

# Great SCOT!

Scottish Cultural Organization of the Triangle

December 2017



## Scottish History: Clan Stewart

By Catherine McKinley

From the Highlands to the Lowlands of Scotland, Clan Stewart, above all others, emerged to lead the nation and reign supreme. The members of this royal house, which includes numerous kings and queens, experienced all the dramatic moments of Scotland's history; feuds, murder, intrigue and rebellion.

The name "Stewart" derives from the noun "steward." Scotland's greatest clan has its roots, thousands of years ago, in France. The Counts of Dol-de-Bretagne and Dinan in Brittany had numerous sons, one of whom had taken part in the Norman invasion of England. His descendant, Walter Fitzalan was given land and made the "High Steward of Scotland," from which the clan name evolved. During the brief period of 1558 - 1560, when Mary, Queen of Scots, was married to the French King Francis II, the French spelling of "Stuart" was established and, later, utilized by various descendants.



Of course, the most famous members of this clan, outside of Scotland, are Mary, Queen of Scots (1542 - 1587) and Prince Charles Edward Stewart a.k.a. Bonnie Prince Charlie (1720 - 1788). Prince Charles was, also, known as "The Young Pretender" since his father was "The Old Pretender." His mother was Maria Clementina Sobieska. He was born, and educated, in Rome where his father had been exiled.

In August of 1745, in an attempt to restore his father to the British throne, he landed on the small West Coast island of Eriskay and initiated the last Jacobite uprising. The Stewart monarchy had been forced into exile in 1688 where their followers became known as Jacobites. They posed a constant threat to the British monarchy who opposed the return of the Stewart/Stuart kings. Due to his good looks and magnetic personality, Prince Charles attracted many admirers, however, the numbers needed for his revolution to succeed did not materialize. In 1746, his army was defeated in the famous battle of Culloden.



Prince Charles then became a hunted man living in hiding. He was rescued by Flora MacDonald who allowed him to travel with her disguised as “Betty Burke,” supposedly her spinning maid. He was, eventually, able to get to safety in France. He resided in various areas, was, briefly, married to Louisa Von Stolberg, fathered a daughter by a mistress then lived in relative obscurity until his death in Rome in 1788.



More modern famous Stewarts include actors Jimmy Stewart and Kristen Stewart, Author Martha Stewart, Golfer Payne Stewart, Pianist Ian Stewart, Rocker Rod Stewart, Folk Singers John Stewart (Kingston Trio) and his brother, Michael Stewart (We Five).

The Stewarts, like all major clans have several tartans. The Stewart Royal Tartan is, mainly, red. Their crest is a winged pelican feeding her young in the nest. The clan motto is “Courage Grows Strong at a Wound.”



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## Virtual Tour of Scotland

Everyone has an opportunity to visit Scotland in 2018 as Raleigh Parks and Recreation offers a Virtual Tour of Scotland. The travel date is Saturday morning, **March 3** and the place is Five Points Center for Active Adults on Noble Road in Raleigh.

SCOT is busily putting together the travel itinerary with visits to Loch Ness, St. Andrews, Glasgow; to highland game, standing stones and castles; to a tartan weaving factory and a Scottish Tea Room. There will be Scottish music and dance – both demonstration and participatory. The whole Scottish community in the triangle area is invited so plan to be there and invite everyone you know who might be interested.

### Help Wanted – Light Carpentry Work

Our Scottish golf putting greens were never intended for use at a large even somewhat crowded event but just in offices or private homes where a stray ball poses no problems.

The "bumper borders" we currently have, **DO** keep the ball on the putting green, however, being made of only cardboard, they are rather tacky looking. We have two 6 foot putting greens. The other advantage, at the moment, to the cardboard bumpers is that they fold up easily for portability. However, three 2 foot U-shaped, very lightweight wood bumpers per green would not be prohibitively difficult to transport.

If anyone with these skills would be interested in helping, please contact Catherine McKinley.

# International Festival

## Scotland a Favorite Stop at International Festival

Lots of people love Scotland! Many who stopped by the Scottish Cultural Booth at this year's International Festival told us that of all the countries they had visited, Scotland was their favorite. Others said of all the countries they would *like to visit*, Scotland was at the top of their list.

SCOT volunteers demonstrated how friendly Scots are, told about James Watt (a Scottish hero who developed the steam engine) and other noteworthy Scots, and helped people find their tartan in tartan books. Many thanks to all volunteer ambassadors: Diane Hill, Sarah Seguinot, Tiffany Cissel, Courtney Cissel, Bonnie Ross, Jill Orr, Johnny Mitchell, Carolyn and Doug Graf, Liz Brown and family, Stuart McIrvine and John, Emily and Natalie Sprague. In addition, Catherine McKinley encouraged children to experience golf in the children's area and Piobadh na Triantan provided rousing Scottish music on the Main Stage.



*Diane Hill explaining the steam engine as children wait to get Passports stamped*

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# SCOT Guy Fawkes Night

## November 11, 2017



### **Remember, Remember the 5<sup>th</sup> of November**

In 1604 Guy Fawkes, along with others, made a plan to blow up the British parliament in order to kill the protestant King James and replace him with the Catholic Princess Elizabeth. The plot was discovered and all the members of it tortured and hanged. Guy Fawkes avoided some of the torture and the hanging by falling, or jumping, from the scaffolding and breaking his neck. On 5 November 1605 Londoners were encouraged to celebrate the King's escape from assassination by lighting bonfires. An Act of Parliament designated each 5 November as a day of thanksgiving for “the joyful day of deliverance” of the king. Although he was only one of 13 conspirators, Fawkes was the individual most associated with the failed plot. Effigies of him (and also the Pope) were burned on the bonfires. SCOT members and guests celebrated Guy Fawkes Day with a potluck of delicious Scottish and English food, a bonfire and the burning of a Guy Fawkes effigy. Special thanks to Derek and Carol Noble for hosting a fun evening.

## English Folk Verse (c.1870)

### **The Fifth of November**

Remember, remember!  
The fifth of November,  
The Gunpowder treason and plot;  
I know of no reason  
Why the Gunpowder treason  
Should ever be forgot!

Guy Fawkes and his companions  
Did the scheme contrive,  
To blow the King and Parliament  
All up alive.  
Threescore barrels, laid below,  
To prove old England's overthrow.

But, by God's providence, him they catch,  
With a dark lantern, lighting a match!  
A stick and a stake for King James's sake!  
If you won't give me one, I'll take two,  
The better for me, And the worse for you.

A rope, a rope, to hang the Pope,  
A penn'orth of cheese to choke him,  
A pint of beer to wash it down,  
And a jolly good fire to burn him.  
The children built the Guy

Holloa, boys! holloa, boys! make the bells ring!  
Holloa, boys! holloa boys! God save the King!  
Hip, hip, hoor-r-r-ray!

And cheerfully threw him on the fire!



More bonfire pictures from Guy Fawkes night.



# Tastes of Scotland

## Scotch Broth

By Carolyn McDonald Graf

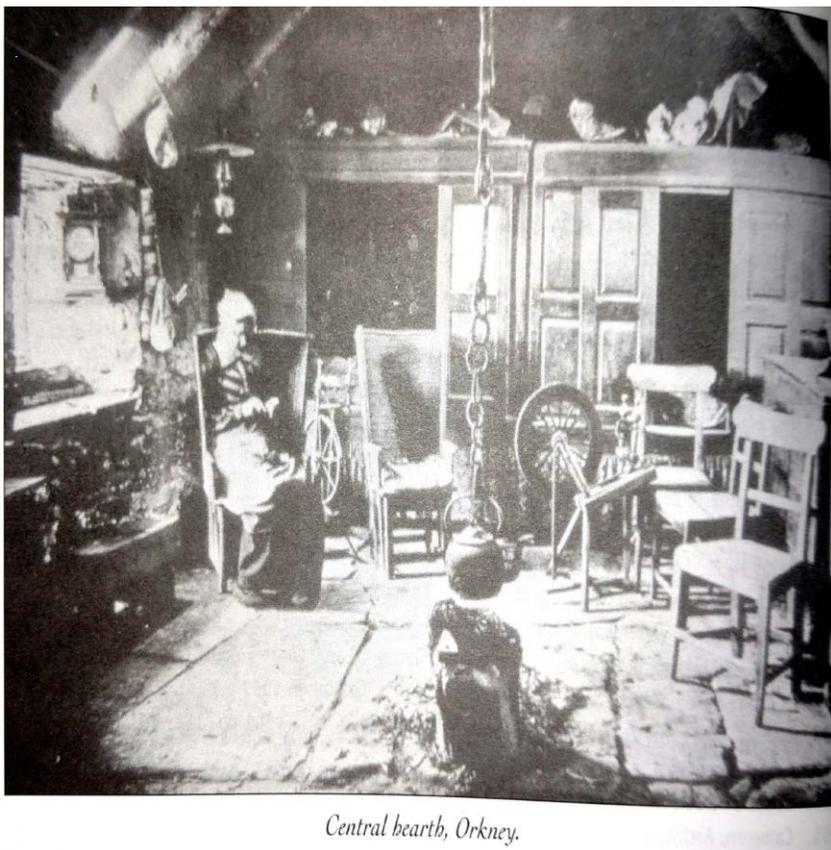
Scotch Broth is a traditional soup with a long history. In the 1600's Boswell wrote in his Life of Dr. Johnson, that Johnson ate several bowls of Scotch Broth. He was asked if he had ever eaten it before and he replied "No, but I don't care how soon I eat it again." The recipe has been carried far and wide appearing in cookbooks around the world. Originally the meat would be removed after cooking and served separately. Today, cooks usually return it to the soup. Scotch Broth was a winter soup, served especially on New Year's Day. In the winter days when a fire was burning all the time, it was easy to put a pot over the fire and let the soup cook while doing other chores. Although it takes a bit of time compared to modern recipes, it is a hearty soup that makes a great meal any time. It tastes even better the second day as the flavors have a chance to develop.

As with any traditional dish there are countless versions. The common ingredients are meat (originally lamb but sometimes beef is substituted), barley and root vegetables. Some recipes ask that you brown the meat and onions first. Some include ways to make the broth separately. Others have the cook put all the ingredients in at once. Suggested vegetables include, onions, garlic, carrots, swedes (called rutabagas in the US), turnips, potatoes, peas, leeks, and cabbage. Not all recipes call for all of these. Some recipes call for the barley and dried peas to soak overnight. Check the directions on your peas and barley. The barley I used did not need to be soaked and I did not use peas. Here is the recipe I devised from several sources.



### Ingredients

- 1 pound lamb shanks (about 2 medium shanks)
- Kosher salt and freshly ground black pepper
- 2 tablespoons vegetable oil
- 2 bay leaves
- 3 medium cloves garlic
- 1 medium onion, finely chopped (about 1 cup)
- 8 cups homemade or store-bought low sodium chicken broth
- 2 medium carrots, finely diced (about 1 ½ cups)
- 1 small rutabaga, peeled and diced (about 1 ½ cups)
- 1/3 cup pearl barley
- 2 tablespoons finely chopped fresh parsley leaves



*Central hearth, Orkney.*

## **Directions**

Season lamb shanks with salt and pepper. Heat oil in a large pot and brown the shanks well. Remove shanks and set aside. Add onions and cook, stirring constantly, until lightly softened, about 2 minutes. Add garlic and bay leaves and cook, stirring constantly, until fragrant, about 30 seconds. Add broth and return shanks to pot. Bring to a boil, reduce to a bare simmer, cover, and cook until lamb shanks are tender and meat is pulling away from the bone, about 2 hours. For best results, let broth cool completely overnight in refrigerator, scrape off fat, and return to heat the next day. Otherwise, skim fat with a ladle or large spoon.

Remove the shanks from the stock, and once cool enough to handle gently remove the meat from the bones and tear into bite-sized pieces. Reserve. Bring stock back to a simmer and add carrot, parsnip, potato, and pearl barley. Cook until barley is tender, about 25 minutes then return shredded meat to the pot. Season to taste with salt and pepper, stir in parsley, and serve.



## President's Corner

Dear Members,

It is so hard to believe that by the time you receive this newsletter, Thanksgiving will be over and we will be getting ready for Christmas and The New Year.

We have had several good events over the last couple of months, with participation from many of our new members showing enthusiasm not only for SCOT but for the events as well.

There had been plans to have our annual Beer Tasting in early December, but due to circumstances beyond our control, it was decided to postpone this event until the New Year, probably the end of January. My apologies to those of you looking forward to sampling some good Beer!!

*Ceud mile failte* – One hundred thousand welcomes to our new members, Cara Lewis, Jo-Anne and Joe Burke.

My Sincere thanks to each of you for joining, and I look forward to getting to know you better as time goes on.

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

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# Calendar of Future SCOT Events and Other Activities

## *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  
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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:

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](mailto: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](mailto:SCOT.triangle.news@gmail.com)).