Has anyone a suggestion for a ballroom with suitable flooring that is large enough for our dancers? We're still looking.

Workshop classes will be held in the St. James church halls we've used the last two years. We are hoping an overseas dance teacher will be able to join us. Plans for this year's Burns Dinner and Dance are well under way to see if any details need to be altered for our anniversary year Burns event. Christine Wallace has met with Ken Natrass to discuss the possibility of an anniversary project of a CD and book of dances. We have discussed possible fundraising activities to keep the workshop fees as low as possible.

*Joan Curle*

## **Event Reports**

### **The Betwixt and Between Social Evening**

*December 28, 2011*

The 2nd Annual Betwixt/Between dance was held December 28th... and what a success! 36 people (including 12 visitors) came out, eager to dance the night away.

We welcomed back former members Nancy Brown, Christine and Helen Barnes, and Ginny Hildebrand, who had her daughter Laura with her. Rose came with her daughter Amy. Betty brought her granddaughter Tayler, as well Mila, a former exchange student who was visiting from Brazil. Dwayne and Sheila brought their friend Brenda, Janet and Darrell brought their friend Donald Fraser and, finally, Heather brought two visitors with her.

Are there any future Scottish Country Dancers in this group? Perhaps, as these visitors all enthusiastically participated in the evening, ably assisted by our experienced dancers.

In keeping with the season, much of the music for the evening came from the *Scottish Country Dance Party* CD by Jim Lindsay and his Band, which all seemed to enjoy. The program was devised with participation in mind and to enable as many dancers as possible to enjoy the evening. There were, in fact, four sets on the floor for much of the night. It would have been really nice to have had another dance or two for the experienced dancers but, unfortunately, we ran out of time. We did get in *Mairi's Wedding* and finished the evening with the rousing *Riverside*. You could tell there was a feeling of joy and happiness in the hall as everyone was up doing a lot of hooting and hollering. What fun!

After the dancing, we enjoyed treats generously provided by our members, and socializing with our guests as well as old friends. A sincere 'Thank You' to Christine for being a great 'music lady' and for briefing a dance. Our sincere appreciation to Rose, our social convener, for organizing the refreshments. And, last but not least, a big 'Thank You' to everyone who helped to make this evening such a great success.

I must share the following quotes from some of the dancers: "wonderful program" and "It was really a great night. There was no doubt that everyone enjoyed themselves and they would have kept dancing until midnight."

We are now looking forward to the 3rd annual Betwixt and Between Dance in December 2012

May you hae a Guid New Yer tae you an' yours.

*Joyce Cormack*

## ***Class Reports***

### **Fort Garry Social Class**

Happy New Year to all – hope everyone had a relaxing holiday season filled with good times, good people and many wonderful memories.

Several members from the Social Class attended the Betwixt and Between social on December 28. Attendance at the social was approximately 35 (if I remember correctly) with many members bringing along family and friends to try their hand at Scottish Country Dancing. This gathering was a great opportunity to catch up with friends over the holidays. A good mix of dances made for an enjoyable evening for all, with first time dancers joining more experienced dancers in the sets.

Winter term for the Fort Garry Social Class began on January 9, with members of the Basic Class joining us for the remainder of the year. We look forward to meeting our new class members. Introductions of our new members will be coming in future newsletters

I'm sure Peter will have us all working hard on dances for the Burns Dinner and Dance at the end of the month.

I hope everyone has enjoyed our warm winter weather and I know I'm hoping it will last a little longer.

*Sheila Somers*

### **Technique Class**

There is not much to report on the doings of the Tuesday night class as there hasn't been one for about a month. As the class was concluding in December, Margaret promised that she was going to get the class working on Quadrilles and Lancers. These are basically walking dances with challenging formations involving sets of eight dancers. As I recall from a Summer Class a few years ago, they are fun to do and walking in name only. You have to keep your brain in gear and work well as a team if the dances are to go well (mind you, this is the same principle for all the dances we do on any occasion). We look forward to Margaret's Lancers and Quadrilles in the next session as well as anything else she has decided to challenge us with.

Some people have suggested I relate a bit about the trip I took with my wife to Fiji in November, so I will keep it short. Denise was born on Fiji (her father was a doctor working with the British Colonial Service), and lived there for three years of her life. She really remembers nothing of her time there other than she recognizes the taste of some tropical fruit at times. This was a promise I made to get Denise back to Fiji on our twenty-fifth wedding year but it had to wait until our thirty-third wedding year - only eight years late! Sometimes I can't understand why people are late for things, but I guess it happens at times.

I can honestly say that the trip we had was incredible. We chose to see Fiji by going with Blue Lagoon Cruises on what was called the "historical and cultural" cruise. The boat was about 100 feet long and held around twenty passengers when we were on it. We met people from Australia, Germany, Norway and Fiji, and even one ex-Canadian who was married to a Fijian. We cruised around many different islands (Fiji is made up of 320 or so islands) and visited villages and swam and snorkeled in water and at beaches that were as close to natural as is possible. The way I would describe it is, think of everything you can about the South Seas and what it would look like in your imagination, and that is the experience we had - I am not kidding.

Fiji is not as developed as many places - no high rises or modern beach clubs and very few “all inclusives” ... what we saw was pristine and natural. We saw Polynesian and Melanesian dancing exactly the way you might imagine it. Denise and I spent some time in Hawaii afterwards and saw the Polynesian Cultural Center. It was a very polished show with high production values, but what we had experienced in Fiji was the real thing - real villagers, people young and old doing their traditional dances (hula and war dances), wearing the dancing costumes that you would expect to see in the South Pacific.

We also took part in traditional greeting ceremonies, sharing a drink called “kava” in traditional grass-roofed buildings used by the villagers for their own ceremonies, not built for tourists, and listened to spectacular music sung by the villagers. Their harmonies sound like something you would hear in South Africa, rich and drawn out. We rode in outrigger canoes used by the villagers and witnessed one group of villagers paddle around our ship singing traditional songs.

The people are unbelievably friendly and totally unspoiled by tourist dollars. This will probably change some day as our cruise was only the second “cultural” cruise ever done by Blue Lagoon Cruises. If you think of any one of the three movies made of *Mutiny on the Bounty*, that was the visual experience we had ... tropical islands, outrigger canoes, traditional villagers who we actually met in their own homes, completely unspoiled beaches with palm tree jungles behind them, and gorgeous sunsets.

So often in our modern world, we regret that “the world is too much with us”, in the words of a poet, and wish we could escape a short time to an ideal place where time has not quite caught up. Well, Fiji is real and our experience was real. Samoa is nearby and I can now understand why Robert Louis Stevenson didn't want to leave, as well as why Fletcher Christian wanted to give Captain Bligh the old “heave ho” at Tahiti, which is also relatively nearby (we were actually on the same passage that Bligh had to sail on in his small boat after the mutiny).

Oh, we also saw where Denise was born and lived - the small hospital and house are still there on the island of Taveuni. It was an emotional experience for her and all the group when we witnessed her reaction that day.

Anyway, I'm getting carried away. I am sure there are things I have forgotten, but it is just as well, as this is enough for now. Back to the real world of dancing and classes!

*Scott MacRae*

### **Demonstration Team**

Upcoming demonstrations:

January 25, 2012	The Wellington
February 15	Seniors' Supper Club, St. Saviour's
March 24	Kildonan Presbyterian Community Church
April 6	Tartan Day
June 16	Manitoba Highland Gathering
September 1-11	Selkirk Settlers Bicentennial Celebrations

*Agnes Brydon*

### ***In Celebration of Robert Burns***



As the birth date of Robert Burns approaches, there will be many celebrations of his life and works. The first Burns Supper was held in 1801, on the fifth anniversary of his death, when a small group of friends gathered in the Alloway cottage where he was born. Within a few years, Burns Clubs began to spring up across Scotland and the Burns Supper became a regular event each year on his birthday of January 25.

More than 200 years after his death, Robert Burns remains a cultural icon in Scotland and among Scots abroad. His birthday is celebrated with Burns Suppers around the world, and more widely observed than Scotland's official national day, Saint Andrew's Day, or the North American celebration, Tartan Day.

Most celebrations include the recitation of two of Burns' works – the *Selkirk Grace* and *Address to a Haggis*.

Although the *Selkirk Grace* is attributed to Robert Burns, it is actually a traditional Scottish grace known in the 17<sup>th</sup> century as the *Galloway Grace* or the *Covenanter's Grace*. In 1794, Burns was touring Galloway with his friend John Syme, and they stayed with the Earl of Selkirk at his family home at St. Mary's Isle in Kirkcudbright. Before each meal, Burns would give Scottish toasts. One evening, he recited an old version of the *Galloway Grace*, which he changed to his style of recital and writing. The guests were impressed by this new Scottish toast and Burns published it as the *Selkirk Grace* in his host's honour.

The following version of the ***Selkirk Grace*** is usually said at Burns Suppers:

*Some hae meat and canna eat,  
And some wad eat that want it;  
But we hae meat and we can eat,  
Sae let the Lord be thankit.*

However, it is often thought that Burns delivered the following impromptu version in Standard English at the dinner hosted by the Earl of Selkirk:

*Some have meat and cannot eat,  
Some cannot eat that want it;  
But we have meat and we can eat,  
So let the Lord be thankit.*

Burns also wrote other lovely graces, such as the following:

### ***A Grace Before Dinner***

*O Thou who kindly dost provide  
For every creature's want!  
We bless Thee, God of Nature wide,  
For all Thy goodness lent.*

*And if it please Thee, Heavenly Guide,  
May never worse be sent;  
But, whether granted, or denied,  
Lord, bless us with content. Amen!*

### ***A Grace After Dinner***

*O Thou, in whom we live and move –  
Who made the sea and shore;  
Thy goodness constantly we prove,  
And, grateful, would adore.*

*And, if it please Thee, Power above!  
Still grant us, with such store,  
The friend we trust, the fair we love –  
And we desire no more. Amen!*

The recitation of ***Address to A Haggis*** is a tradition at Burns Suppers around the world. The format has remained relatively unchanged since the first Burns Supper in 1801, upholding Burns' intention that the poem be fun. The haggis is usually piped into the room with great flourish before the recitation. Afterwards, the speaker is instructed to "savour the applause" while enjoying a wee dram with the piper and the Haggis Bearer.

Why does a poem celebrating a Scottish "sausage" continue to be the centerpiece of Burns celebrations after all these years? While the poem is witty and amusing, it is Burns' light-hearted presentation of the haggis as a unique and symbolic part of Scottish identity and culture that makes it so endearing and enduring.

Burns wrote the poem in 1786, while he was visiting Edinburgh and being feted by Edinburgh society. It was a time of great political upheaval. The Jacobite Rebellion (1745) was still in recent memory, France was on the brink of the French Revolution (1789) and America was in the aftermath of the War of Independence (which ended in 1783). In Britain, there was political struggle between Scotland and England.

Burns often wrote passionately about Scotland's identity. He also wrote hundreds of endearing homages to Scottish life. In *Address to A Haggis*, he combines these two interests, providing an opportunity to demonstrate his proud Scottish nationalism using a traditional Scottish dish.

The *Address to A Haggis* is performed with great enthusiasm, with the speaker often incorporating animated gestures to illustrate the meaning of the poem. For those still unsure of the meaning of some parts, the following is Burns' original version, accompanied by the Standard English translation from the World Burns Club website ([www.worldburnsclub.com](http://www.worldburnsclub.com)).

## *Address to A Haggis*

### *Burns' Original Version*

Fair fa' your honest, sonsie face,  
Great chieftain o' the puddin-race!  
Aboon them a' ye tak your place,  
Painch, tripe, or thairm:  
Weel are ye wordy of a grace  
As lang's my arm.

The groaning trencher there ye fill,  
Your hudies like a distant hill,  
Your pin wad help to mend a mill  
In time o' need,  
While thro' your pores the dews distil  
Like amber bead.

His knife see rustic Labour dight,  
An' cut ye up wi' ready slight,  
Trenching your gushing entrails bright,  
Like onie ditch;  
And then, O what a glorious sight,  
Warm-reeking, rich!

Then horn for horn, they stretch an' strive:  
Deil tak the hindmost, on they drive,  
Till a' their weel-swallow'd kytes belyve  
Are bent like drums;  
Then auld Guidman, maist like to rive,  
'Bethankit!' hums.

Is there that owre his French ragout,  
Or olio that wad staw a sow,  
Or fricassee wad mak her spew  
Wi' perfect scunner,  
Looks down wi' sneering, scornfu' view  
On sic a dinner?

Poor devil! see him owre his trash,  
As feckless as a wither'd rash,  
His spindle shank a guid whip-lash,  
His nieve a nit;  
Tho' bluidy flood or field to dash,  
O how unfit.

But mark the Rustic, haggis-fed,  
The trembling earth resounds his tread,  
Clap in his walie nieve a blade,  
He'll make it whistle;  
An' legs, an' arms, an' heads will sned  
Like taps o' thrissle.

Ye pow'rs, wha mak mankind your care,  
And dish them out their bill o' fare,  
Auld Scotland wants nae skinking ware,  
That jaups in luggies;  
But if ye wish her gratfu' prayer,  
Gie her a Haggis!

### *English Translation*

Fair full your honest, jolly face,  
Great chieftain of the sausage race!  
Above them all you take your place,  
Stomach, tripe, or intestines:  
Well are you worthy of a grace  
As long as my arm.

The groaning trencher there you fill,  
Your buttocks like a distant hill,  
Your pin would help to mend a mill  
In time of need,  
While through your pores the dews distill  
Like amber bead.

His knife see rustic Labour wipe,  
And cut you up with ready slight,  
Trenching your gushing entrails bright,  
Like any ditch;  
And then, O what a glorious sight,  
Warm steaming, rich!

Then spoon for spoon, the stretch and strive:  
Devil take the hindmost, on they drive,  
Till all their well swollen bellies by-and-by  
Are bent like drums;  
Then old Master of the house, most like to burst,  
'The grace!' hums.

Is there that over his French ragout,  
Or olio that would sicken a sow,  
Or fricassee would make her throw-up  
With perfect disgust,  
Looks down with sneering, scornful view  
On such a dinner?

Poor devil! see him over his trash,  
As feeble as a withered rush,  
His thin legs a good whip-lash,  
His fist a nut;  
Through bloody flood or field to dash,  
O how unfit.

But mark the Rustic, haggis-fed,  
The trembling earth resounds his tread,  
Clap in his ample fist a blade,  
He will make it whistle;  
And legs, and arms, and heads will crop  
Like tops of thistle.

You powers, who make mankind your care,  
And dish them out their bill of fare,  
Old Scotland want no watery ware,  
That splashes in small wooden dishes;  
But if you wish her grateful prayer,  
Give her a Haggis!

The following is some background information on two of the dances on this year's Burns Dance program.

### ***The Wild Geese***

The term "wild geese" brings to mind the flight of Canada geese flying in a V formation at the end of a fall day. To the Irish, "Wild Geese" are the young men who left their native land for service in the armies of Europe and America. Irish forces left for France after James II, whom they supported, lost his struggle with William of Orange. Instead of swearing allegiance to the new king and parliament, over 10,000 soldiers left for service in France. The flight of the "Wild Geese" had begun.

Although this term is usually used for the men of France's Irish Brigade, France was not their only destination. Many went to Spain as well as Austria, Russia, Poland, various German kingdoms and America.

As Thomas O'Hanlon said in his book *The Irish* (1975), "The Irish are citizens of the world. When the time is propitious they migrate with the instincts of wild geese travelling ancient routes to Boston, London, Vancouver, or Sydney." But wherever they travel and no matter how long they have been away, whenever a few gather, the talk always turns to talk of home.

*Joan Curle*

### ***Clootie Dumpling***

Clootie Dumpling is a steamed pudding that derives its name from "clot" or "clout", which is Scots for "cloth", and refers to the cloth in which the pudding is boiled. Unlike other dumplings or steamed puddings, the Clootie Dumpling has a characteristic "skin", made by sprinkling flour and sugar into the cloth before filling it with the pudding mixture.

The skin must be dried off before serving – done nowadays in the oven, although it used to be done in front of the open fireplace. The dumpling used to be made for special occasions, such as birthdays (in which case there were silver threepennies hidden inside, similar to charms in a Christmas pudding). The dumpling would be eaten hot with custard. The next day, any leftovers would be served for breakfast – sliced, fried in rendered suet and eaten with bacon.

## ***Here and There***

### ***T'was the Month After Christmas***

*Submitted for your enjoyment by Jean Highmoor*

T'was the month after Christmas,  
And all through the house  
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste  
At the holiday parties had gone to my waist.  
When I got on the scales there arose such a  
number!  
When I walked to the store, it was less a walk than  
a lumber.

I'd remembered the marvelous meals I'd prepared,  
The gravies, the sauces and beef nicely rared.  
The wine and rum balls, the bread and the cheese.  
And the way I never said "No thank you, please."

As I dressed myself in my husband's old shirt  
And I pressed once again to do battle with dirt –  
I said to myself, as only I can  
"You can't spend a winter disguised as a man!"

So...away with the last of the sour cream dip,  
Get rid of the fruit cake, every cracker and chip.  
Every last bit of food that I like must be banished  
Till all the additional ounces have vanished.

I won't have a cookie – not even a lick.  
I'll only want to chew on a long celery stick.  
I won't have hot biscuits, or corn bread or pie,  
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore  
But isn't that what January is for?  
Unable to giggle, no longer a riot  
Happy New Year to all and to all a good diet!!

### ***The Amazing Brain***

*Submitted by Betty Poole*

Can you read the following? The answer is at the bottom of page 10.

7H15 M3554G3 53RV35 7O PR0V3 H0W  
0UR M1ND5 C4N D0 4M4Z1NG 7H1NG5!  
1MPR3551V3 7H1NG5! 1N 7H3  
B3G1NN1NG 17 WA5 H4RD BU7 NOW,  
0N 7H15 LIN3 YOUR M1ND 1S R34D1NG  
17 4U70M471C4LLY W17H 0U7 3V3N  
7H1NK1NG 4B0U7 17. B3 PROUD! ONLY  
C3R741N P30PL3 C4N R3AD 7H15.

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

### **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 Nattrass 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 mamcdevitt@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 Hankes (262-679-8522 or midwestScottishWeekend@gmail.com)

### **Salt Spring Island, BC**

*June 15-17, 2012*

Salt Spring Scottish Dancers

Simply Scottish on Salt Spring II

Teachers: Elaine Brunken, Mary Murray and Geoffrey Selling

Music: John Taylor, David Mostardi, Mary Ross

Contact: Catherine Bennett (cdBennett53@gmail.com)

### **Hopewell Junction, NY**

*June 15-17, 2012*

RSCDS New York Branch

Pawling Weekend

Teachers: Mervyn Short (UK), Rebecca Blackhall-Peters (Vancouver), and Carole Skinner (Toronto)

Music: The Scottish Accent Band and Jim

Stevenson-Mathews

Contact: Sally Clayton at

PawlingWeekend@gmail.com

### **Banff, AB**

*October 5-8, 2012*

RSCDS Calgary Branch

Dancing in the Rockies

Teachers: Marjorie McLaughlin (USA), Simon Scott (Canada), Sue Porter (Scotland) and Ron Wallace (USA)

Music: Laird Brown and the Scottish Accent

Contact: Ilo Torgerson (Registrar) at Torgeri@shaw.ca or 403-273-6579

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 February 2012 issue is **February 3, 2012.**

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).

## **Answer to the Amazing Brain:**

This message serves to prove how our minds can do amazing things! Impressive things! In the beginning it was hard but now, on this line your mind is reading it automatically without even thinking about it. Be proud! Only certain people can read this.