

# Great SCOT!

Look what's going on...

Scottish Cultural Organization of the Triangle

January 2009

## Robert Burns Supper

## 40 Years of Pipe Band



250<sup>th</sup> Anniversary  
January 24, 2009  
The Country Squire Inn

Be prepared for the best Burns Supper yet, with this milestone upon us we have a great evening lined up for you in true Burns Tradition. The Country Squire Inn in Kenansville has had a

flood of bookings early this year, which means there are no more rooms at the Inn! But never fear, we have checked out all the other possible locations for you and have this information listed below.

The Social starts at 6:00 pm and dinner at 7:00 pm. The cost this year is a very reasonable \$42.00 each and the menu is as follows: the traditional plate of Haggis, Neeps and Tatties, followed by a choice of Ribeye Steak, Spinach-Stuffed Chicken, or Broiled Flounder, and Dessert, along with Tea or Coffee, and a glass of House Wine.

Once more, as a special token of appreciation from The Country Squire for our on-going support of this event, all SCOT members in attendance will be receiving a coupon for an extra complimentary glass of wine or beer. So remember to get booked early, and I will see that you get your coupons.

Here are some possible locations for those wishing to stay overnight in the area.

- Days Inn at Junction of I-40 and Hwy. 24, 910-293-2525. I think \$58.50 + tax.
- Holiday Inn Express at Junction of I-40 and Hwy 24, 910-293-2800. I think \$81.00 + tax.
- Graham House Bed & Breakfast about 1/2 mile away, 910-296-1032. I think \$95.00 + tax.
- Murray House Bed & Breakfast about 3 miles away, 910-296-1000. I think similar pricing to above.

I hope this helps, and feel free to get back to me with any questions. In the mean time, I can be reached at nondo@dockpoint.net or 919-934-1915. Bookings can be made through me or directly with The Country Squire <http://www.countrysquireinn.com>.

- Donald Ross

Recently, we had a time to reflect on how much the Scottish community in the Triangle area has flourished over the past 40 years. In 1968, Ted Tonkinson knew of *no* other pipers or drummers in the entire area when he ran an ad in the *Technician* seeking students interested in forming a pipe band. The band has flourished and today lists 50 pipers and drummers, including those in the beginner's classes. In the late 1960's, there were a few highland dancers associated with St. Mary's College, but nothing compared to the numbers and high standard seen today.

At a 40<sup>th</sup> Anniversary Celebration on November 8, Ted Tonkinson was present to reminisce about the beginnings of the band and to perform with the band again—this time on bass drum. The Reunion began with a luncheon followed by an afternoon alumni band rehearsal. Then the public was invited to a Pipes and Drums evening concert featuring the Grade IV and Grade III bands, two "alumni" dancers, Amy Mooney and Melissa Hinkle, three alumni playing Scottish small pipes, and alumni and current band members showing their love of piping and drumming in solo or small ensemble numbers. The highlight of the evening was when current bandsmen and alumni took the stage together to play the Finale. As the audience cheered, there seemed to be a shared sense of pride amongst all present in this pipe band that has been a constant for 40 years.

- John & Emily Sprague

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**Pipes & Drums Scholarship Established**

In honor of its 40<sup>th</sup> Anniversary, an NCSU Pipes and Drums Scholarship Endowment Fund has been established to give financial aid to NCSU students who contribute their talents to the band. The University requires a minimum of \$15,000 be raised before any scholarship money can be distributed. Because SCOT members are interested in the preservation of Scottish arts and culture, we hope you will see this as an opportunity to keep the piping tradition alive in our area by helping a deserving NCSU student pursue his or her interest in piping or drumming. All size gifts make a difference. All contributions are completely tax deductible. Checks may be made payable to *ARTS NC State* with "Pipes and Drums Scholarship" on the memo line. Mail to: ARTS NC State, Box 7306, NC State University, Raleigh, NC 27695.

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## Whisky Tasting Recap

On the night of November 15th—a cold, wet, and blustery, "Scottish weather" night, perfect for sipping a favorite whisky by the fire—we all cozied up in "the Cottage" at Tir Na Nog in downtown Raleigh for an evening of fun, fueled by Scotch whisky. Craig Hill emcee'd the event with a revised format—"to have five different presenters each introduce a specific whisky and talk about why they've selected that particular Scotch."

The first presenter was Wee Lennie Thompson, new to SCOT, who had chosen Famous Grouse as his whisky-of-choice. "Famous Grouse is a blended whisky, not a single malt like the others you'll be tasting," said Lennie. "But, that doesn't mean it's not good."

Next, Craig presented his own favorite: Cragganmore 12-year old single malt. Craig told the story of "Big" John Smith, who was prescient enough to site the Cragganmore distillery next to a railway line (the first distillery to be so sited), so that he could easily and quickly ship out large quantities of his product.

Iain Kelly came after that, and talked about Highland Park, a 10-year old single malt, distilled in the Orkneys, "the northernmost distillery in Scotland." He said also that Highland Park was one of the few distilleries that still malts its own barley on the distillery premises, and that that may well account for its very smooth and unique character.

Harry Nicol then took the stage to present Oban, a whisky made in the northwest of Scotland. Harry made to sure to give both the Scots *and* American pronunciation of Oban, so that the rest of us could understand what he was saying.

The evening's final presenter was Steve Johnston, who selected as his favorite—wait for it—Laphroaig. We tasted the 10-year old version of this very peaty, phenolic whisky distilled on the Isle of Islay. Steve said the Johnston clan has a long history of involvement with the production of this whisky. Ask him to tell you the rest of the story!

- Craig Hill

### ***Other Area Events That May Be of Interest to SCOT Members*** (not sponsored by SCOT)

- March 28-29 and April 4-5, 2009 - Raleigh's Renaissance Faire.
- April 9, 2009 - NCSU Pipes and Drums, music from the British Isles. [www.ncsu.edu/pipesanddrums/](http://www.ncsu.edu/pipesanddrums/).
- April 2009 - New Highland Games in New Bern, NC.
- May/June 2009 - Encore presents a program on Scottish music and arts coordinated by John Sprague.



### SPONSORED EVENTS 2009

- January 24 **Burns Night Dinner** at the Country Squire Inn in Warsaw, NC. \$42 per person. For details and updates, see Page 1, or contact Donald Ross at [nondo@dockpoint.net](mailto:nondo@dockpoint.net) or at 919 841-5668.
- March 14 **St. Patrick's Day Parade** with the SCOT float. Contact Carolyn Graf at [CMcDGraf@aol.com](mailto:CMcDGraf@aol.com) or 919-846-1176, or Amy Mooney at [danceramy@aol.com](mailto:danceramy@aol.com) or 919-552-3419.
- March 21 **Ceilidh/Scotch Hop**. For more info, Contact D'Nise Hefner at [dbhefner@aol.com](mailto:dbhefner@aol.com) or 919-847-9909, or Amy Mooney at [danceramy@aol.com](mailto:danceramy@aol.com) or 919-552-3419. Details on Page 4.
- Mar. 28-29 **SCOT Booth at the Renaissance Faire**. Contact  
Apr. 4-5 Judith Lloyd at [judith.lloyd@allscripts.com](mailto:judith.lloyd@allscripts.com) or 919-790-8250.
- April 4 **Cary Indoor Highland Dance and Piping Competitions, and Scottish Fiddling Workshop**. Contact Pat Johnston at [patriciatj@aol.com](mailto:patriciatj@aol.com) or 919-380-7707 for dancing, John Sprague at [sprague3@bellsouth.net](mailto:sprague3@bellsouth.net) or 919-828-1269 for piping, and Amy Mooney at [danceramy@aol.com](mailto:danceramy@aol.com) or 919-552-3419 for fiddling.
- May 10 **Mother's Day Tea**.
- June 20 **6th Annual Mark Johnston SCOT Golf Classic**. Contact Chuck McDougal at [elscrodley@nc.rr.com](mailto:elscrodley@nc.rr.com) or 919-783-7476.
- June 20 **SCOT Family Barbecue**. Contact Cheryl McDougal at [cherylmcd@nc.rr.com](mailto:cherylmcd@nc.rr.com) or 919-783-7476.
- July 9-12 **SCOT Booth at the Grandfather Mountain Highland Games**.
- August 30 **SCOT Annual General Meeting**. Contact Cheryl Jones at [jones\\_cherylrae@yahoo.com](mailto:jones_cherylrae@yahoo.com) or 919-851-3956.
- September **Kirkin' O' the Tartan** at Kirk of Kildaire in Cary.
- Oct. 10 or 11 (tentative) **Robert Burns event**. Contact George Birrell at [gsb.burns250@yahoo.com](mailto:gsb.burns250@yahoo.com).
- November (tentative) **SCOT Booth at International Festival**.

## Spey Descent

The fact that our youngest daughter has defected to Scotland means that we now have a great excuse to visit there often (Kristen's graduation from Glasgow Univ. last November has turned into a 2 year work visa). The highlight of this summer's trip was completion of something I'd never even heard of until a couple of months ago—a "Spey Descent". Folks familiar with Scottish geography may know that the Spey River is the 2<sup>nd</sup> longest and the fastest flowing river in Scotland; single-malt connoisseurs know that its banks are lined with distilleries. Bagpipers and Scottish dancers will recognize the root of the music tempo "strathspey", meaning "the valley of the Spey River", a tempo which is s-l-o-w, and I'm renowned in Scottish Country dance circles for escaping to the powder room as soon as a strathspey tempo dance begins, since I much prefer faster dances. Somehow, when doing internet research for cool things to do in Scotland during the summer's visit, my twisted logic thought that if I combined our family interest in seeing Scotland in every way possible with our love of camping, and a fondness for canoeing—and if we did it on the Spey River—that it might just serve as a personal attitude adjustment about strathspeys.

It is amazing how quickly possibility turns into reality with the click of a mouse button. Before Bill knew it, I had signed the three of us up with a company called "Beyond Adventure" for a 4 day, 3 night Spey Descent. To start with, a Spey Descent involves patronizing REI (a lot) to gather quick-drying personal gear, schlepping it all to Scotland (in spite of baggage limitations) leaping onto the Megabus (cheap inter-city public transportation) practically the moment we arrived and zooming to the resort town of Aviemore in the Cairngorm mountains. We met up with a small group of participants and guides from all over the UK, packed our belongings and group gear into blue waterproof barrels, sorted out safety gear, loaded our open canoes and shoved off into the fast moving current to test out our canoe skills. We paddled, and paddled, and if the river wasn't very lively itself at that point, the guides created exercises to hone our paddling skills. By the time we stopped to set up camp in a sheep and cow pasture the first night, my arms were so sore, I could barely lift my mug of tea (yes, they take their tea seriously in the UK). But the dinner cooked on a camp stove was fantastic, sleeping by the river was peaceful, the long hike in the dark to the loo was exciting (cowpats, sheep s\*%@ and all that) what more could I want after the ibuprofen kicked in!

I was still feeling pretty confident the second day as we broke camp and set off, however the tiny little detail that I

had missed was that the Spey River is unusual in that it increases speed as it flows closer to the coast due to the surrounding geography. Also that it gets ROCKIER too. We had the introduction of salmon fishermen into the equation as well—canoeists, land managers, and fishermen are still working on building a positive relationship concerning river use. When we weren't dodging boulders in the river, we were respectfully approaching fishermen while salmon practically leaped into our canoes. The second night found us accessing our pasture campsite at Blackboat by climbing over barbed wire, no "facilities" at all, and boiling water that we had to walk ½-mile to fetch.

The third day was a Sunday, so no fisherman, but as the rapids and wave trains increased in size and frequency, the loaded canoes were often half full of water by the end of a run so bailing was all important. By mid-afternoon we were ready to stow the canoes, hike through town, and were soon enjoying a tasting at Abelour Distillery, before canoeing on. That evening's campsite actually had a pub within eyesight, but no matter—we were in bed by dark.

The fourth day was our waterloo—constant rapids and wave trains and windy as well. One gust of wind caught our canoe just as we were negotiating a tight turn around a large rock and WHAM! The canoe hit the rock at full speed and out I popped like a cork, tumbling down the river trying to remember all the "what if" instructions. The second time the canoe hit the same rock, it was all over for Bill too. 20 minutes later and a little (OK, a lot) help from our friends had the canoe righted, the gear stowed, paddlers back onboard, and we were on the last leg of the journey. Before the day was over, Kristen and her paddling partner went swimming as well. By the time strong winds and the fast current swept our group out into Spey Bay we were happy to see the blue Beyond Adventure van and trailer ready to take us back the 60 miles to Aviemore that it took us 4 days to paddle. Weary, sore, bruised, cold, wet—would we do it again? In a heartbeat! Did it change my opinion about strathspey dances? It was a fabulous trip—not a miracle!

- D'Nise Hefner



Of special interest to SCOT Members and Friends

## **A Celebration of Scottish Participatory Music and Dance Saturday, March 21**

All events listed below take place at  
Triangle Dance Studio  
2603 S. Miami Blvd.  
Durham (near RTP), NC 27703

### **Cape Breton Dance Workshop**

9:00 am—Noon

Whether you are experienced or a beginner, this dance workshop has something for you!  
Hard-soled shoes a plus. Contact Amy Mooney [danceramy@aol.com](mailto:danceramy@aol.com) for fees and additional information.

### **Scottish Country Tea Dance**

Co-sponsored by the Durham-Chapel Hill Scottish Country Dancers  
and the Raleigh Scottish Country Dancers

3:00—5:30 pm  
\$5/dancer

A fun and familiar dance program to the best of recorded music!  
Contact Barbara Youngman [bjyoungman@nc.rr.com](mailto:bjyoungman@nc.rr.com) or Pat Johnston [patriciatj@aol.com](mailto:patriciatj@aol.com)  
for a copy of the dance program.

### **Potluck Soup Supper**

5:30—6:30 pm

Free and everyone is invited!

Whether you are staying after the Tea Dance or are arriving early for the Family Ceilidh,  
bring a pot of soup, a salad, or a plate of sandwiches to share for the Potluck Soup Supper.  
SCOT will be providing tableware and drinks. Email D’Nise Hefner [dbhefner@aol.com](mailto:dbhefner@aol.com)  
with your potluck contribution and a headcount so we can have enough tables and chairs for everyone.

### **SCOT’s Annual Family Ceilidh**

(Remember—a ceilidh is a party!)

6:30—9:00 pm

Free and everyone is invited, so bring your family and friends!

A special focus on Robert Burns’s 250<sup>th</sup> birthday makes this year’s ceilidh a special treat.  
In addition to ceilidh dancing, stories, jokes, songs and skits are all traditional parts of a ceilidh.  
Children are welcome and encouraged to attend. This is a great time for those young highland dancers  
to show off some of their dances in an informal and family atmosphere  
So polish your “party piece”, bring your friends and make some new ones  
as you spend the evening enjoying laughter and fellowship. Bring a finger food to share,  
and don’t forget the Potluck Soup Supper beforehand.

## Ceud Mile Sailte!

One hundred thousand welcomes to our new SCOT members: **Mick & Shirley McKenna** of Raleigh, **Amy Odom** of Chapel Hill, **Betsy R. McLean** of Raleigh, **Jason & Gwen Wall** of Fuquay-Varina, **Phillip Beane** of Durham, **Steve Quillan** of Durham, **Ken & Angela Born** of Durham, and **Donald Hardie** of Raleigh.

Now that you have joined SCOT, we look forward to seeing you at some of our SCOT events. We especially invite your suggestions and help in presenting other activities you think will be of interest to our SCOT members. Please check our website at [www.scot.us](http://www.scot.us) for information on upcoming events. There are always opportunities for you to volunteer and participate.

For our previous members, we remind you that 2009 membership fees are due. Annual members who have not renewed memberships by March 31 will be dropped from the membership rolls. We encourage you to renew your membership soon.

## Volunteer of the Year

At our 2008 Annual General Meeting, we announced our Volunteer of the Year, Jim Cobb. Jim has provided legal council for our organization from our beginning. He also helped draft our organizational documents so that we could qualify for non profit status and filed our successful request with the IRS as a 501(c)(3) tax exempt organization. He has been willing to provide advice whenever we asked. Unfortunately, Jim was unable to attend the AGM, so he was unaware of his honor. We surprised him with his award at the Whisky Tasting which he did attend. Congratulations, Jim Cobb – SCOT Volunteer of the Year!

# SCOT

215 SE Maynard Road  
Cary, NC 27511  
[www.scot.us](http://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:

George Birrell	Judith Lloyd
Carolyn Graf	Cheryl McDougal
D'Nise Hefner	Amy Mooney
Craig Hill	Donald Ross
Patricia Johnston	John Sprague
Cheryl Jones	

## Congratulations

- ♦ Megan Kimsey, daughter of Nancy, graduated from UNC-CH in May. She is now enrolled in the PhD in Physical Therapy program at UNC.
- ♦ Susanne Spry and Seth Svoboda (and big brother Max) are happy to announce the birth of Daniel Spry Svoboda on December 18, 2008, weighing in at 7 lbs. 5 oz. and measuring 19".
- ♦ Wendy Johnston, daughter of Pat and Steve Johnston, welcomed Devon Mark Johnston on April 18, 2008. Devon was 7 lbs. 14 oz. and 19" at birth, and is now 22 lbs. and 29" tall!

## Tastes of Scotland



### Mashlam Scones

Very early in Scottish cooking, bread was cooked on a flat stone heated in the middle of the fire. Then came the more sophisticated "girdle," a flat cast-iron plate hung over the fire. Modern versions of girdles can be purchased today and used on a stove as well as over a fire. Any large heavy duty or non-stick frying pan can be used, although the higher sides can make turning crumpets and scones a bit difficult.

This recipe is from Mull. Mashlam refers to any combination of grains which were grown in the field and ground together. Although this recipe calls for plain white flour, it might be interesting, and perhaps more authentic, to use a combination of different flours.

1 cup plain white flour  
1 teaspoon of baking soda  
2 teaspoons of cream of tartar  
Pinch of salt  
1 teaspoon of sugar  
1 cup fine oatmeal  
¼ stick of butter  
Milk to mix

Heat and grease the girdle or frying pan. Sift together the dry ingredients, except the oatmeal. Mix in the oatmeal and rub in the butter. Add the milk into a well made in the dry ingredients. Mix to a soft dough. Dust with flour.

Sprinkle the girdle with flour. Turn the dough onto it and press it down lightly. Cut into four triangles. Dust the surface with flour and cook on both sides. Cool on a wire rack. Serve with butter and cheese. Makes 8 large or 12 small scones.

From *A Mull Companion*, ed. Janet M Nelson (1977)

**Note:** If you have a recipe you would like to share, or a recipe you would like to find, please contact Carolyn at [CMcDGraf@aol.com](mailto:CMcDGraf@aol.com).

## Homecoming Scotland

2009 is the 250<sup>th</sup> anniversary of Robert Burns's birthday. In celebration of this, Scotland has planned several events starting in January and ending in November.

- ♦ Glasgow starts the festivities off from January 24 through February 1 with Auld Lang Syne at the Clyde Auditorium—a musical tribute not only to Burns, but also highlighting music and songs that became the roots of old-time American music.
- ♦ In East Lothian from April through June there will be a new festival celebrating the life of John Muir (founder of some of our National Parks).
- ♦ May is Whisky Month all across Scotland with several avenues in which to sample the history and modern day whisky making (and tasting).
- ♦ July 18-19 is golf with the 138<sup>th</sup> Open Championship, golf's oldest major championship, at Turnberry Resort in Ayrshire.
- ♦ The Gathering, which many people have already heard of, will be the largest Highland Games in Scotland's history. The Games will be held on July 25-26 on the grounds of Holyrood Palace. A highlight of the event will be the clan and association parade up the Royal Mile from Holyrood to

Edinburgh Castle on Saturday evening the 25<sup>th</sup> to a gala event on the Castle Esplanade. The parade has been estimated to last 2-3 hours.

- ♦ Continuing in Edinburgh in August, there is the traditional Edinburgh Military Tattoo from August 7-29, which I am sure will feature Robert Burns. Edinburgh's International Festival from August 14 through September 6 will feature Robert Burns and artists from all over Scotland.
- ♦ September 25 through October 4 in Wigtown (Galloway), a Book Festival will feature the bard.
- ♦ In the Highlands October 15-31, there will be a series of events showing Scotland's influence on the world around it.
- ♦ And finally, in November near St Andrew's Day, other events are planned.

These are just a very few of the events being planned across Scotland for 2009 celebrating Robert Burns, golf, innovation, and, of course, whisky. For more information on these and other Homecoming Scotland events visit <http://www.cometoscotland.com/>.

- Judith Lloyd



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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