

# SCOT

Scottish Cultural Organization  
of the Triangle

## newsletter march 2006

### Beltane celebration

Beltane, a Celtic feast day celebrated half-way between the vernal equinox and the summer solstice, is a time to welcome the beginning of the light half of the year.

The ancient Celts believed the sun was released from the bondage of winter and could once again rule over life. The season is best expressed through the gaiety and joy of children as seen through their unrestrained expression of bliss and delight—the sheer joy of running through the meadow, picking spring flowers, basking in the sun, touching the cool water of a fountain, and dancing in the grass to the rhythm of live Celtic music.

Everyone can celebrate Beltane in this way on the grassy courtyard of the North Plaza beside the Talley Student Center, NC State campus on Saturday, April 29 beginning at 2:00 in the afternoon. There will be bagpipe music provided by all three ensembles within the NCSU Pipes and Drums/City of Oaks Pipe Band. *Kylebrack* will entertain with traditional sounds of Irish music. You'll see Scottish dancers, be able to visit vendors of Celtic goods, and enjoy some refreshments. There may even be the traditional May Pole Dance!

The event is free and open to the public.



### a spot of tea

“Giving tea parties is an old idea that seems new again. The soothing atmosphere that inevitably accompanies a pot of tea is especially welcome in an increasingly frenetic world, and sharing that feeling is a wonderful way to entertain.” (Maggie Stuckey)

If you enjoy a soothing cup of tea, *or* you have expertise in presenting a Tea, *or* you would like to learn more about hosting a Tea, then this is the program for you! A few of our members who enjoy baking and decorating will prepare a delicious spread of sweets and savories following a Mother's Day theme. Guest speaker Cathy Smallwood, an area tea expert, will be on hand to share her knowledge of tea, tea history, tea in American history, and the proper preparation of loose leaf tea. We will discuss menu ideas, recipes, setting the table, and in particular, ways to carry out a Scottish theme for a Scottish event.

The Mother's Day Tea Party will be on Sunday, May 14 from 3:00 to 5:00 pm in the Parlor of West Raleigh Presbyterian Church. The church is located at 27 Horne Street, a block off Hillsborough Street near the NCSU campus. Bring your mother, or your daughter, or anyone who needs a respite from the frenetic world!

### a day to celebrate your heritage

Tartan Day has been an official U.S. day since 1998 when a resolution was passed by the Senate. Last year a resolution was also passed by the House. There are celebrations all over the US, the largest in New York City and Washington, DC. The date, April 6, was chosen because it is the date that The Declaration of Arbroath was signed by Scottish nobles in 1320 declaring their independence from England and designating Robert the Bruce as their king. This document was one of those used by

Thomas Jefferson to formulate our Declaration of Independence.

Locally, SCOT is one of the sponsors of the Tartan Day Booth at the NC Renaissance Faire on the weekends of April 1 and April 8. Volunteers are needed to work in the booth. Booth hours are from 9:30 am until 6:30 pm. Please notify Judi Lloyd at [jlloyd@a4healthsystems](mailto:jlloyd@a4healthsystems) or 854-3689 if you would like to help out.

## BURNS supper recap

January 28 — what a great night it was! We had a total of 130 people at The Country Squire in Kenansville, of which about 30 were SCOT members. From all the positive feedback, it looks as if we will have a full house again next year, so if you missed it this year, then you will definitely want to attend next year's event.

As we have now celebrated our fifth year with this event and with such a good turnout of SCOT members in recent years, I would like to invite all SCOT members to write to me with any comments or suggestions (not rude ones) that they might have for the Burns evening. The general format would not change much, but I would be interested in hearing from all of you as to possible ways to improve the event or just make sure the entertainment is to your liking, etc.

Depending on feedback, I may make a lot of changes or possibly none at all, but your input is important and I look forward to hearing from you. My email address is [nondo@dockpoint.net](mailto:nondo@dockpoint.net). I thank each and everyone of you for your support and look forward to seeing everyone next year.

- submitted by Donald Ross

## attention golfers!

It is time to dust off your mashies, cleeks, baffys, niblicks, spoons and brassies. The 3rd Annual Mark Johnston SCOT Classic golf event is just around the corner. The course selection committee has chosen "The Crossings at Grove Park" for this prestigious affair! 32 players/slots will be reserved in anticipation of a large gathering. Sign-up now!

**Date:** Saturday, June 17, 2006

**Place:** The Crossings at Grove Park

**Tee Time:** 10:00 am

**Format:** 2-Person Super Ball

**Cost:** \$50.00 for SCOT members, \$55.00 for non-SCOT members, and \$45 for Juniors (under 16). Includes greens fee and carts.



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## sponsored events 2006

- April 1 **Cary Indoor Highland Dance Competition, Scottish Fiddle Workshop & Solo Piping Competition** at Cary High School's 9th Grade Center (new venue this year). Over 100 dancers from four states competed in last years' event and many stayed for a dance workshop on Sunday. We will also build on the success of the Scottish Fiddle Workshop. New this year will be a solo Piping Competition. Contact Pat Johnston for dancing: [patricia@tj@aol.com](mailto:patricia@tj@aol.com); Ian Dunbar for fiddling: [ian@mindspring.com](mailto:ian@mindspring.com); and John Sprague for piping: [sprague3@bellsouth.net](mailto:sprague3@bellsouth.net).
- April 1-2 Celebrate **Tartan Day** in the SCOT booth at the Renaissance Faire on April 1-2 and 8-9 at the NC State Fairgrounds. For more information and to volunteer, contact Judi Lloyd: [jlloyd@a4healthsystems.com](mailto:jlloyd@a4healthsystems.com).
- Apr. 22-23 **Loch Norman Highland Games.** We're always looking for volunteers for the SCOT booth. Come help to spread the word!
- May 14 **Scottish Tea.** SCOT member Emily Sprague will organize a proper tea & social gathering with award-winning shortbread recipes, [sprague3@bellsouth.net](mailto:sprague3@bellsouth.net).
- June 17 **Mark Johnston Memorial Golf Classic & Pig Pickin'** is one of our favorite events. This social game is loved by all—even if dads are playing off their daughter's ball in a best-ball format.
- July 7-9 **Grandfather Mountain Highland Games.** Beat the heat, avoid the rain, and watch the people with us in the SCOT booth at Grandfather Mountain Highland Games. Volunteers are always welcome to spread the word about SCOT.
- August **Annual General Meeting.**

**Attire:** Classic golf attire: collared shirt, golf shoes (spikeless), no jeans. Scottish wear encouraged: plus fours, kilts, etc.

**Must sign up prior to June 9, 2006.**

A dinner featuring Mark Johnston's famous ribs and barbecue will follow at the McDougal croft. For more info or to register, contact: Chuck McDougal, 783-7476, [elscrodley@nc.rr.com](mailto:elscrodley@nc.rr.com).

## CARY INDOOR

### *5th Annual Cary Indoor Competitions and Workshops*

Cary once again will become a hotbed of Scottish Arts on April 1, 2006. Highland Dancing, Piping and Fiddling will be the focus of the day at the 5th Annual Cary Indoor in the Cary High School Ninth Grade Center fine arts building and gymnasium. Dancers from throughout North Carolina and surrounding states will come to Cary to compete in the Highland fling, sword dance, hornpipes, and other lively dances. Fiddlers are invited to attend a workshop during the morning and pipers will be competing in individual piping competitions in the afternoon. Snacks and lunch will be available during the day, as well as a used highland dance costume sale and the launch of a SCOT-sponsored book (see page 4).

SCOT members receive a discount on admission. This is also a great opportunity to make a tax deductible donation as a memorial or to provide medals or trophies for the competitors. All donors receive name recognition in the program. SCOT is proud to support these Scottish Arts. Check the SCOT website at [www.scot.us](http://www.scot.us) for entry forms for the Highland Dancing competition & workshop, Piping Competition, and the Fiddling workshop.

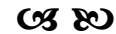
## SOLO PIPING CONTEST

This year, pipers will have an opportunity to participate in the Cary Indoor Competition through a Solo Piping Contest. This unsanctioned event will offer two competition levels and will be judged by area pipers Joe Seibert, Howard Sanford and Bruce Wright. This chance to compete offers an opportunity for solo pipers to get some expert feedback before the highland games season officially begins.

### ♪♪ Calling All Fiddlers! ♪♪

Join us on Saturday, April 1, at Cary High School's 9th Grade Center for a Scottish fiddling workshop starting at 10:45 a.m., followed by a jam session.

## tastes of scotland



## mince & tatties

A simple dish, but warming on a cold winter night. Where an American might describe himself as a "meat and potatoes" guy, a Scotsman who liked plain food would be a "mince and tatties" man. As usual there are many versions of mince and tatties. This is the most basic.

- 1½ pounds good beef mince (ground beef)
- 1 onion peeled but kept whole
- 2 pounds potatoes
- 2 ounces strong cheese grated
- ½ cup beef stock or water

Fry the meat until brown and pour away any fat. Put in a deep dish with the onion and season with salt and pepper. Add the beef stock and cook gently for about 1 hour. Boil and mash the potatoes, season well, put in a separate dish and top with cheese. Brown in the oven until the cheese is melted and bubbling. In order to enliven this simple dish you may add whatever you like to the mince.

Hieland Foodie, Clarissa Dickson Wright, 1999, NMS Publishing Ltd. Edinburgh.

- submitted by Carolyn McDonald Graf

# SCOT

215 SE Maynard Road  
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[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:

Carolyn Graf	Judi Lloyd
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## childrens Book about highland heritage

I'm a keen reader of books on Scottish topics, as well as a writer and scholar of Scottish Studies. So, when I volunteered to be the de facto one-man educational committee for the 2004 Washington DC Tartan Day and worked on a resource pack, I was quite taken aback by the lack of texts and resources for children. There are a couple of cute children's storybooks on Scottish themes, and a great story in the American Girl series (which has just been taken out of print!), but nothing to teach children about Scottish heritage with any depth.

Last year, Rhiannon Giddens and I decided to change that. There is a special and unique connection between North Carolina and the Scottish Highlands



which we took as the unifying theme of our book, entitled *Calum and Catriona's "Welcome to the Highlands."* The book will be "narrated" by two main characters, a girl and boy who were born to Highland immigrants in the 1750s in the largest settlement of Scottish Highlanders outside of Scotland

during the eighteenth century, the Cape Fear Valley of the Carolinas. We've created puzzles, riddles, games, illustrations, and stories which draw upon genuine Highland tradition so that children can learn at the same time that they're having fun.

This project has been supported by a generous grant from SCOT. The SCOT name, logo and URL will all be visible in the book, making it a great vehicle for promoting the organization. It will also support SCOT's agenda for educating the younger generation about Scottish heritage.

Our book will be available through SCOT in time for Tartan Day 2006 and will be launched at the SCOT-sponsored Cary Indoor Highland Dance Competition on April 1 (and that's no joke!). We hope that y'all will enjoy and appreciate this unique contribution to teaching and learning about Scottish heritage that you've helped to make possible. It will be an invaluable resource and fun tool for teachers, students and children of all ages!

For information about the book, including the purchase of one, please contact Michael Newton at [michael@saorsamedia.com](mailto:michael@saorsamedia.com)

We welcome your contributions to this quarterly newsletter! If you have an article, story, artwork, or bit of Scottish lore to share, please submit it to Jane Dunbar ([thedunbars@mindspring.com](mailto:thedunbars@mindspring.com)).

### S.C.O.T.

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