

# Light and Airy



## Scottish Country Dancers of Winnipeg

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### Committee of Management 2014/15

<b>Chair:</b>	Don Johnson	204-885-9879
<b>Vice-Chair:</b>	Scott MacRae	204-885-7111
<b>Treasurer:</b>	Donna Robinson	204-253-2519
<b>Secretary:</b>	Agnes Brydon	204-837-7346
<b>Social Secretary</b>	Bob Poole	204-888-3173
<b>Asst. Soc. Scty:</b>	Paula Ferreira	204-475-7001
<b>Publicity:</b>	David Kroeker	204-284-4667
<b>Librarian:</b>	Reg Curle	204-254-6697
<b>Membership:</b>	Debbie Forrest	204-284-4667
<b>Demo Scty</b>	Agnes Brydon	204-837-7346
<b>Light &amp; Airy:</b>	Sheila Careless	204-233-8808
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<b>Webmaster:</b>	Sheila Careless	204-233-8808

### A Word from the Chair....

In our last edition of the Light & Airy, which was published in February, I reflected on the Burns Supper we had recently enjoyed, which included the wonderful music of Scotch Measure, under the leadership of Ken Nattrass, and the great tribute to the Immortal Memory given by Christine Wallace. None of us were to know that this would be the last time we would dance to Ken's excellent accordion playing, or ever share another Burns Supper with Christine. Their sudden deaths in the early days of March, Ken on the 5<sup>th</sup> and Christine on the 8<sup>th</sup>, have profoundly affected our Branch and we dearly miss their presence in our midst. We are so indebted to Ken and Christine for their myriad of contributions to Scottish dancing, Scottish music, and the preservation of Scottish customs and culture. Equally so, we miss, and will continue to miss, their friendship and their enthusiasm for Scottish Country dancing. *Rest eternal grant unto them, O God, and let light perpetual shine upon them. May they rest in peace and rise in glory.*

Earlier this season we had set aside two evenings for Spring dancing at St Paul's Church. One of those dates was May 12<sup>th</sup>. The Committee of Management has decided to designate that evening as the **Christine Wallace Memorial Dance**. The date holds significance on a couple of levels. Christine's birthday is May 10<sup>th</sup>, and May 12<sup>th</sup>, 1937 was the Coronation date of King George VI and Queen Elizabeth. As many will know, Christine

was a devoted monarchist and she would be delighted by this happy coincidence. I hope you will be able to attend this evening of thanksgiving and celebration of the life of Christine. The dance begins at 8:00 p.m. and there is no admission charge.

Classes have now ended for the season, and our thanks are extended to our teachers who led us through another enjoyable year of dancing. At the beginning of May is our annual Workshop, and in preparation for the Workshop ball programme, two evenings of dancing have been scheduled on April 21<sup>st</sup> and 27<sup>th</sup>, starting at 8:00 p.m. at St Paul's Church. And just a reminder that our Annual General Meeting is Wednesday, May 20<sup>th</sup>, also at 8:00 p.m.

I hope this finds you well and enjoying the joys of springtime.

*Don Johnson*

### **2014/15 Dance Season**

<b>Monday, April 27, 2015</b>	Ball Rehearsal (\$2 at the door)	St. Paul's Church 8 pm
<b>Tuesday, May 12, 2015</b>	Christine Wallace Memorial Dance	St. Paul's Church 8 pm
<b>Friday-Sunday May 1-3</b>	Workshop Weekend	
<b>Wed, May 20, 2015</b>	AGM	St. Paul's Church 8 pm
<b>Tuesday, June 2, 2015</b>	Spring Dancing (\$2 at the door)	St. Paul's Church 8 pm

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## ***Branch News***

### ***Teacher Selection Committee***

Long ago, there was an abundance of teachers in Winnipeg who wanted to teach one of the Branch classes. A fair and equitable way of dealing with the situation was to set up the Teacher Selection Committee.

The mandate of the TSC is to select teacher for classes for the upcoming year by assessing what the different classes need and who is best suited, and available, to fill that need.

The Committee is made up of 3 people: a teacher, a representative from the COM, and a dancer who has experienced all levels of classes in this Branch.

This year, the Committee members are Maureen Burnham (Teacher), Don Johnson (COM), and Betty Poole (member at large). If you have any questions/concerns, please call one of us.

Final decisions won't be made until early May.

Maureen Burnham

Teachers' Representative to COM

### ***RSCDS Winnipeg Workshop and Ball 2015***

**May 1-3, 2015**

17 Wing Air Force Base, Bldg #76

Whytewold Rd., north of Ness Ave.

Teachers:

Sharon Barker, Calgary, Alberta

Bob Anderson, Victoria, BC

## **2015 Workshop Ceilidh Reminder**

Last year's Ceilidh was a fun experience for performers and audience. We already know there is talent among us, but there's more I'm sure. For you seasoned artists here's another opportunity. If you've never done this before take the leap and share your artistic talents.

Contact Ray Plaitin at [rayplaitin@gmail.com](mailto:rayplaitin@gmail.com)

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

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

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

Your one stop shoe shop for all your dancing needs.

## **Out of Town Events**

### **Budapest Scottish Dance Weekend and Ball**

Apr. 24-26, 2015

Teacher Janet Johnston, music by David Cunningham's band. Optional tour of Hungary is available.

Info: [www.bstk.hu/ball2015](http://www.bstk.hu/ball2015) .

### **TAC Summer School**

July 26 – Aug. 2,

Longwood University in Farmville, Virginia

More info at [www.tac-rscds.org/summer-school](http://www.tac-rscds.org/summer-school)

### **46th Annual West Toronto Ball**

*Saturday May 9, 2015*

Columbus Event Centre, Lawrence Ave. & Dufferin St.

Save the date for the 46th annual West Toronto Ball. NEW LOCATION - The 2015 West Toronto Ball will be held at the beautiful COLUMBUS CENTRE at Lawrence Avenue West and Dufferin ([www.columbuseventcentre.com](http://www.columbuseventcentre.com))

Music by Scotch Mist. More info soon.

### **Saltzburg Workshop Weekend**

Aug 28-Sept 2, 2015

The Flying Scotsman SCD Group of Saltzburg will warmly welcome Ron Wallace, Liam Smith, James Gray, and you. Info: <http://goo.gl/BJj9hf>

## **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 May issue will be **May 8, 2015**.

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

## Dancing Makes You SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

### % = Reduced Risk of Dementia

0% in Bicycling, swimming or playing golf

35% in Reading

47% in Doing crossword puzzles at least four days a week

76% in Dancing Frequently

### Dancing:

- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.

David Avocado Wolfe

*Celebrate Life Through Dance*