

Great SCOT!

Scottish Cultural Organization of the Triangle

December 2016

Robert Burns Biography

By Katherine McKinley



Every January 25th, Scots around the world celebrate Burns Suppers in honor of Scotland's national poet, Robert Burns. He was born on January 25, 1759 in Alloway, one of seven children, to Agnes Broun and William Burnes, in a village South of Ayr. In Scotland, Robert Burns is known as "The Bard of Ayshire."

The parents of Robert Burns were tenant farmers, so life was arduous and difficult. Despite their lack of wealth, Robert started his education early. He studied the works of Alexander Pope, Henry MacKenzie and Laurence Sterne. He started writing poems in his teenage years, some of which, when set to music, became songs, the most famous of which is "Aulde Lang Syne," the singing of which is a long held, essential tradition on New Year's Eve.

Robert Burns published his first book in 1786 entitled "Poems, Chiefly in the Scottish Dialect." The success of this book encouraged him to improve his writing skills and seek collaboration. He, then, partnered with James Johnson, a talented music engraver to create the masterpiece, "The Scots Musical Museum," published in 1787. While the first edition had only a few original Burns compositions, later editions included far more, with the final edition having 600 songs, of which 200 were penned by Robert Burns. A later publication, "The Melodies of Scotland," contained over 100 original Burns compositions.

Known as a pioneer of the Romantic movement for his lyrical poetry, Robert Burns had numerous relationships with assorted women, one of whom, Jean Armour, became his wife, four years after their first courting spell. Many of his poems and song lyrics began as portions of passionate letters sent to his lady friends. Robert's wife, Jean, gave birth to nine children. Sadly, only three survived past infancy.

The hardships of Robert Burn's early life on the farms took its toll on his health. He died at the young age of 37 from rheumatism with heart complications. However, due to his written works, especially, Aulde Lang Syne, he lives on and is recognized as the National Poet of Scotland.



Tastes of Scotland

Oat Farls

By Carolyn McDonald Graf

A farl is a quarter of a round flat bread. It is one of the oldest breads of Scotland and indeed flatbreads are one of the earliest breads world-wide. As with all old recipes it has travelled and been adapted to time and place. Farls are the ancestors of scones.

They now come in in many forms, sometimes hard and dry, sometimes sweet or soft, and sometimes even flakey or crunchy. It is interesting how farls are adapted by place and the grains available. The Irish use wheat flour. The Welsh use barley flour and the Canadians use corn meal. The Scot's farls are made with oats.

Originally, Scots baked their breads on a flat girdle (the old name for our modern griddle) rather than in an oven. Most crofters cooked over coals from an open hearth. Only the wealthy had ovens. The girdle would hang from a bar or hinged crane over the coals. The easiest form for these breads were flat rounds. They were mostly un-leavened since chemical leavenings such as baking soda were not available until the mid 1800's.

This recipe is for oven baked Farls. But, if you are adventurous, you can cook them on a griddle on your stove or over coals in your fireplace. Each method of cooking will give a different taste to you farls.

Ingredients:

2 cups rolled oats (not instant)
2 cups buttermilk
2 cups flour
1 teaspoon salt
1 teaspoon baking soda

The day before baking, mix the oatmeal with the buttermilk. Cover and leave overnight at room temperature.

Preheat the oven to 350

. Lightly grease a baking sheet.

Combine the flour salt and baking soda. Gradually add this to the oat mixture to form a soft dough. Add more buttermilk if necessary.

Shape the dough into a flattened circle about 1 inch thick. Cut into quarters. Place each quarter or farl onto the greased baking sheet and cook for about 40 minutes until browned.



These Farls were baked in a cast iron pan in the oven. The result was a crunchy crust with a soft, tender middle.

From Celtic Hearths, Baked goods from Scotland Ireland and Wales, Deborah Krasner, Viking Studio Books, New York NY, 1991.

SCOT Beer Tasting

November 13, 2016

By Doug Cruickshanks

"A fun time was had by all at the beer tasting held at Raleigh Brewing on Sunday, November 13.

The 24 attendees were provided a tour of the brewing facility by Patrik Nystedt, the brewery's COO and Technical Manager, who gave a fact-filled talk on the brewing process of the various beers produced. During the tour we were provided with a tasting of four of their beers: "Moravian Rhapsody", a Czech Pilsener, "Hidden Pipe", a coffee porter, "Hell Yes Ma'am", a Belgian Style Golden, and "Miller's Toll", an award winning Imperial Oatmeal Stout. Raleigh Brewing has grown by leaps and bounds since our last visit there 3 years ago, and they are about to start their own canning process at the facility.



After the tour everyone retired to a private room for a great meal of lamb and beef pastry, honey and thyme potatoes, carrots and parsnip, cream of broccoli soup and mixed green salad all provided by Susan Tower of Deli-icious Truck.



Hope to see everyone again at next year's beer tasting!"

Lest We Forget Our Dear Friend Steve Johnston who passed away just over 5 years ago, let us remember this Great Man and Dear Friend who did so much for SCOT

**Steve Johnston
1943-2011**

Steve was known and loved by everyone in so many areas of his life. He became involved in all activities in a quiet but powerful manner. He touched us all with his ready humor, laugh, smile, knowledge, and love of life.

Most of us know that Steve was an avid “Wolfpacker” and loved his alma mater, North Carolina State University. He attended NCSU and received his Bachelor of Science in Nuclear Engineering in 1965. While there, he met and married his wife, Pat. He went on to receive his Ph.D. from NCSU in 1979 in Economics with a minor in Nuclear Engineering. You may have known that Steve was on the faculty at NCSU and North Carolina A & T University in Greensboro, NC, but did you know he was also a visiting lecturer to both UNC Chapel Hill and Duke University? Steve worked at RTI International Research and at Veritas Economic Consulting. Steve coauthored the book *Electric Utility Load Management* and had over seven articles published. He presented at over 25 conferences across the United States and Canada. That’s a side of Steve that many of us never had the pleasure of witnessing.

Steve was always active in his churches, including Hudson Memorial Presbyterian while living in Raleigh and his present church, the Kirk of Kildaire, in Cary. Steve served as an elder in both churches. He was a supporter of the ceilidhs at Hudson and continued his service as a “Scottish Ambassador” in the Kirkin’ o’ the Tartan at the Kirk of Kildaire. As one member at the Kirk testified, “He was considered the authority on all things Scottish at the Kirk”. As in all areas of his life, he was loved by all and continued to support the youth, even after they left for college.

Steve was instrumental in forming Clan Johnston/e in North America in the 1970’s. He served on the Executive Council of the Clan since its beginning and was one of the founding, charter members. Steve served as the President of Clan Johnston/e from 2004 until the present. One of Steve’s favorite activities was to man the Clan Johnston/e tent at highland games and get to know people.

On the [Friends of Steve Johnston Facebook page](#), there have been many memories shared that depict Steve’s love of life, the Scottish community, kids of all ages, and laughter. These include stories about his love of food and eating competitions. Who hasn’t seen Steve eating corn-on-the-cob, peanuts [boiled of course], pralines, ice cream, ribs, Scotch eggs, eckles, and meat pies? And every Highland Dancer for about two decades now has tried on “the animal noses”! Also, did you know that Steve often instigated staring contests and burping contests with the dancers? Yes, that was our Steve! Then there was the difficult “finger worm”.....Steve was the champion at that art form. Steve was famous for giving his enthusiastic High Fives (and High #1’s) to dancers as they leave the platform. He was also there to give a hug or a shoulder to lean on when dancers were frustrated over their performance or competition results. But the one memory that was mentioned more than any other was Steve’s ability to make everyone, particularly the kids, feel relaxed, comfortable, happy and most of all, important.

Steve was so many things to so many people. He was husband, father, father-in-law, granddad, brother, uncle, nephew and to all of us who loved him, he was our dear, dear friend. We have heard story after story and memory after memory of how Steve affected peoples’ lives. These stories poured in from all over the United States and Canada. Some of the descriptions of Steve were :

- “Chief of our tribe of wandering North Carolina Scots”;
- “The glue that holds our Scottish community together”;
- “Dance dad extraordinaire”;
- ”Hero” (mentioned five times);
- “Math tutor”;
- “The Voice” for his beautiful, resonant voice when announcing dance competitions at Highland Games;
- “Best driver to Highland Games”;
- “Captain of the Scottish Drinking Team” (mentioned nine times!);
- A “stand in dad”;
- A “second granddad”;
- A “font of knowledge and memory”;
- “A bridge player”;
- “An encourager”;
- “A magician”;
- “A “Big Wig at RTI”;
- “A good dancer”,
- “A wonderful helper”

Steve was all of these things and oh so many more. We know that he never knew a stranger and was the greatest at “Kevin Bacon’s Six Degrees of Separation” (although, Steve usually could make a connection to someone he just met in one or two jumps). However, the one description that appeared the most spoke to Steve’s smile, his love of humor, and his laughter. In looking at the stories, these attributes were mentioned over forty times! What a wonderful gift Steve had.....the ability to make others laugh, smile and feel loved!

Thank you, Steve, for teaching us to laugh, to see humor in all things, and to not take ourselves too seriously. Thank you for being our Chief, leader, captain, teacher, glue, hero, tutor, driver, encourager, stand in dad and granddad, magician, and helper. But most of all, thank you for being our friend.

Stephen Andrew Johnston

June 11, 1943 - September 18, 2011

Cary

Stephen Andrew Johnston, 68, of Cary, died peacefully at home surrounded by family after a brief but intense battle with pancreatic cancer. He was born in Syracuse, NY to Margaret and Marvin Johnston during his father's military service. He was pre-deceased by his parents and his son Mark. He is survived by his wife Pat, son Eric, daughter Wendy and grandson Devon, all of Cary, his daughter Amy Mooney, son in law Chuck, and grandson Bryant of Fuquay Varina, his sister Jane Stallings and brother-in-law Willie of New Bern, aunt Helen Ross McNeeley of Cary, and numerous extended family members.



Steve graduated from NCSU with a BS in Nuclear Engineering and PhD in Economics. He worked as an Energy Economist with RTI, professor of Economics and served on a variety of municipal and state boards. Steve was an active member of the Presbyterian Church throughout his adult life serving in many capacities.

Steve was proud of his Scottish heritage and was an enthusiastic supporter of all things Scottish. Fueled by his numerous trips to Scotland, he shared a wealth of knowledge with others in a variety of settings. He was devoted to his family. His generosity, love, support, humor, and open mind positively impacted every person he met.



President's Corner

Dear Members,

By the time you receive this newsletter, Thanksgiving will be over and we will be heading into Christmas.

We have had another very successful Beer Tasting. Many thanks to Doug Cruickshanks for organizing this event once more.

Coming up is The Celtic Christmas Concert by Jennifer Licko and her band which SCOT is helping sponsor again. This was a great success last year and I look forward to seeing many of you there this year.

Remember to mark your calendars for the upcoming Burns Nights:

1. The long time favorite at The Country Squire is on January 21st.
2. The local event is getting more popular at McGregor Downs Country Club and is scheduled on Friday, January 27th.

Watch your email, the website, and our Facebook page for more details on these events.

Ceud mile failte – One hundred thousand welcomes to our new members Stan Southerland, Elizabeth Ward, Cathy Swindell, Ruth Suehle, & Kenneth McEntire.

As always, please let us know what we can do to make SCOT the organization you all want it to be!

Come along and enjoy our events, they are for you, our members!!

God Bless, and enjoy each and every day!

Donald Ross

Calendar of Future SCOT Events and Other Activities

December 2016

Cary Christmas Parade

December 10, 2016
Cary, NC

Jennifer Licko Concert

December 13, 2016
PSI Theater, Durham, NC

January 2017

Burns Dinner – Keanansville, NC

January 21, 2017

Burns Dinner – Cary, NC

January 27, 2017

February 2017

Movie Night – Cary, NC (Annandale Center)

February 11, 2017

Whisky Tasting - TBA

March 2017

St. Patrick's Day Parade – Raleigh, NC – TBA

Cary Indoor – Cary, NC

March 25, 2017

Celtic Christmas 2016
The Jennifer Licko Band
Album Release Tour

featuring dancers from the
Annandale Center
of Scottish Dance

December 13th, 2016 @ 7:30 PM
Durham Arts Council, 20 Morris Street, Durham, NC 27701

\$20 - \$25 Advance & Preferred Seating | \$30 At Door
Online: www.jenniferlicko.com | Phone: 561 670 5534

Hilton Garden Inn Raleigh-Cary
SCOT Scottish Cultural Organization of the Triangle
Annandale Center of Scottish Dance and Step
407 Pacific Avenue, Cary, NC 27511
Amy Mooney | 919-488-8888
www.annandalecenter.com

Emerald Isle Realty



406 Faculty Avenue
Cary, NC 27511
www.scot.us

The Scottish Cultural Organization of the Triangle (S.C.O.T.) is a non-profit organization dedicated to informing and educating the public about the history, culture, and heritage of Scotland and the Scottish people.

Board of Directors:

Tiffany Cissel	Lara Seltmann	Cheryl Jones
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Catherine McKinley	John Sprague	Donald Ross
Carolyn Graf		

We welcome your contributions to this quarterly newsletter! Please forward news of any achievements, births, marriages, or graduations to Amy Mooney (danceramy@aol.com) to be included. If you have an article, story, artwork, or bit of Scottish lore to share, please submit it to the Editor (SCOT.triangle.news@gmail.com).