

# Great SCOT!

Look what's  
going on...

Scottish Cultural Organization of the Triangle

January 2014

## Beer Tasting Recap

A fun time was had by all at the beer tasting held at Raleigh Brewery last month. A crowd of over 30 was in attendance and was 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. After the tour, everyone retired to a private room and was treated to a superb meal of Bonnie Prince Charlie Chicken provided by Susan Tower of "Deli-icious Truck." A large quantity of pitchers of different brews were available for tasting by all, including "Blatherskite" a Scottish Ale, "City of Blokes" an English Bitter, and "Hell Yes Ma'am" a Belgian Style Golden. Which was your favorite? I'd have to go with the Scottish Ale!

- Doug Cruickshanks



## Ceilidh Sun

SCOT had a party (Ceilidh) on November 16 at the Triangle Dance Studio in Durham. It was a night of good food, music, poems, songs, stories and friendship and was – free! About 30 members and guests came and enjoyed the evening together. Thanks to Pat Johnston for teaching a fun round of Country Dance, reading poems, being the DJ and cuing up the music; Donald Ross for his story about his going home; Amy Mooney for her Cape Breton dancing and helping the two left-footed dancers learn the turns for the reels; James Olin Oden for singing and playing two sets on his guitar; and George Birrell for his history of the Gordon Tartan and another set of poems and story. As the evening wound down, we sang songs from Scotland and had a great time. We wish more of you could have joined us—perhaps next time!

- Virginia Kent

## Burns Night



**Robert Burns**  
1759 — 1796

Our 13<sup>th</sup> Annual Burns Supper will be held on January 25.

SCOT is once more proud to participate in the Burns Supper held at The Country Squire in Kenansville, NC, in true Scottish tradition. A great evening of food and entertainment is in store. Come along and enjoy this celebration honoring Scotland's national bard.

### *The Menu:*

Haggis, Neeps & Tatties

Salad with choice of Dressing

Entrée Choices:

Spinach-Stuffed Chicken w/ Cream Sauce

8 oz. Ribeye

Broiled Flounder

Scottish Steak Pie

(Served with Potato and Vegetable)

Anyone wishing a side order of Haggis, add \$5

Dessert of Scottish Trifle

All dinners include glass of wine, tea, and coffee

The Country Squire has been able to keep the price of tickets the same as last year - \$46 per person. For the past several years all SCOT members have received a ticket for an extra glass of wine or beer, and this tradition will continue, as a token of thanks to our members for their support.

The program will include some great entertainment from The Port City Pipes and Drums, along with some of our own SCOT members, come along and see for yourself!!

Reservations can be made directly with The Country Squire at 910-296-1727 or [www.countryshireinn.com](http://www.countryshireinn.com), or by contacting Donald Ross at 919-934-1915 or [welake87@gmail.com](mailto:welake87@gmail.com). I look forward to seeing many of you there.

- Donald Ross

## Catching Up with Wake and District

Now that competition season is over and practice season is going on in earnest – it's time to reflect on the news from last half of the year! Catching the band is tough to do as they remain on the go and are growing larger all the time. Membership has eclipsed 70 and keeps on growing. They continue to field grade 4 and 5 bands in competitions, have fun and remain true to their mission of serving those who serve.

June found the band playing for the North Carolina State Highway Patrol 131st Basic Patrol School graduation on June 28, after 29 weeks of extensive academic and physical training (and putting up with the skirl of the pipes and drums every Monday evening). They did it again in October for the 132<sup>nd</sup> NCSHP graduation. Band members were honored to march in the 18 graduates and march them out as Troopers at the end of both ceremonies. The band also played earlier in June for a NCSHP promotion ceremony. In August, the band was honored to pipe for the Raleigh Fire Department graduation. On September 21, members of Wake & District participated in the Stephen Siller Tunnel 2 Towers fundraiser 5K. The Foundation honors the legacy of love given to us by Stephen Siller, FDNY, who laid down his life on 9/11. On October 19, members of Wake and District got all dressed in order to attend the 9th Annual Salute to Freedom Gala put on by the USO of North Carolina in Raleigh. Then on November 7, members of Wake & District were honored to participate with Operation Coming Home in honor of injured Army Ranger Nathan Rimpf when he received the key to his new home.

**Band gigs:** The Band stays active in the community participating in parades (July 4<sup>th</sup> Raleigh, Veteran's Day, Raleigh) and so many other activities. In June and again in October, the band fronted for My Three Kilts and

Albannach at Tir Na nOg with patrons enjoying the pounding of good tunes and good times. The Band was honored to be a part of Taste of Blount Street and City Market on July 20, sharing our music and merriment. August was hot and steamy as usual but that didn't slow the band down. On August 9, a few of our members attended the NC FOOLS *Brotherhood Bash* with a massed bands of pipers and drummers from across the old North State and then moved into the Pub for a night of Irish music, dance and singing. Campbell University Homecoming saw a large band side drum section step out in October at the Buies Creek campus.

**Competitions:** Several of our band members competed solo at the Grandfather Mountain Games in July with the following members placing in their respective groups: Professional Piobaireachd, 1st place - Ken McKeveny; Grade 5 Snare, 1st place, AGL and drummer of the day - Ian McKeveny; Amateur Bass, 2nd place - Johnny "the conductor" Lovett and Amateur Tenor, 2nd place - Jean Russell. August ended hot as band members headed to the Great Meadow in The Plains, VA for their 40th Annual Scottish Games and Festival. Wake and District was well represented on the solo boards and in the circle. Congrats to Garrett Justice on a 2nd in Piob and 3rd in March. Congrats also to Ian McKeveny competing for the first time on his side drum. Our Grade 5 band placed 1st and the Grade 4 band placed 2nd. Well done! As the fall began, the band traveled in September to the Celtic Classic in PA. It was a whimsical weekend playing against the best G4 bands on the East Coast. At the end of the day we found ourselves in the money placing 4th overall – including two 1sts in ensemble for our Medley.

Now it's time to practice, rest and give thanks for our band members, community and those who serve so we can enjoy our freedom and safety.



## Scholarship Thanks

Each year, SCOT awards scholarships to several people who apply for assistance in attending a Scottish Arts school or camp in North Carolina. We recently received thank you notes and pictures from several:

*“Dear SCOT:* I would like to thank you for giving me the scholarship. I used it to attend the North American Academy of Piping and Drumming. Throughout the week I learned a lot of new tunes and skills that will further my progression with the instrument. It was a great week and I will definitely be going back next year. I want to also thank your organization for all that you do. Helping people learn the Scottish arts is a great thing. Sincerely, Garrett Justice”.

*“Dear SCOT:* Thank you for the scholarship to the North American Academy of Piping and Drumming. I really appreciated going to camp and I had a really fun time. The other members in my band have seen improvement and I have myself as well. My techniques in snare drumming have improved a lot and I am very thankful for the scholarship. Thank you for your time into giving me the scholarship. Sincerely, Mady Justice”.

*“Dear SCOT:* Thanks for the scholarships for myself and my two children. We attended the North American Academy of Pipes and Drums. We saw many old friends and made some new ones as we spent the week learning and refining our skills on our instruments. My son and myself play the bagpipes and my daughter plays the snare drum. We have all noticed improvement especially my daughter. She has gained more confidence. Thanks again for the scholarship money. It was of great appreciation in helping the three of us attend camp this summer. Sincerely, Mark Justice”.

We also received a thank you card from Melissa Fox Jones for her scholarship to the Jink and Diddle School of Scottish Fiddling. Please see the second of a two-part report of her experience on this page.

## A Week in the Life...

### *A Week in the Life of a Beginning Fiddler*

By Melissa Fox Jones

My week of Scottish Fiddling School at Jink & Diddle began on Sunday, July 28, 2013. I traveled up to Valle Crucis, NC to the Valle Crucis Conference Center, a place I have been to several times for drumming school. This,



however, was going to be my first trip there as a beginning fiddler and I can say that I was very excited about attending and also had some anticipation about what to expect. For an account of days one through five, please see the October 2013 issue of Great SCOT!

**Day Six:** Friday is the day of the 18th Century Scottish Country Dance. Moira Turner and a lot of other individuals have worked very hard to create a lovely setting with refreshments, the orchestra, and a nice section for everyone to participate in the dance. However, there are classes to attend to first. I had Colyn today and I had another leap in learning. Colyn explained the step/half step on the piano keyboard. Pat Talbert, my instructor, had given me a printout of a keyboard so I had one to look at when he was talking about this. We went through the F#, D, and G scales, and again, I had a picture drawn out for me (yea!) and it made sense. And then when he showed me how the notes came on the violin strings, another piece of the big violin puzzle came together. Now I know why you play the "high 2" note sometimes, why you play the "low 2" note sometimes, and how to determine which to play. Colyn also recommended a book for me to use, New Directions for Strings. I kept that in mind and made sure to get it when I got home. The remainder of the class schedule was the same except that we had to eat dinner quickly in order to change and get down to the Apple Barn and settle into our places for the dance. We arrived at the barn before 7:00 pm and a crowd had gathered around the entrance. Fortunately, we had a back door where we could get in next to our seats. We did have time for a few photos before the dance started. It was truly a sight to see. For those who had not been to a dance like that before, I know they enjoyed the experience because I do not know of anyone who did not have a good time. Melinda had explained the order of the music to me so I knew what to expect. The instructors were very good about letting us

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*Week (Continued from page 3)*

know which tune to play that was coming up next. For many of the dances, we had three to five tunes to play and many of those repeated. And they did not repeat in the same order as you played them the first time. It made it very important to watch the conductor. Being in a pipe band helped me with that as I am always watching either the drum sergeant, or the bass drummer, and always listening. Knowing what is going on around you is essential. If you get lost, sometimes you can find your way back. However, it is better not to get lost to begin with. We played the first set of tunes, took a much-needed break, and then resumed the playing. The entire dance lasted until 11 pm and everyone had a wonderful time. As for me, I was not as tired as I thought I would be. However, I did go back to my room and to bed. Even though the evening had been totally wonderful, tomorrow was another violin action-packed day and the last full one before going home. End of day six.

**Day Seven:** There were classes on Saturday as usual. My group 1 class is with David today. I can tell everyone is beginning to wind down from being tired and from being sad at the idea of going home tomorrow. I am beginning to feel it also. The week has been great! Where else can you go and learn so much with people who love the music you play just as much as you do? What made it better is that the weather was so cool. It was unusual for August and I was very thankful for that. David reviewed what we learned during the week. For some reason, we keep having three people in these classes, but it is never the same three people. We worked on a few tunes that some of the more advanced individuals wanted to play. David also discussed what he and Dr. John Turner did when they play the taverns in Colonial Williamsburg. It was a very interesting session and it was nice to see how the instructors use their talent outside of the school. The other classes through the afternoon were the same. I had my final private lesson then with David. We worked on more bow technique as I still have a squeaky A string when I play. We also worked on some other simple tunes and I was reminded about keeping my wrist straight, which I had kept up during the week. We also talked about how often to rosin the bow and how far out to tighten it, which makes a difference in the squeaking. All of these facts were so helpful and I use them in every practice. The evening supper was finished quickly again as the ceilidh was starting at 7:00 pm and guess who was the first act? That's right! Mary Ellena, Barbara and I were playing our march tune, where the violin was acting as the pipes. I think we made a very good effort considering that was one of the few times a flourishing tenor played to a violin. It must have been a strange sight. I believe about 30 acts followed us and we had a variety

of musical acts, from comedy to singing. One of the funniest was Maynard singing "Long Tall Texan" using his cello as a guitar. And John Turner playing Tonto was great! It was a blast! We have so many talented individuals in Jink & Diddle. It is a treat seeing what all they can do. End of day seven and our last full day at Valle Crucis.

**Day Eight:** Sunday and time to go home. Regular classes are not held today. Instead we are all meeting in the Apple Barn after breakfast to review tunes from all three of our music books and talk about what we did this week. We played for awhile, had our group photo, said a lot of goodbyes and packed up our things to come home. This was one of the best weeks I have had in a long time. I have learned a lot and hope to go back next year. I want to continue to learn and play and do lots more with my violin. To be in the company of so many talented and sharing instructors is a blessing indeed.

Thank you again for the scholarship. I took advantage of all I could during the week to learn as much as possible. And I think I got my money's worth!



## Calendar of Events

### January

- 18-19 Central Florida Scottish Games, Winter Springs, FL
- 24 Burns Night, Tir Na nOg, Raleigh, NC
- 25 Burns Supper, The Country Squire, Kenansville, NC

### February

- tbd SCOT Whisky Tasting\*
- 23 Northeast Florida Scottish Festival, Green Cove Springs, FL

### March

- 4 Chieftains in concert with NC Symphony, Raleigh, NC
- 15 Raleigh St. Patrick's Day Parade
- 29 SCOT Cary Indoor Dancing and Piping Competitions  
Resurrection Lutheran Church, Cary, NC
- 30 Cary Indoor Highland Dance Workshop

### April

- 6 National Tartan Day
- 12-14 Loch Norman Highland Games, Huntersville, NC
- 30 Triad Highland Games, Greensboro, NC

### May

- 2-4 Triad Highland Games, Greensboro, NC
- 10 Savannah Scottish Games, Savannah, GA
- 11 SCOT Afternoon Tea, West Raleigh Presbyterian Church\*
- 16-18 Smokey Mountain Highland Games, Maryville, TN
- 24-25 Gallabrae Highland Games, Greenville, SC
- 31 SCOT Golf Tournament & Family BBQ\*

\*to be confirmed

# Tastes of Scotland



## Sofar Bridies

Traditional recipes often have many variations and their origins are often obscure. Such is the case with the meat pies called Fofar Bridies. Tradition has that they were invented by a Fofar baker in the 1850s. There are two distinct versions of the origin of the name. Some say the name came from Margaret Bridie of Glamis who is reputed to have sold them in the markets in Fofar to farm laborers who carried them into the fields. Others say the contents, mainly good quality meat, were too expensive to have been served anywhere but at special occasions such as a wedding for the Bride's (Bridie) meal. These folk also cite the horseshoe shape of the pies, a good luck symbol, as part of their claim. Either way they are a distinct meat pie, separate from others in their lack of potatoes in the filling.

The oldest recipes for Bridies call for thin slices of beef steak mixed with suet and onions. The pastry was a simple pie crust. Modern versions include other meats such as lamb, ground rather than sliced, and use butter rather than suet. One version added Worcestershire sauce. Some with puff pastry. All include the tradition of one hole in the top to indicate no onions and two holes if onions were included. This is one of the simplest recipes.

- 1 pound lean or chuck steak, pounded well with a meat hammer
- Pastry dough (either homemade or purchased)
- 1/3 cup minced onions
- Butter
- Salt and Pepper

Preheat oven to 400°F. Cut the pounded steak into very thin diagonal strips, 1-2 inches long. Roll out the pastry into 6 six-inch circles. Divide the meat among the circles. Sprinkle each with minced onion and dot with butter. Season well with salt and pepper. Wet the rims of the pastry circles with water and fold over to make crescent shaped tarts. Pinch the edges tightly together. Cut steam vents on the top of each tart. Brush with milk and bake for 45 minutes or until done and golden brown.

From Quick and Easy Scottish-American Recipes, a small book. I bought at a Highland Games. There is no listed author or publishing information. It is a fascinating little book linking many traditional Southern foods such as fried chicken, eggnog, and double-crust pies, to the Scottish immigrants who came to the American south during the eighteenth and nineteenth centuries.

- Carolyn McDonald Graf



## President's Corner

Dear Members,

By the time this newsletter is in your hands we will be into 2014. Where did the year go?

We have had several events since our AGM and I feel that they have all been very successful, thanks to our Board members for all their hard work! I am confident that we will continue to enjoy more great events this year.

Of course the first one in January will be our Burns Dinner at The Country Squire. This has proven to be one of the highlights of the year and I feel sure that this year will once more meet all expectations.

We are planning to have a Whisky Tasting in February, but as of this going to press, we do not have the date or location tied down. Be sure to watch your email for the date and location to be announced.

You will see a link on our website for the Burns World Federation November newsletter. This is a great read and there is certainly something of interest for everyone in there to enjoy.

*Ceud mile failte* - one hundred thousand welcomes to our new members from all over the Triangle: Susan Tower, Joyce Gibson, Cheryl Vermilyea, and Jennifer Bremer. We are delighted you have joined SCOT and look forward to seeing you at some of our upcoming SCOT events.

My sincere thanks to all of you for supporting SCOT, and to our Board Members, a special word of thanks for all your help and support!

Donald Ross

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# SCOT

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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:

George Birrell	Cheryl Jones
Thom Bowie	Ginny Kent
Doug Cruikshanks	Lynn McElroy
Patricia Johnston	Catherine McKinley
Carolyn Graf	Donald Ross
Pat Johnston	John Sprague

## A Brief History: The Royal Mile

Edinburgh's world-famous Royal Mile, which is actually 1 mile and 107 yards, stretches from Holyrood Palace to Edinburgh Castle. Several streets connect to comprise The Royal Mile: Castlehill, Lawnmarket, High Street, Cannongate, and Abbey Strand.

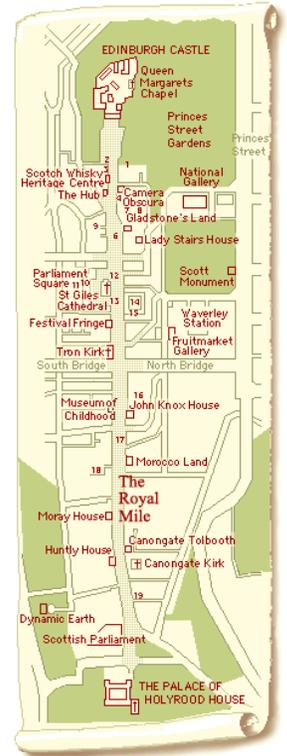
King David I, who reigned from 1124-1153, is credited with initiating the trading market road which would become The Royal Mile. He granted trading rights to the township around the hill fort, then created "High Street" for them to occupy. As a result, this roadway was referred to as "Via Regis" which means the "Way of the King." It's very likely that this is why it is called The Royal Mile, which it has been since 1901.

Buildings were, and are, named for landowners. Gaps between buildings are called "closes," derived from dividing enclosures. There are over 70 closes on The Royal Mile. These enclosures had large gardens. One original garden was burned in 1544 by the English during a

period called the "Rough Wooing." This refers to the time when Henry VIII tried to force the Scots to allow his son to marry the infant Princess Mary (Mary, Queen of Scots). He ordered the destruction of the market street in his quest, which was unsuccessful.

The 17th and 18th centuries saw massive growth around the Via Regis marketplace. Today, The Royal Mile includes shops, restaurants, tea rooms and taverns as well as museums, galleries and theatres. The shops sell crafts, curios and, of course, whiskies and kilts. Tartan Kilts, established in 1889, is the oldest kilt shop. The oldest building is The Moubray House built in 1477. Originally a home, it's also served as a book shop, hotel and tavern. Other attractions include a brass rubbing centre and "The Museum of Childhood," which displays Scottish toys, books and dolls. The Royal Mile offers something for visitors of all ages.

- Catherine McKinley



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 Jane Dunbar (thedunbars@mindspring.com).

### S.C.O.T.

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