

Great SCOT!

Scottish Cultural Organization of the Triangle

June 2016

Mission Trip

Submitted by SCOT Member
Courtney Cissel

Open Eyes, Open Hearts

I think most people have a travel wish list—places that will fill our dreams, plans, and savings for perhaps years until we're fortunate enough to finally make it. (I'm sure for most of us in SCOT, would put the British Isles very high on that list!) Global travel is in my bones, but one place I'd never had particular ambition to visit was the continent of Africa. When my church shared 2016 mission opportunities several months ago, the very first mention of the word "Kenya" commanded my attention so fully that I knew it wasn't just the travel bug rearing its head. I was meant to sign up for this trip.



Between March 17 and 27, myself and two more experienced members of my church joined with the rest of the team assembled by Truth For Today Baptist Medical Missions. The director of TFTBMM is both a doctor and a former missionary, so it's his heart to partner with various missionaries throughout the world, using physical care as a gateway to care for the locals' souls too. Out of our team of ten, only about half of us were medical professionals. We came from all over the US, so most of us were complete strangers when our flights converged in Amsterdam, but it only took a couple days in the city of Nakuru for us all to feel like family.

The city of Nakuru is Kenya's fourth largest. From the capital city of Nairobi, it's about a two-hour drive through the lush Great Rift Valley to more savannah-like terrain. (And what an adventure that ride is in itself. The Kenyan traffic system is full of very "creative" drivers, and we would have never made it without local Julius in charge of our bus!) The area is classified as third-world, so it was nothing like the locales I'm used to seeing on my travels. Imagine a sprawling city with a population slightly greater than Greensboro's operating without the use of a single traffic light, and that gives you a sense of its energy. Just as Kenya has both Swahili and English as official languages, you see touches of Western influence among the sub-Saharan culture.

The members of the city's Grace Bible Baptist Church were our hosts and guides, and each of our five clinic days, they acted as our interpreters and extra hands as we branched into different corners of the community.

We were divided into two smaller teams based on whether we were medically trained: General physical/pharmacy and vision. My particular role was the very first step of the vision exams; I was trained on a remarkable device called a handheld auto-refractor. In a matter of seconds, it can calculate a fairly confident reading of a person's eyeglass prescription. From there, our team would sift through thousands of pairs of used glasses (received from Lions International) to find the best match. From a teenage boy having some difficulty reading to an eighty-year-old woman with debilitating cataracts, we examined 731 pairs of eyes, giving the vast majority of patients glasses they would have never received otherwise. The general medical team saw 919 patients and filled 2,517 prescriptions, while Grace church members led 171 of these people to Christ.



On our last day before flying home, our group had the opportunity to go on safari through Lake Nakuru National Park. The lake is famous for attracting sometimes thousands of flamingos at once. While it wasn't the right time of year to see them at their peak, it was special to see some of those birds at a distance. We saw countless zebras, gazelle, water buffalo, and monkeys. Several ostriches strolled just feet from our vehicle, and our driver just might have gone off-road to put us dangerously close to a pair of rhinos! We spent most of the day hunting giraffes and finally spotted some well-camouflaged by surrounding trees.

It was a week of incredible opportunities, meeting people and experiencing moments I would have never expected! Before I even made it home, I was thinking of the next time I might be able to join TFTBMM. For anyone who's ever considered taking a similar trip—and especially those who haven't!—I would absolutely encourage you to go ahead and start making this travel wish a reality!

Courtney Cissel

Golf's Scottish History

By Katherine McKinley



Golf, in its primitive beginnings, started in the early 1400's when Scottish shepherds used their staffs to knock rocks into ground holes as a way to pass the time. Some sports historians point out that, like any established game, it's likely that assorted forms of utilizing a stick to roll a round object at a target occurred around the globe. However, Scotland does have a proper claim to originating golf as we know it. The term itself is evolved from the Gaelic word for club with assorted written references over the centuries including "gawfe" and "golfe." It appears that, almost as soon as it became a formal recreational occupation, it was banned. In 1457, the Scots Parliament of James II issued an edict forbidding golf play, feeling it was interfering with the military training to be used against the English. In 1502, with England and Scotland reaching a peace treaty, the ban was officially lifted.

In 1744, the first recorded golf association, The Honourable Company of Edinburgh Golfers was formed. The City of Edinburgh sponsored an open competition and awarded a, thereafter annual, Silver Cup, to John Rattray, the first official golf champion. In 1754, the first codified Rules of Golf were published by what became The Royal & Ancient Golf Club in Scotland. In 1759, stroke play began replacing match play at St. Andrews. **THE GOLF CLUB** - After it was recognized that shepherd's staffs were inadequate for proper sport, players began carving their own clubs and golf balls from wood. In time, skilled craftsmen took up formal production. The earliest written reference to some specially made clubs is from 1502, when King James IV had a bow-maker in Perth produce a personal use set. This set included "longnoses" for driving, "fairway clubs" for medium range shots on grass, "spoons" for short range shots, "niblicks" similar to today's wedges and a "putting cleek." Club heads and shafts were made from two different types of wood and were connected by a splint, then wrapped with leather straps.



THE GOLF BALL has come a long way from the round rocks it started out being. In the late 1400's, wooden spheres were replaced by the "hairy" which was a leather stitched handball filled with animal hair. Sometime before 1600, the "featherie" replaced the hairy, made by stuffing the leather pieces with the down of unfledged birds. Featheries could be packed harder than haries and, therefore, could travel farther. Then, in 1848, "the gutty" was introduced; a ball made of gutta-percha gum. The first gutties were smooth, however, it was soon recognized that a ball would perform better if it

had indentations, so a saddle maker in St. Andrews used tools to create regular grooves. Then, in 1899, a Goodrich rubber company employee patented "the Haskell ball," which was a solid core wrapped tightly with rubber bands covered with a layer of guttapercha. In 1967, Spalding re-devised this type using Suralyn as cover. The result is a golf ball which spins slower off the driver, slices less yet still allows control in short game. The traditional 18-hole golf game dates back to 1858 at St. Andrews when a member pointed out that it takes exactly 18 shots to finish a fifth of Scotch. Therefore, it was determined a round of golf was finished when the Scotch ran out. Folklore and fun! So, "fore!" (shouted at "forecaddies" who waited down the fairway to collect personal golf balls) and let's all enjoy the wonderful, legendary and, definitely, **SCOTTISH Game of GOLF.**

Tastes of Scotland

By Carolyn McDonald Graf

Tuppenny Struggles

Meat pies have been a staple of Scottish fare for centuries. Mutton was the most common filling, being the most convenient and cheapest meat available. The hard crust of the pies allows them to be easily stored and eaten on the go. Early scots had no forks as eating utensils, so food that could be eaten out of hand was a plus. Mutton pies were favored by workers who could carry them from home or buy them hot from pie-men or pie-wives in less rural areas. Each region of Scotland has its own version and each thinks theirs is the best. Meat pies are still a favorite of sports fans in Scotland and at Highland Games here. Beef pies have become common and even vegetarian versions. Traditional pies have a raised edge at the top which can be filled with gravy, beans, or mashed potato.



The reason for these pies to be called Tuppenny Struggles is lost. Perhaps the richness of the included currants and fruit jelly raised the price from one penny but why the struggles? A struggle to come up with the tuppenny? A struggle for the pie maker? There have been many struggles for the Scots so any guess is reasonable.

Ingredients

1 pound minced cooked mutton (or ground beef)
½ pint brown ale
Salt & pepper
1 teaspoon vinegar
Pinch of nutmeg

1 tablespoon currants (or raisins)
Red currant jelly or (fruit jelly of your choice)
Sugar
12 oz. hot water pastry (recipe below)
1 egg lightly beaten



Moisten the meat with the vinegar and brown ale. Season with salt, pepper, and nutmeg. Mix and mold the pastry into six individual cup-like shapes about 3 ½ inches wide and 1 ½ inches high, saving some aside for the lids. Divide the meat mixture evenly among the shells. Put a few currants, a pinch of sugar, and a dab of jelly on top of each. Roll pieces of the extra dough into balls and flatten to make lids. Moisten the edges with water and put onto the shells. Press edges to seal. Make a hole on the top of each. Brush with egg and bake at 350° for about 40 minutes.

Hot Water Pastry

This makes a soft pastry the consistency of Play Doh. Use it quickly and keep un-used portions covered and warm as it will harden as it cools. This makes a very firm pastry that is crispy on the outside but soft on the inside.

1 pound plain flour (about 3 cups)
1 ½ teaspoons salt

4 oz. lard (about 9 tablespoons shortening)
7 fluid ounces water (about 1 cup)

Sift flour and salt into a large bowl. Heat lard and water in saucepan until lard melts. Bring to a boil. Make a well in the flour and quickly mix in the water and lard to make a soft dough. Turn onto a floured surface and knead till smooth. Quickly use as required.

Hieland Foodie, Clarissa Dickson Wright, 1999, NMS Publishing Limited, Edinburgh



President's Corner

Dear Members,

Where do the months go? ... Since I last wrote we have had several successful events, namely our Cary Indoor event, and also The Sister Cities Ceilidh. Then, at the end of the month we had a very successful Cary Spring Daze. Thanks to Diane Hill for organizing this event and recruiting several members to make it a Great Day!

Our 13th Annual Mark Johnston Memorial Golf Tournament will be held on June 4th; this is always a fun event, and a fitting tribute to Mark.

As we go on through the year, there are of course Highland Games almost every weekend, meaning there is always plenty to keep you going and hold your interest.

Ceud mile failte – One hundred thousand welcomes to our new members Molly Myers & Family, Lara Seltmann & Family, David Allen, and also May & Tom Anderson.

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!!

Donald Ross

SCOT Scholarship Winners

The following people were granted \$150 scholarships by SCOT to receive instruction in a Scottish Art, such as music or dance, located within North Carolina. Applicants were required to submit an essay, personal information and recommendations from their teacher.

Dancers:

Audrey Altman, High Point, NC
 Alexandra Altmanshofer, High Point, NC
 Cassidy Collins, Cary, NC
 Genevieve Poulin, Cary, NC
 Saoirse Poulin, Cary, NC
 Waverly Noble, Raleigh, NC
 Kayla Shute, Wake Forest, NC
 Marta Striplin, Apex, NC
 Hannah Suehle, Cary, NC

Fiddlers:

Brendan (Cage) Bullard, Faison, NC
 Benjamin Bullard, Faison, NC
 Connor Civatte, Trenton, NC

Piper:

Daniel Johnson, Wilmington, NC

Drummer:

Kyle Maclellan, Monroe, NC

Fifteenth Annual Cary Indoor Highland Dancing Competition Winners April 2, 2016

Most Promising Beginner Sonoma Rushing

Primary 5 & under

Pas De Basques

1st Kathleen Quinn Poulin
 2nd Gianna Brooks
 3rd Lucy Floyd
 Juliana
 4th Christensen

Pas De Basques

& High Cuts

1st Kathleen Quinn Poulin
 2nd Gianna Brooks
 Juliana
 3rd Christensen
 4th Tara Johnston
 5th Lucy Floyd
 6th Maisie Mills

Primary Age 6

Pas De Basques

1st Leighton Little
 2nd Clara Bruner

Beginner 8 & under

Highland Fling (Continued)

6th Saoirse Poulin

Sword Dance

1st Nuria Dakake
 2nd Sonoma Rushing
 3rd Saoirse Poulin
 4th Sofia Simoni
 5th Quinten Christensen

Seann Triubhas

1st Sonoma Rushing
 2nd Nuria Dakake
 3rd Saoirse Poulin
 4th Quinten Christensen

Flora

1st Sonoma Rushing

Novice 11 & under

Trophy: Isabelle Bruce

Highland Fling

1st Isabelle Bruce
 2nd Anna Floyd
 3rd Cassidy Collins
 4th Regina Christensen
 5th Marta Striplin
 6th Hannah Suehle

Sword Dance

1st Isabelle Bruce
 2nd Anna Floyd
 3rd Cassidy Collins
 4th Hannah Suehle
 5th Marta Striplin
 6th Regina Christensen

Seann Triubhas

1st Anna Floyd

3rd	Jane Lewis	2nd	Nuria Dakake	2nd	Isabelle Bruce
4th	Ian Suehle	3rd	Saoirse Poulin	3rd	Marta Striplin
5th	Tyler Hildebrand			4th	Kassidy Collins
6th	Amelia Altman			5th	Regina Christensen
				6th	Hannah Suehle

Beginner 9 & over

Trophy: Emily Paige Buie

Pas De Basques

& High Cuts

1st	Clara Bruner
2nd	Tyler Hildebrand
3rd	Amelia Altman
4th	Ian Suehle
5th	Ophelia Floyd
6th	Leighton Little

Highland Fling

1st	Margrethe Brooks
2nd	Emily Paige Buie
3rd	Taylor McChesney
4th	Elisa Lonnecker
5th	Killi-An Seltmann

Reel

1st	Isabelle Bruce
2nd	Anna Floyd
3rd	Regina Christensen
4th	Hannah Suehle
5th	Marta Striplin
6th	Kassidy Collins

Highland Fling

1st	Tyler Hildebrand
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Sword Dance

1st	Emily Paige Buie
2nd	Margrethe Brooks
3rd	Taylor McChesney

Novice 12 & over

Trophy: Alexandra Altman

Sword Dance

1st	Clara Bruner
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Seann Triubhas

1st	Emily Paige Buie
2nd	Elisa Lonnecker
3rd	Taylor McChesney
4th	Margrethe Brooks

Highland Fling

1st	Eleanor Brooks
2nd	Alexandra Altman
3rd	Audrey Altman
4th	Evelyn Fite
5th	Ruth Suehle
6th	Madelaine McDowell

Beginner 8 & under

Trophy: Sonoma Rushing

Highland Fling

1st	Sonoma Rushing
2nd	Nuria Dakake
3rd	Sofia Simoni Quinten
4th	Christensen
5th	Liam Floyd

Flora

1st	Emily Paige Buie
2nd	Taylor McChesney
3rd	Elisa Lonnecker
4th	Margrethe Brooks

Sword Dance

1st	Alexandra Altman
2nd	Audrey Altman
3rd	Ruth Suehle
4th	Eleanor Brooks

Dancer of the Day Lauren Wall

Novice 12 & over

Sword Dance (Continued)

5th	Evelyn Fite
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Premier 7 & under 12

Trophy: Lilli Anne Burgin

Highland Fling

1st	Lilli Anne Burgin
2nd	Kayla Shute
3rd	Abigail Advocate-Ross

Sword Dance

1st	Lilli Anne Burgin
2nd	Kayla Shute
3rd	Abigail Advocate-Ross

Seann Triubhas

1st	Kayla Shute
2nd	Lilli Anne Burgin
3rd	Abigail Advocate-Ross

Premier 12 & under 16

Trophy: Cora Mahoney

Premier 16 & over

Trophy: Lauren Wall

Highland Fling

1st	Madison Stewart
2nd	Elaine Hinkel
3rd	Lauren Wall
4th	Julian Ritzik
5th	Ruth Packard
6th	Kathryn Carley

Sword Dance

1st	Lauren Wall
2nd	Elaine Hinkel
3rd	Madison Stewart
4th	Julian Ritzik
5th	Kathryn Carley
6th	Ruth Packard

Seann Triubhas

Reel

1st	Madelaine McDowell
2nd	Evelyn Fite
3rd	Audrey Altman
4th	Eleanor Brooks
5th	Alexandra Altman
6th	Ruth Suehle

Intermediate

Trophy: Lauren Katz

Highland Fling

- 1st Lauren Katz
- 2nd Genevieve Poulin
- 3rd Ellen Daniels
- 4th Ruby Watts
- 5th Andrea Palmer

Sword Dance

- 1st Lauren Katz
- 2nd Genevieve Poulin
- 3rd Andrea Palmer
- 4th Ellen Daniels

Seann Triubhas

- 1st Andrea Palmer
- 2nd Lauren Katz
- 3rd Genevieve Poulin
- 4th Ruby Watts
- 5th Ellen Daniels

Hornpipe

- 1st Lauren Katz
- 2nd Genevieve Poulin
- 3rd Andrea Palmer
- 4th Ruby Watts
- 5th Ellen Daniels

Highland Fling

- 1st Fiona Wirght
- 2nd Aubrey Carley
- 3rd Clarissa Christensen
- 4th Kayli Robb
- 5th Cora Mahoney
- 6th Waverly Noble

Sword Dance

- 1st Cora Mahoney
- 2nd Clarissa Christensen
- 3rd Kayli Robb
- 4th Aubrey Carley
- 5th Fiona Wright

Seann Triubhas

- 1st Cora Mahoney
- 2nd Clarissa Christensen
- 3rd Kayli Robb
- 4th Annaliese Poulin
- 5th Fiona Wright
- 6th Aubrey Carley

Reel

- 1st Annaliese Poulin
- 2nd Kayli Robb
- 3rd Clarissa Christensen
- 4th Fiona Wright
- 5th Aubrey Carley
- 6th Cora Mahoney

- 1st Lauren Wall
- 2nd Elaine Hinkel
- 3rd Madison Stewart
- 4th Julian Ritzik
- 5th Kathryn Carley
- 6th Ruth Packard

Reel

- 1st Lauren Wall
- 2nd Elaine Hinkel
- 3rd Madison Stewart
- 4th Kathryn Carley
- 5th Julian Ritzik
- 6th Ruth Packard

Solo Choreography

- 1st Madison Stewart
- 2nd Annaliese Poulin
- 3rd Evelyn File

Group Choreography

- 1st Scallawag
NC Dance Factory
- 2nd On The Edge!
Thistle & Shamrock
- 3rd Ni Na La
Thistle & Shamrock

Triangle Winners in the 2016 Southern Regional Championships



Once again the Triangle region will be well represented at the United States Highland Dance Championships to be held later this summer in Grand Rapids, Michigan. Dancers from three local schools to represent the 11 state Southeast Region by being the in the overall top three in their age group at the regional qualifying championship May 1st in Savannah, GA.

The above picture shows all 17 qualifiers from the Southeast region. Triangle winners include:

Kayla Shute, Wake Forest - 1st runner up for ages 12 and 13. Second row kneeling, Red Jacket 2nd from right. Teacher - Erin Bartow. Not pictured, **Annaliese Poulin** - Cary, alternate in ages 12 and 13, Teachers - Amy Mooney & Pat Johnston

Lauren Wall, Cary - 2nd runner up for ages 16 & 17. Back row, Red Jacket, 3rd from left. Teacher - Jo Kalat

Elaine Hinkel, Raleigh - 2nd runner up for ages 18 and over. Back row, Red Jacket, far right. Teachers - Amy Mooney & Pat Johnston

The USIR rotates throughout the six United States regions. This year the Midwest will be hosting the USIR in Grand Rapids, MI, July 14-18. The 105 Qualifiers from the 6 US regions will receive special recognition and compete for top honors at the United States Inter-Regional Championship on Saturday. There will be plenty of opportunities for other dancers to compete on Friday and Sunday. Competitions will be held for all levels of dancers from Primaries who are under 7 years of age to Premier level Champion dancers. Around 250 dancers from the US, Scotland and Canada are expected to compete. The Grand Rapids Championship will be held on Sunday.

Board Vacancies Upcoming

SCOT is looking for a few new board members – people who want to become more active and involved with our programs, perhaps with new endeavors in mind. The board currently meets first Sundays of each month at 6:30 p.m. at the Cardinal Gibbons School in Raleigh. Board members attend as many of these meetings as they can fit into their busy schedules (though we understand that everyone has conflicts) and play key roles in organizing and supporting the events either sponsored by SCOT or a community partner -- for example, the International Festival, the Cary Spring Daze Festival, the Cary Indoor Dance and Piping Competitions, the St. Patrick's Day Parade, etc.

Generally, SCOT holds a Beer Tasting, a Whisky Tasting, most years a May Tea, a Golf Outing, and a Family Picnic, and is involved with at least one Burns Night, in addition to the Annual Meeting/Dinner. Someone is needed to head up each event, help publicize it and round up members to assist. Of course, we are always looking for new ideas and suggestions to supplement, improve or replace one of these events.

Please contact Donald Ross if you wish to submit your name as a board candidate. Board members are formally elected (*not that there's really any competition*) at the SCOT annual meeting in August. If you are a current board member and cannot continue to serve for any reason, please also contact Donald so we know how many vacancies will need filling.

Donald Ross Tries to Pass the Torch

Our devoted president, having served for five consecutive years, has brought up the inconceivable notion of retiring from the post! As he feels that it is time to have a new face with fresh ideas and possibly a different approach to leading SCOT. The President chairs most meetings, takes charge of distribution of e-mail notices, shares financial responsibilities with the treasurer, and generally makes sure that SCOT events are on track with whoever heads up each event. He or she is often the first contact for new member outreach. Donald has represented us so well as the face and voice of SCOT that we absolutely hate to lose him as president, but he's promised to be there whenever we need him. IS ANYONE OUT THERE WILLING TO TAKE ON THIS JOB AND GIVE DONALD A BREAK??? If so, please contact Donald by July.

Calendar of Future SCOT Events and Other Activities

June 2016

SCOT Golf Tournament – The Crossings
June 4, 2016

July 2016

Grandfather Mountain Highland Games
Linville, NC
July 10-12, 2016

August 2016

SCOT Annual General Meeting
August 28, 2016

September 2016

Family Day
TBA



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:

Thom Bowie	Brent Lockamy	Cheryl Jones
Doug Cruikshanks	Lynn McElroy	Diane Hill
Catherine McKinley	Patricia Johnston	Donald Ross
Carolyn Graf	John Sprague	

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).