

# *Light and Airy*



## **Scottish Country Dancers of Winnipeg**

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**August / September 2020**

### ***Important Dates***

#### **Fall Term 2020**

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

Fall 2020 – (hopefully) RSCDS dancing resumes in some format

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

Dear fellow Scottish Country dancers,

Earlier in July the Committee of Management asked all members to vote on the proposed slate of officers for the new Committee of Management. By 15<sup>th</sup> July we had received 31 affirmative votes, sufficient endorsement for us to form a new COM. We thank all the members who took the time to respond to our request.

While most of the COM members have remained in place, we wish to acknowledge and thank John Giesbrecht, Agnes Brydon, Lorraine Watson and Jane Nattrass for their outstanding contributions to the positions they held. John's term as Chair ended and I replaced him as Chair. Shirley Tinsley is our new Vice Chair. Agnes's position as Secretary ended and Sharyl Eaglesham is our new Secretary. Lorraine resigned as Membership and Doug Durnin has taken responsibility for that position. Jane was serving on Publicity but she has decided to resign. We

are so grateful for all the time and effort these members gave to the work of the Committee of Management and for the benefit of the entire Branch. So too do we give thanks for all the COM members who have agreed to continue on another year.

This is a challenging time for all of us. We do not know when we will be able to return to dancing but your Committee of Management is looking at ways for all of us to stay in contact and to keep the spirit of Scottish Country dancing alive and well.

I hope this finds you well and enjoying these August days.

Take care and stay well.

Don Johnson, Chair

***Committee of Management 2020/21***

<b>Chair:</b>	Don Johnson	204-885-9879
<b>Vice-Chair:</b>	Shirley Tinsley	204-256-3835
<b>Secretary:</b>	Sharyl Eaglesham	204-888-6662
<b>Treasurer:</b>	Sharron Bettess	204-256-2248
<b>Social Secretary</b>	Linda Wingert	204-889-6319
<b>Asst. Soc. Secretary:</b>	Barbara Lambert	204-256-8738
<b>Publicity:</b>	Joyce Cormack	204-224-2291
<b>Membership:</b>	Doug Durnin	204-253-4213
<b>Library:</b>	Joan Curle	204-254-6697
<b>Light &amp; Airy:</b>	Doug Durnin	204-253-4213
<b>Teacher's Rep:</b>	Cheryl Durnin	204-253-4213
<b>Webmaster:</b>	Sheila Careless	204-233-8808

***Have you heard?***

**Update from Jay & Eileen McLeod**

Hullo' to everyone ...

We admit that we have fallen behind in sharing health updates with family and friends all across the country. Our apologies!

The last several months Jay has been moving to and from preliminary medical tests to see if his heart and lungs are strong enough to survive what would be his second bone marrow transplant. The tests have not shown anything that would preclude Jay from going ahead with a BMT, should he choose that option. His diagnosis of MDS (Secondary Myelodysplastic Syndrome) is a result of previous chemotherapy and his first transplant of 33 years ago in Seattle.

Presently we are pondering three different options, each of which comes with unfortunate side effects:

1. The transplant (BMT) only has a 40% survival rate and could leave Jay with multiple other health complications to contend with post-transplant.
2. A drug injection treatment called Azacitidine should delay the progress of the disease for a period of time. That period of time is undetermined and would be different for each individual and their specific disease. Once the drug stops working, a transplant would be potentially less successful as the disease would have progressed further along its course.
3. We refuse all medical interventions. It has been shared that "some" people with a "less severe" MDS can sometimes remain stable for 3 to 5 to 10 years without an intervention. At present, this does not appear to be the case for Jay based on his bone marrow testing but we are still awaiting the results of additional genetic blood testing done on Jay's blood at The Mayo Clinic. These tests will hopefully shed more light on Jay's "Individually Specific" MDS, and HOPEFULLY help make this VERY difficult decision, a little clearer.

Within the next 6 - 8 weeks we should have all the medical information before us to help guide this decision.

And since "Laughter is the best medicine!" Please send us jokes, songs, stories, photos, comics... Anything that spreads JOY and SMILES.

Please ... " Keep Us in your Heart For Awhile".

Jay & Eileen

### **Hello from the teachers**

Hello to you all from the teachers!

As the teacher rep to the COM I sent out a short questionnaire to all the members asking you to share your thoughts about dancing again once we have the green light to meet in the church hall. To date I have received 23 replies.

I want to thank all who have responded and I look forward to hearing from those who have not yet responded. I have been tabulating the comments as they come in and the teachers and COM will be reviewing the responses in an effort to best decide how to proceed.

It is still unclear when it will be safe for us to meet again in person. What is certainly clear is that we are all missing being together with our dancing family.

A notice will be sent out in the near future with the results of the survey.

Until we can be together again.....stay well, stay safe, and we will all be patient.

Yours in dancing,  
Cheryl Durnin, Teacher Rep

### ***There's always music for us***

We can enjoy the wonderful Scottish Dance music we love anytime. Visit The Royal Scottish Country Dance Society website [info@rscds.org](mailto:info@rscds.org) where you can listen to various At Home Podcasts of musicians playing from their living rooms for the online audience. And also a dance class via Zoom! Every Wednesday! Here is the info from August 14 email.



Hello from Dance Scottish At Home.

As promised, although there is no newsletter this week, we're bringing you the link to this week's class recording and another chance to hear the "At Home Podcast" from the very first week of *DSAH*.

This week's RSCDS online class was taken by Alice Stainer in Oxford – taking dancers through a great warm-up, strathspey steps and the two couple Allemande before working through the strathspey Delvine Side, from RSCDS Book 2 and Thirty Popular Dances Volume Two.

The chat was as lively as ever – and as usual there was a lot of chat about the weather, especially as lots of dancers were struggling in the extremely warm weather in the UK. Jean said "Hello from the hot Highlands!", Agnes and Chris were in a very hot and sunny Suffolk, and Wendy was in a hot and humid Andover. Although Margaret did point out it was cold and dark in Auckland.

Lots of dancers enjoyed Alice's warm up including Elizabeth and Brenda; The ghosts were named and applauded for not complaining if people danced through them; And those who enjoyed Alice's choice of dance included Pat saying "First dance that when I heard the music I actually knew the name. Love the driving beat in the music." And Lara who commented "One of our favourite dances in the Twin Cities Branch and the tune is fantastic too." Diane also said that it was "Lovely to hear Bobby Crowe – great music."

You can catch up on both the class and the chat [here](#).

The Online Class will be back on Wednesday at 19:00 BST.

Classes are held at 19:00 BST every Wednesday and next week's class will continue to be accessed through the RSCDS Online Class link:

<https://us02web.zoom.us/j/83347845385>

## VIRTUAL CLASS FOR AUGUST 11, 2020

We all have plenty of time this summer to tend our gardens so what a perfect dance to feature in the virtual class. This is an example of how an online class might work. Ed.

Copied From email - Cross and Thistle August 11 Virtual Class sent by Sharon Barker in Calgary

For this class, I chose **The Compleat Gardener**, a 32 bar jig from RSCDS Graded Book 3. This dance was devised by Irene Paterson of Vancouver Island, who many of you will know. She wrote the dance for a good friend, David Vandegrift, to celebrate his retirement from teaching. David is the husband of Elinor Vandegrift – examiner and teacher, who taught at our one day workshop in 2019.

The files have been uploaded to Dropbox. You do not need to have a Dropbox account to access these files. Please do not download and save onto your own computer (copyright infringement), but use directly from Dropbox if you can. These files are NOT to be shared with anyone or posted online anywhere (YouTube, Facebook, Instagram, etc.). If you feel that there is someone who might like them, send me a message and I will forward it on if appropriate.

You can find the instructions and music on Dropbox at:

[https://www.dropbox.com/sh/fkidbjrirr2xw1/AACFjw2nQI4E3t\\_MrVch4FDa?dl=0](https://www.dropbox.com/sh/fkidbjrirr2xw1/AACFjw2nQI4E3t_MrVch4FDa?dl=0)

You can also find cribs, diagrams and videos on the Scottish Country Dance Database at:

<https://my.strathspey.org/dd/dance/14552/>

Bars 1-8      1C & 2C dance set and rotate – Each move takes two bars:

- Joining hands on the sides, set.
- All drop hands, and pulling back right shoulders, cast clockwise one place round the square and face your partner (The men are at the top facing down, the women in second place facing up, 1C is on the ladies side and 2C is on the men's side). My suggestion would be to drop hands at the end of bar 2, and ever so slightly start casting, especially if you have any balance issues.
- Change places with your partner with the right hand (Now the women are at the top and men in second place, 1C is still on the ladies' side and 2C are still on the men's side) and face in a clockwise direction
- Chase clockwise one more place round the square (This brings everyone back to their own side of the dance with 2C in first place and 1C in second place)

Bars 9-16      1C have a solo dancing round the set, again each move takes two bars:

- 1C cross over right hand
- 1C cast round their first corner to finish with 1L between 2C facing down and 1M between 3C facing up
- 1C cross up and down the dance LEFT hand
- 1M casts off round 2M while 1L casts up round 3L and 1C finish facing their first corners. This is a long way to go, so you really need to stretch your steps. My suggestion would be to "steal" a LITTLE bit of time from the crossing up and down the dance

Bars 17-24      1C dance corners pass and turn with first corners, pass right shoulders to face second corners, dance corners pass and turn with second corners and pass right shoulders to finish in second

place on own sides. Corners – remember that you dance in on bar 1, turn on bar 2, dance out on bar 3 and curve round into your place on bar 4. It is very important that the turn happens on bar 2 so that you are out of the way of the dancing couple coming back into the middle.

Bars 25-32 2C, 1C & 3C dance six hands round and back

Hands are given a fair number of times during this dance. Remember that when you take someone's hand, you should look them in the eye. You don't have to stare them down 😊, but you should make eye contact every time.

There are a number of step transitions – pas de basque to skip change of step, skip change of step to slip step left, slip step left to slip step right, slip step right to pas de basque. We have covered all of these in our regular classes, but we will go over them again tomorrow night in the zoom class.

I really enjoy this dance as it flows from one formation into the next without any awkward movements. The key is to remember that it is a left hand crossing on bars 13 & 14, which sends you in the correct direction for casting on bars 15 & 16.

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

It is still quiet on the local dance scene except for the questions about when, where, and how we might get back on the dance floor.

A big Thank You to Don Johnson for arranging for our membership to vote online for the new slate of officers for COM. Well done to all. With this business dealt with, the new COM can get down to coordinating how we might return to dancing.

I have included a Dance Scottish at Home email and a Virtual Dance Class by Sharon Barker from Calgary for your enjoyment.

In the meantime – stay safe!

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

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

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

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

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

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

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

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

### ***SCD Online***

In case you didn't know about these sites:

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

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

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

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

SCD Dictionary [www.scottish-country-dancing-dictionary.com](http://www.scottish-country-dancing-dictionary.com) has info about steps and formations.

We don't really need that, we get it in our classes; however, sometimes a video may help, and SCD dictionary has videos for steps and formations. Also, there is info about dances, as on Strathspey.

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

If you have an internet connection, browse for RSCDS & city. For instance RSCDS Toronto hosts workshops and monthly dances and has links to dancing events all over the world. Almost every city in Canada has an RSCDS group. Many have a Facebook site as well.

### **EVENTS STILL HAPPENING (AT THIS TIME)**

#### **SOURCE: email - Cross and Thistle August 11 Virtual Class**

- RSCDS Calgary Branch AGM – September 26, 2020 – Watch your inbox for the details of the meeting that will be forwarded in the next few weeks.
- St. Andrew Caledonian Society Scots Gathering – October 9-11, 2020 - <https://calgaryscots.org/> - Plans are currently on hold, but has not been cancelled yet
- RSCDS San Francisco Branch “Asilomar Workshop – October 30-November 1, 2020 - <https://sfasilomardance.wixsite.com/asilomarweekend> - Also, attached above you will find an email with more information

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

**Next L&A:** October

Members are encouraged to submit articles, pictures or information of interest to Branch members. Submissions for the *Light and Airy* can be sent to the Branch e-mail address: [info@rscdswinnipeg.ca](mailto:info@rscdswinnipeg.ca) or to the editor at [Douglas.Durnin@umr.umanitoba.ca](mailto:Douglas.Durnin@umr.umanitoba.ca) Deadline for submissions: September 12. This and past issues of *Light and Airy* are available at: [www.rscdswinnipeg.ca](http://www.rscdswinnipeg.ca)