

Great SCOT!

Scottish Cultural Organization of the Triangle

October 2017

Saint Andrew's Day

By Catherine McKinley

Each year, on November 30th Scots all over the globe, honor their patron, Saint Andrew. Exactly how Saint Andrew was chosen is not clear. However, while there is no consensus, there are several theories. One states that, since Andrew's relics, brought to Scotland in the 4th century, had become a major destination for medieval pilgrims, his clearly inspirational spirit was enough for the Scots to declare him their patron saint. As Scotland had become a stronger nation, it needed a national symbol to unite the citizens and provide them a focus for rallying.

It is uncertain what the exact date and place of Saint Andrew's birth are. What is acknowledged is that his name means "strong" and he is the brother of Peter. He was, like Peter, a Galilean fisherman. Peter was designated as, essentially, the first Pope. However, Andrew was, actually, the very first apostle. Both had answered the call of Jesus Christ to abandon their nets and become "fishers of men." However, although it was Peter who became the first Pope of the Roman Catholic Church, Andrew retains the distinction of being the "first called."



The Feast of Saint Andrew on November 30th was first declared by the Scottish King Malcolm III (who reigned from 1058 - 1093.) Scottish citizens celebrated, particularly in Edinburgh, Glasgow and Dumfries, with a full week of Ceilidhs and special Feasts. In 2006, The Scottish Parliament declared November 30th as an official Bank Holiday in Scotland.

Traditional St. Andrew's Day Feasts vary, however, one popular menu consists of Cullen Skink (smoked fish soup), Scotch Lamb, Haggis, Neeps (turnips), Tatties (potatoes) and Cloutie Pudding (cloth dipped, spicy) with Vanilla Rice Pudding. Modern day celebrations still include traditional Scottish music and dance. Happy Saint Andrews Day!



Volunteer of the Year

By Emily Sprague

Warren Hinson – Volunteer of the Year

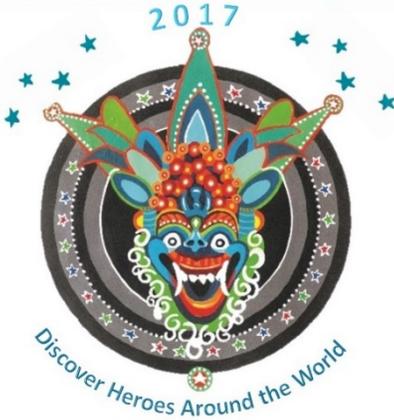
Each year SCOT recognizes a member who makes an outstanding contribution to the organization. The recipient honored at the 2017 AGM with the SCOT Volunteer of the Year Award was Warren Hinson. He and his wife Diane joined SCOT in 2016. Warren jumped right in. Part of his tribute read that “he volunteered for an extended shift at the Scottish Booth at the International Festival, furthered his knowledge of spirits at SCOT’s whisky tasting, assisted with Tartan Day at the NC Museum of History, greeted people at SCOT’s tent at Cary Spring Days, and competed in the annual SCOT Golf Tournament. He did not attend the Scottish Tea, but instead was well represented there by multiple generations of his lovely family. If only each SCOT member were as active and involved!” Congratulations to Warren for receiving this much-deserved honor!



International Festival

By Emily Sprague

James Watt is SCOT's Hero



The International Festival is October 20, 21 and 22 at the Raleigh Convention Center downtown. Each year, the festival picks a theme to be the focal point for each country's cultural booth. The 2017 theme is "Discover Heroes around the World". The Scottish Cultural Booth will portray the lab of James Watt (1736-1819) who was instrumental in bringing about the Industrial Revolution by refining the steam engine. The booth will show how steam power advanced industry, transportation, and commerce. Volunteers are needed to represent Scotland in the booth during all the hours the festival is running. Volunteers dress in traditional Scottish attire, serve as

ambassadors of Scotland, telling festival goers a bit about Scotland and about our hero, and stamp Passports which children bring to you. This is a rare opportunity to mingle with friendly people from around the world and to get better acquainted with another member of SCOT as you volunteer together. Please email John or Emily Sprague today to sign up esprague@nc.rr.com.

2018 Event

By Emily Sprague

Virtual Tour of Scotland

All SCOT members are needed to lead a virtual tour of Scotland on **Saturday, March 3, 2018** from 10:00 to 12 noon at the Five Points Center for Active Adults in Raleigh. The tour is sponsored by Raleigh Parks and Recreation, but their staff depends on us to provide varied experiences that appeal to all the senses and leave participants feeling like they've been to Scotland. We are in the planning stage, so please share your ideas. Know of a good promotional video on Scotland? Have ideas for a simple craft related to Scotland? Do you play a Scottish musical instrument that you could demonstrate? Do you enjoy dressing up in Scottish attire? Could you demonstrate Scottish athletic events? How about presiding at the refreshments table? Or helping participants learn to do a Scottish Country Dance? We need all your ideas and skills and being there that day to radiate your love of Scottish culture. Contact John or Emily Sprague at esprague@nc.rr.com to help.

North Carolina Scottish Connection

In the News

By Donald Ross

SCOT Swimmer Dominates in NC

Ross Mackintosh Noble, son of native Scot Derek Noble, swam in the NC State Championships in February and the Southeast Region's Sectional Championship in March. North Carolina is a top state for swimming, and Ross swims for YOTA, the YMCA of the Triangle Area.

At the State Championship, he competed in 13 events and medaled in 12 of them, placing second four times. His relay team broke the YOTA 400 Freestyle and 400 Medley relay records. At the Southeast Sectional Championship, which brings together teams from 9 states, Ross swam 10 events and medaled in every one. His highest individual finish was a fourth in the 100 back, and his team broke the YOTA record in the 200 Freestyle Relay. Ross was the highest point scorer for YOTA at both meets. In YOTA's summer long course season, Ross broke the YOTA 200 backstroke record, and was in the NC Top 5 in numerous events.

Ross also swam for his summer team, Seven Oaks in Raleigh. He broke the back records for the 11-12 boys in virtually every pool in which he swam, and broke the team record in the butterfly. His team broke the 11-12 medley and freestyle relay records repeatedly. To cap off his 11-12 career, he won every race in the TSA Championship (free, back and fly), broke the meet record in the backstroke, and was the high point scorer for Seven Oaks.

Ross will start in the 13-14 age group in the fall. Someday, he hopes to swim for Scotland and the UK.

Medals Won By Ross Noble



Ross Noble 2nd from left



SCOT Annual BBQ & Family Picnic

October 14, 2017



SCOT



Annual BBQ and Family Picnic

WHEN ?

Saturday, October 14, 2017

3 PM (Dinner Served - 5 PM)

Adults - \$5, Children 12 & Under FREE

Max per Family \$15



WHERE?

Cary Alliance Church Fields

4108 Ten Ten Road

Apex, NC 27539

WHAT'S FOR DINNER?

PROVIDED: BBQ & Fixings from

BBQ Lodge, Iced Tea and Water

PLUS - Chuck Mooney and Mark

Johnston's Famous Ribs

You are welcome to bring a dessert to share



WHAT CAN WE DO?

WE PROVIDE: Pony Rides, Games, Bubbles, Piping, Scottish Dancing

YOU BRING: Chairs, Instruments, Games



Reservations by October 11, 2017

To: Pat Johnston

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SCOT

Scottish Cultural Organization
of the Triangle

Tastes of Scotland Ginger Shortbread

By Carolyn McDonald Graf

The spice, ginger, originated in Southern China over 3,000 years ago. It gradually spread throughout Asia and West Africa. The name comes from Sanskrit, srngaveram, and had many variations through Greek ziggiberis, and Latin, zinziberi. In Middle English it was called gingivere. The spice comes from the root (or rhizome) of the ginger plant. The ginger plant grows pink buds which turn into yellow flowers. After the stalk withers, the rhizome is dug up and scalded to prevent it from sprouting. It can be pickled or candied as well as dried and ground into powder.



During the first century, the Romans, through trade with India, introduced ginger to Europe. After the fall of Rome, ginger fell out of use in Europe. It wasn't until Marco Polo returned with it from his travels to the East that Europeans again were acquainted with ginger. It was used only by the elite, of course, since the price of half a kilogram of ginger was equal to that of a sheep during the Middle Ages. With the opening of the New World in the 15th century, ginger was introduced into the Caribbean where it grew well. It gradually became more affordable and each region of Scotland developed its own version of gingerbread and other ginger dishes.



This ginger flavored shortbread is from the North West Highlands. Some versions have 1 teaspoon of ginger in the shortbread as well and some call for decorating the finished shortbread with candied ginger on top of the icing.



Ingredients:

Shortbread;

- ½ cup butter
- ¼ cup castor sugar
- 1 ½ cup plain flour
- Pinch of salt

Ginger Icing:

- 4 tablespoons icing sugar (confectioner's sugar)
- ¼ cup butter
- 1 teaspoon ground ginger
- 3 teaspoons Golden Syrup

Stir the flour and salt together in a bowl then gradually rub in the butter until mixture resembles fine bread crumbs. Mix in the sugar and knead into a smooth ball. Roll out to ½ inch thick on a floured surface and place in a baking tray lined with parchment paper. Crimp the edges with your fingers and prick all over with a fork.

Bake at the bottom of an oven preheated to 300° for one hour or until golden brown. Cool on a wire rack.

To make the icing heat all ingredients together in a small saucepan and blend well until melted. When smooth, pour over the warm shortbread. Let cool and cut into slices.

Golden Syrup is a cane sugar syrup with a delightful hint of caramel. It is available at Harris Teeter Grocers and other specialty grocery shops.

From a Country Kitchen The Scottish Cookbook, by Sheila Macrae, W. Foulsham & C. Ltd, Yeovil Road, Slough, Berks, England, 1979. Page 24.



President's Corner

Dear Members,

Well, what a great turnout we had for our AGM, with a good number of new members in attendance. If I missed talking to any new members, please forgive me as it was a busy night.

We now have our new Board Members in place, and a very successful planning meeting was held earlier this month. Be sure to watch the website calendar for the list of events being posted.

There was some discussion about having our website updated and increasing our social media presence. I will be meeting with some of our members who are involved in web site development to discuss this shortly and look forward to their input and involvement.

Our next event will be The Family Picnic on October the 14th, so watch your inbox for details and plan on attending. This is a great opportunity for all members and their Families to get together and socialize.

Keep an eye on your inbox for updates and other events which will be coming up soon.

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

October 2017

Family Picnic

October 14, 2017 – Cary Alliance Church
Cary, NC

International Festival

October 20-22, 2017 – Raleigh, NC

November 2017

Guy Fawkes Nights

To be announced

January 2018

Burns Dinner

January 21, 2018 – The Country Squire
Kenansville, NC

January 26, 2018 – McGregor Downs
Cary, NC

February 2018

Whisky Tasting

To be announced



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	Warren Hinson
Catherine McKinley	Patricia Johnston	Diane Hill
Carolyn Graf	John Sprague	Donald Ross

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).