

Light and Airy



Scottish Country Dancers of Winnipeg

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From the Chair....

As I write this, after having our hopes raised with a few days above freezing, we are back into a deep freeze. I am sure that we are all eagerly awaiting spring! And as we wait, we have a number of weeks of dancing left in this term. So let's all take advantage of this and get out to as many classes as we are able.

We recently enjoyed a lovely social hosted by the Fort Garry Social Class. Thanks to the class for hosting the social, the teacher Peter McClure for planning the program and briefing the dances, and our very own band, Scotch Measure, for their wonderful music!

We also enjoyed a wonderful evening at the Village Green John T Memorial Dance March 8. The branch was well represented with 22 dancers out and we were warmly welcomed by the English dancers. It was fun to dance to the English music and to experience different forms of dance as well as some of our very familiar Scottish dances.

Make sure you have marked April 3rd on your calendars for the last social evening of this term. It promises to be a lot of fun with a program, devised by Maureen Burnham, which includes dances for all levels of dancers. Dancing in the branch does not end in April even though classes officially end. We look forward to our workshop the weekend of May 2 -4. The committee has been hard at work planning for a great weekend of dancing and we encourage everyone in the branch to participate in the weekend classes and social events. For further details on the weekend see our website and elsewhere in this newsletter.

Last month's newsletter had two links to articles that were most interesting. One was a link to an article in the National Post where the writer Jane MacDougall wrote that In The Battle of Fun VS the Gym,, Scottish Dancing wins every time. The second link was to an article in the Scotsman which wrote about research suggesting that Scottish country dancing could delay the ageing process. If you have not yet read these articles, take a look at the February newsletter. I think that you will find them most interesting.

The COM continues to plan for the future and, in conjunction with the teachers committee, has decided that for the year 2014-2015 all dancers (including Basic dancers) will register for the full year. Each term will run for 14 weeks with the last two weeks in each of the terms being a general class which will include all dancers in the branch. We trust that this change will meet the needs of all of our dancers and will be a start to integrating newer dancers into the branch.

Happy Dancing and always remember to have Fun, Fun, Fun!

Joyce Cormack

2013/14 Dance Season

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

Week of January 13

Winter Term **Regular** classes begin

Thursday January 16

Winter Term **Basic** classes begin

Saturday January 18

Burns Dinner and Dance

Saturday, February 8

Ceilidh. Silver Heights United Church

Monday, March 3

Class Social (hosted by the Fort Garry Class)

Thursday March 20

Last **Basic** class of Winter Term

Thursday, April 3

Spring Social (hosted by the COM and Teachers)

Week of April 21

Last **Regular** classes of Winter Term

Friday-Sunday May 2-4

Workshop Weekend

Wednesday, May 28

Annual General Meeting 7:30, St. Paul's Church

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.

From the Editor...

Well this is a packed edition of the Light & Airy this month. There are lots of articles to read and please make sure you note the dates of events coming up. We can't do anything about the weather so one way to kill some time waiting for spring is to dance! Hope everyone had a good time at the March social and will attend the April social. One thing I love about socials is a learning new dances and seeing the people from the other classes; people that I don't see very often and have a chance to dance with. Of course there is nothing like dancing to the music of Scotch Measure.

The programme for the April social is found later in the newsletter and the crib notes will be up on the website soon. Also, check back for the crib notes for the workshop ball. Make sure you get your registration in. May will be here before we know it. Hopefully it will be slightly warmer!

As you will see in the Tuesday class report, we added a granddaughter to our family in February. Little Eska is the first redhead in our family. My dad was a redhead but none of our family (6 girls) or any of the grandchildren are redheads. My daughter's partner has some red in his hair so we finally have a redhead. She is adorable and tiny. Love the time I get to cuddle her since her siblings (aged 16 & 12) are a little old for grandma to cuddle.

See you all at the April social.

Sheila Careless

❖ Branch News

Class Reports

Fort Garry Social Class (Mondays):

The March Social is now history, but what a splendid event it was! Peter had drilled our class on almost every dance on the programme in the weeks previous and his efforts (and ours!) showed.

Most dances were well executed despite the fact they were not easy. It was great to see basic class members invited onto the floor. Moreover, it was nice to have our current teacher candidate, Sheila Careless, doing some of the dance briefings. These seemingly small measures all speak to the healthy growth attitude at work at RSCDS Winnipeg. Our own class members need to be applauded for their efforts at being inclusive and welcoming to those new to SCD.

Also, a special thanks goes out to Scotch Measure for their live performance of the music. Despite a stand-in for Ron Krug on the piano, Scotch Measure performed splendidly. Live music always seems to accelerate the dancing. (Incidentally, I am enjoying my copy of *Prairie Gold* so much; it travels with me wherever I go in my car.)

Aside from the dance programme and the live music, the third pillar of our successful event definitely was the supper that followed the dancing. There was such a well-balanced selection,

everything from fresh vegetables and fruit, to savoury dishes and sandwiches (they were delish!) and a small array of desserts. I've received a few requests for my "Old English Pub Spread" which I will share as a separate item in this Newsletter. Kudos to Peter and my classmates for staging an outstanding social. Did anyone even notice the absence of decorations?

John Giesbrecht

Technique Class (Tuesdays):

After what seems like a never ending winter, spring is at last showing some signs of arriving although in starts and stops. Early this week we had the rare treat of temperatures just above zero and tomorrow the same, so everything will be dripping again. We are also dripping water (from a tap) inside hoping to prevent a pipe freeze, which has already happened for at least 4 of our neighbours. Classes during February were interrupted for Pancake Tuesday last week but generally the numbers turning out have been good with 7 to 8 couples which of course gives us all a chance to enjoy the opportunity to "borrow"! Cheryl and Doug had a week holiday in Mexico with family so Peter substituted for Cheryl that week. We worked on the dance "Timbit for Janis" which has some challenges, but interesting and fun to do. We also did "The Fireside Reel", an old dance, one of whose formations occurs in "Back To The Fireside", by Roy Goldring, which had previously been taught by Cheryl.

Many of us attended the Village Green salute to John Trevenen last Saturday at Harrow United which was very nice. The RSCDS group was invited to this social by Village Green. There was a nice mix of English and Scottish dances and it was an opportunity to see some former members with a very nice lunch provided.

Some good and not so good news about class members to report. Bad news first: Darrell Newediuk was involved in a car accident a few weeks ago and his arm was fractured and required surgery. We all wish him well and hope he will make a speedy recovery. On the good side, Sheila Careless has a new baby granddaughter "Eska" and I'm sure she is enjoying the chance to cuddle a new little person in her life. So congratulations to Sheila!

Cheryl introduced some interesting dances last evening involving promenades and allemandes, in one dance moving directly from a circle to a 3

couple promenade and then straight to a 2 couple allemande. Lots of focus upon phrasing which was a good review. Later we did a different type of allemande, a 4 couple version which took a while to get used to but essentially meant that the 3 bottom couples move up one place each by following the path taken by second couple (in a 2 couple allemande) while the top couple make their way down the men's side to the bottom by bar 5 so all 4 finish the figure together. We also enjoyed Cheryl's dance "Morning Primrose" written to celebrate Doug's mother whose name was Primrose, and who liked to be up early in the morning. The two dances we finished with, both quite fun were written in honour of Bill Clement; the final one was called "Face the Music and Dance" written by John Drewry and in typical Drewry wordplay can be taken in more than one way. I think we only had 3 men last evening and 11 women so it was a good night for all women sets....if you misplace your gender no one will ever know!

The March social hosted by the Fort Garry class was well attended and it was nice to see the introductory dancers out in good numbers. Looking forward, it is hard to believe official spring is just a week away and that the dance year is quickly zipping by. The social in Early April and Workshop in May will soon be upon us!

All for now,
Lynn McClure from Tuesday Class

Basics of Scottish Country Dancing Class (Thursdays):

With only a few more weeks left in this term (last class is March 27, as the Branch has added one more night to take the class up to the final social of the year April 3), the dancers continue to work on their steps and add to their knowledge of formations. They are becoming quite competent at doing dances and seem pleased with their progress as am I. Some of the registrants have dropped out but the remaining dancers are very enthusiastic and some of them are indicating an interest in attending the workshop. Eight dancers attended the recent social and reported that they enjoyed the evening very much. I was impressed with how well they danced - and especially with how well they danced Maxwell's Rant! Hopefully SCD will continue to be an important part of their lives in the future. Again, members from other classes are welcome to join us. Thanks to Dwayne, Sheila S, Sheila C., Reg, David and Wendy for coming out to assist.

Joyce

United Kingdom Pavilion.

August 10 to 16 at 1770 King Edward Street

We are continuing to evaluate branch participation in the United Kingdom pavilion at Folklorama sponsored by the McConnell Irish Dancers. This organization has all of the funding required to get the pavilion up and running and requires no financial input from the organizations that have been invited to participate. The application for this pavilion was approved on the condition that Britain, Scotland, Wales and Northern Ireland are equally represented in all facets of the pavilion. This will include the stage show, cultural display, food and drink. Two organizers of the pavilion attended our meeting, gave a detailed presentation and answered questions. They envision a stage show that will tell a story - possibly The Gathering of the Clans - and will be high tech with audio, video and narration. They plan to have two different shows with each show expected to be 40 minutes long and each segment of the UK involved in 10 minutes of each show. The Scottish portion would include highland dancing, pipe bands and Scottish country dancing. We can be involved as much or as little as we are able to manage.

There will also be an opportunity to be involved in the pre-show, which will feature groups for 20-30 minutes in front of the main stage area and where we might get the crowd involved in participation dancing. If this happens, we will be prominently identified in the stage area and this would be great publicity (venue capacity approx 700/show). We will need dancers to be involved in both the main stage show and the pre-show. We can also include information about SCD in the cultural display which is another opportunity for publicity.

All volunteers that RSCDS (including friends or others associated with us) is able to provide will be welcome. Volunteers will be needed in every facet of the pavilion - more details on this to come. The hours put in by RSCDS will be logged and at the end of the week we will be entitled to a share of the profits based on the # of hours that we have logged. So with no financial risk there is an opportunity to realize revenue for the Branch.

Many of us feel that this is an amazing opportunity for exposure for Scottish Country Dancing and ask dancers to support us in this endeavour. It should be a lot of fun to be involved in this United Kingdom pavilion.

Honorariums will be paid to organizations that have performers in the main stage show.

Any comments or questions or to indicate your willingness to volunteer: call or email Joyce 224-2291 rlicormack@gmail.com or Sheila 233-8808 careless@mts.net.

❖ Upcoming Events

April Social

Thursday, April 3, 2014

The next social is Thursday, April 3, 2014. This social is hosted by the Teachers and the Committee of Management. Cost is \$10 at the door, \$5 for basic class members. The programme and crib notes will be on the website soon.

April 3, 2014 Social Programme

Espie McNabb	32/I/3	MMM
Lord Selkirk	32/S/3	Prairie Gold
Reel of the Royal Scots	32/R/3	RSCDS Leaflet
Catch the Wind	32/R/3	Book 35
Fair Donald	32/S/3	Book 29
The Convict Ship	RTR	Leaflet Burnham
Hooper's Jig	32/I/3	MMM
Mary's Strathspey	32/S/34	Dances in mem of Mary Nixon
Shiftin Bobbins	32/R/3	Ormskirk
A Trip to Sucker Bay	32/I/3	Prairie Gold

TARTAN DAY 2014 Sunday April 6th, 3:30 PM At the Forks Market

Members, friends and family are invited to don their tartan and join us at the Forks Market on Sunday April 6 at 3:30 PM to celebrate all things Scottish! The market will rock to the sights and sounds of pipes and drums, highland and country dancing and the South Glen Fiddlers. There will also be a singsong (including Flowers of Scotland of course!) and participation dancing to the music of the Fiddlers. It's expected to be an hour of rollicking good fun!

Hosted by the Scottish Heritage Council of Manitoba, Inc., comprised of representatives from many Manitoba Scottish cultural, heritage, and related organizations, our celebration will acclaim the contribution of Manitobans of Scottish descent to Manitoba's cultural heritage.

What you may ask is Tartan Day?

April 6, 2014 is the 694th anniversary of the signing in 1320 of the Declaration of Arbroath, at Arbroath Abbey, Scotland. Considered to be a Scottish Declaration of Independence, it is also thought to have been an inspiration for the US Declaration of Independence of 1776.

Tartan Day was first established in Nova Scotia in 1986 and has since spread across Canada, the United States and internationally, even to the mother country. Tartan Day was officially adopted by the Manitoba Legislative Assembly in 1994. In 2010 the Government of Canada officially recognized April 6 in each year as National Tartan Day.

A Manitoba provincial tartan, designed by Manitoban Hugh Kirkwood Rancine, was adopted in 1962. The Manitoba Tartan is registered in Scotland as the official tartan of the province. The design received royal assent May 1, 1962. Each colour has its own significance: Dark Red Squares - natural resources of the province; Azure Blue Lines—Lord Selkirk, founder of the Red River Settlement (Winnipeg); Dark Green Lines - the men and women of many races who have enriched the life of the province; and Golden Lines - grain and other agricultural products. The Government of Canada has just recently designated the Maple Leaf Tartan as the official national tartan of Canada.

Village Green Biennial Spring Dance Workshop

April 4-6, 2014

Winnipeg, Manitoba, Canada

Dancing Around the Islands, with Robin Dempsey Lynch

Many of you have enjoyed dancing with Robin in the past. This weekend's workshops will focus on the English, Scottish, Irish, Manx, and Welsh traditions. Come "dance around the islands" with us!

We begin Friday evening with a kick off dance featuring a variety of dances from Great Britain and Ireland as well as Australian and International dances.

Saturday will include morning and afternoon workshops (lunch provided) and end with an evening dance.

On Sunday Robin will be a special guest teacher at the Village Green Challenge class. Experienced visiting dancers seeking more advanced dances are welcome to join.

The dances and workshops will feature live music from Village Green's own band The Fine Companions and MIFDA's World Village Dance Band.

Brochures will be available by the 25th of February. Some dance experience is required and participants should be prepared for a moderate amount of exercise. The cost of the weekend is \$30 with an small extra charge for those attending the Challenge Class on Sunday. Billeting will be available upon request. Please direct questions to Ann Friesen at villagegreen.vgecd@gmail.com or 204-261-6504. If you would like a registration form, please email Gerri at info@rscdswinnipeg.ca.



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

A Time of Renewal and Change!?

On the heels of a successful 50th Anniversary Event and with great response from the survey of our membership and friends, this year, the 43rd 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 23rd, 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, 43rd Annual Workshop and Ball

Winnipeg Beach

June 14, 2014

A festival is being organized at Winnipeg Beach on June 14. It will be a Traditional / Roots music, dance & arts festival showcasing the tradition music/dance/arts of the wide variety of cultures that make up Canada. Groups/performers will have a chance to do a demonstration/performance plus there will be instructional/participatory workshops, children's activities, themed vendors market etc.

We have been invited to provide a demonstration of our dancing and are welcome to do participation dancing with adults and/or children throughout the day. More details to come. Save the date - It could be a lot of fun if many of us go out for the day! Something like when we went to Lower Fort Garry with the school children??

AND if you have not already done so - Mark your calendar for the Commonwealth Ceilidh June 21 at 7:30. Location to be determined.

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. 12th 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...

Scottish Country Dancing and Your Health

By Geoffrey Selling

Anyone who reads the newspaper, or who has visited a doctor, or who has read any number of lifestyle magazines knows that exercise is good for you. Regular exercise helps with stress reduction, weight control, lowering blood pressure, reducing the likelihood of heart disease and diabetes, and a host of other health benefits. Even some cancers seem to be held at bay by regular exercise. But what about dancing - and in particular, Scottish country dancing? The following clipping from *The Scotsman* of Jan. 12, 2014 adds some solid research to the conviction that Scottish country dancing has a proven medical benefit:

Now a study by the University Of Strathclyde And The Active Ageing Research Group at the University of Cumbria has found that participating (in Scottish country dancing) can help women retain their youthfulness. Their study tested the fitness levels of women who took part in Scottish country dancing, to women who did walking, swimming and yoga. It compared a group of 26 Scottish country dancers, with at least ten years of experience, with a group of 34 healthy, physically active women who did not participate in Scottish country dancing. All the women were in their 60s and 70s and did the same amount of physical exercise each week. The dancers and non-dancers in their 60s had similar levels of fitness. However, the dancers in their 70s were just as fit as those in their 60s. But the women in their 70s who did not dance were less fit than younger counterparts. The scientists say Scottish country dancing prevented the age-

related decline in fitness that would usually be expected of women in their 70s. They believe the specific movements in Scottish country dance – forwards and sideways, turning and spinning to different rhythms during different set dances – trains the body to remain strong and responsive. Dr Susan Dewhurst, lead researcher and an exercise physiologist at the University of Cumbria, said: “The group of women who did not participate in Scottish country dancing followed the normal age related decline in their functional fitness that would be expected. However, they were very active, doing walking, yoga and swimming.

“Scottish country dancing delayed or prevented this age-related decline. This is thought to be because of the movement patterns involved, such as turning, hopping and stepping which are more challenging than walking or swimming.” “It encourages upright posture and keeps muscles strong and responsive. The social aspect makes it a fun way to support healthy ageing because when there’s a social element people are more likely to stick with it.”

See the following link for the entire article:

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

It’s a small study but a real indicator that the combined physical, mental and social aspects of Scottish dancing really can benefit us. Here is some other research that is related, though not Scottish country dance specific. Researchers at the University of California, Irvine, found that students who listened to 10 minutes of Mozart did significantly better on temporal and spatial reasoning tests than those who listened to a relaxation tape or just sat in silence for 10 minutes. Could it be that the music we listen to helps us remember our dances? It would be a strong argument for limiting the rhythmic coaching without music and increasing the coaching over the music. Several studies from New York showed that patients undergoing surgery who listened to music, even under sedation, had lower stress levels and lower blood pressure. But the most compelling research I found is quoted here from the **Harvard Men’s Health Watch**, “Music and Health”, July 2011:

Music and Movement: Falling is a serious medical problem, particularly for people over 65; in fact, one of every three senior citizens suffers at least one fall during the course of a year. Can music help? A 2011 study says it can. The subjects were 134 men and women 65 and older who were at risk of falling but who were free of major neurologic

and orthopedic problems that would limit walking. Half the volunteers were randomly assigned to a program that trained them to walk and perform various movements in time to music, while the other people continued their usual activities. At the end of six months, the “dancers” exhibited better gait and balance than their peers - and they also experienced 54% fewer falls. Similar programs of movement to music appear to improve the mobility of patients with Parkinson’s disease.

There are many well-researched benefits to listening to music - from improving heartbeats to speeding stroke recovery. Thus, the combination of music and movement (dance!!) seems to be especially helpful in a wide range of health related issues. The RSCDS has developed a formal Health Strategy, a copy of which is available from Headquarters.

Back to **The Scotsman** article for some final words from RSCDS Executive Officer, Elizabeth Foster:

Elizabeth Foster, executive officer, of the Royal Scottish Country Dance Society (RSCDS) welcomed the research. She said: “This adds to a growing bank of evidence that points to the overall health benefits of Scottish country dancing. In particular, it supports other studies which show that Scottish country dancing is superior to other forms of physical activity in building and maintaining levels of fitness and mobility.” She added: “The RSCDS Health Strategy, which was developed in response to many proven health benefits, encourages those with a range of health issues or people who are looking to improve their fitness to be actively involved in Scottish country dance.” So keep on dancing and teaching others to do so! It’s not just fun; it’s good for us!!

Note from Headquarters:

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

OLD ENGLISH PUB SPREAD

From the kitchen of John Giesbrecht

This is a recipe for a large crowd, but can easily be halved for smaller events, and it can be wrapped in plastic for freezing. This comes to you from the Giesbrecht private collection of recipes, so consider yourself privileged. (When your sister-in-law from Brandon calls to advise she will grace your home, you can haul it out of the freezer and the old biddy will never be the wiser!)

250 grams of cream cheese softened
1/4 cup unsalted butter, softened

1 tsp. Worcestershire sauce
1 tsp horseradish
2 or 3 drops of hot pepper sauce (Tabasco)
¼ cup of beer, at room temperature
½ tsp crushed garlic
250 grams of cheddar cheese(sliced or cut into chunks)
Small equal amounts of paprika and chili powder.

Combine all ingredients in a food processor until smooth. Use your spatula to place this mixture on a waxed paper that has been dusted with the paprika and chili powder. I wrap this up and stick in a small bowl to form a ball and refrigerate for at least an hour. (While this is chilling, you can chill out with the leftover beer!) Serve with your favourite selection of crackers.

Scottish Diaspora Tapestry Project

The Scottish Diaspora Tapestry Project involves the creation of an embroidered tapestry comprised of 150-200 panels depicting Scotland's diaspora and their influence around the globe. Scots have migrated all over the world and have often had a profound impact on the areas where they settled. Originally, 25 communities (including Winnipeg) were invited to document their Scottish connections on a series of embroidered panels. As word of the project spread, more communities became involved in the project.

The panels will be created by hundreds of volunteers around the world. Once completed, they will be assembled and displayed in Scotland as part of the 2014 Home Coming celebrations and then displayed around the world in the following year. The first exhibition will on May 31, 2014 in Prestonpans. The tapestry will be completed in stages, as completed panels are submitted.

The Scottish Heritage Council of Manitoba was contacted to develop panels for the Winnipeg site. John Perrin, Harry Duckworth and Heather Ferguson developed a list of themes that could be used and forwarded them to organizers of the project in Scotland, where artist Andrew Crummy developed them into seven beautiful panels. After the designs were reviewed for historical accuracy, they were returned to be finalized. On March 10, kits for four of the panels arrived, with the remaining kits expected next week. Each kit contains a 50 cm x 50 cm linen panel with the design, a full-size coloured copy of the design, and wool for stitching.

We are looking for individuals or groups who are interested working on the Winnipeg panels. Stitchers can work on a small section of a panel or larger sections, depending on their availability and skill. People of all ages and skills are invited to participate. A member of the Winnipeg Embroiderers' Guild is assisting with identifying appropriate stitches to be used in various sections of the panels. Our goal is to complete the seven panels before the summer.

If you are interested in participating in this exciting project, please contact Heather Ferguson at 204-795-2337 or heather.ferguson@gov.mb.ca. More information is available on the project website (www.scottishdiasporatapestry.org).



John Drewry doing a pousette with Peter & Lynn's dog.

Scottish Country Dance Ghillies and pumps

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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**

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 (look at Local Events)

or

contact Sheila Keller, 613 393-2955

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

or Alan Nicolle 01534 484375

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>>

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;

www.rscds-canberra.org

THE LADIES MAN

I'm a two-sex Scottish Dancer

And may seem rather dim

But I never spend one evening

As a full time her or him

I change my sex from dance to dance,

My corners always alter-

It's really not surprising I

Occasionally falter.

The old and simple dances

I can manage very nicely,

And I can learn a new dance

And do it most precisely-

But when it comes to next week

I don't know if I can,

For I learnt it as a woman

And dance it as a man.

And so, you men who have the luck
To stay always the same,
When female gentlemen go wrong
Be sparing with your blame.

I'll add a postscript to this tale-
One comfort I have got-
When both the women change their sex
It doesn't show a lot.

One of Pat's Party Pieces (Ottawa Branch newsletter)

'Dating pointers from a SCOTSMAN'

A Scotsman and his wife walked past a swanky new restaurant.
"Did you smell that food?" she asked. "Incredible!"
Being a 'kind-hearted Scotsman', he thought, "What the heck..., I'll treat her!"
So, they walked past it again...

❖ *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 April 5, 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
This and the past 11 issues of the *Light and Airy* are posted on the Branch website (rsdswinnipeg.ca).