



NEWS FROM THE HOUSE of SCOTLAND

“Sgeoil nan Taigh”: Scots-Gaelic for
“News From The House”

Balboa Park, San Diego, California 92101

July 2012

Highlights from the June Meeting:

The meeting was called to order by President Steve Knight at 11:30 A.M. The pledge of allegiance was recited.

June celebrations: June birthdays include Holly Stewart on June 1, Steve Knight on June 12, Kelsey Beaty (Dianne's granddaughter) on June 15, Kristi Keith on June 19, and Bob Maxton on June 23. Peggy and John Thomas will celebrate their wedding anniversary on June 17 and Dawn Thomas also has a birthday in June. Gwenda and Martin Measel celebrate their 50th wedding anniversary on June 25.

Thoughts and prayers: A moment's silence was observed for those members of our military who are serving in harm's way.

Pipe Band Report: Mandy Danielson gave the pipe band report. Dane Chambers and Jeff and Andrew Hahn won solo competitions at the Costa Mesa Games over the Memorial Day Weekend. The band will be competing at the San Diego Highland Games. The band will also be playing at Hennessey's in Vista on the evening of June 23 before the kitchen piping competition. The band will be marching in the Coronado July 4 parade and has invited members of the House to carry the flags and banner for the band.

Old Business: President Steve Knight moderates.

Hosting: Anyone interested in hosting should contact Heather Wilson for information on open dates.

Upcoming Events: The 39th Annual San Diego Highland Games and Gathering of the Clans is Saturday, June 23 and Sunday, June 24. Dianne

Schultz will be organizing the House of Scotland booth again this year. Tickets were distributed to the volunteers who were at the meeting. Our outing to see the movie “Brave” and have lunch at Applebee's is Saturday, July 14. The movie will be shown beginning at 9:30 A.M. at Regal Parkway Plaza 18 Theater. The theater is located at 405 Parkway Plaza in El Cajon. Courtney Wilson has arraigned for a portion of the money spent on food at Applebee's to be donated to House of Scotland by Applebee's. Tickets can be purchased the morning of the movie but please let Courtney know how many people are attending. Courtney is also going to let other cottages know that they can join us for the movie and lunch.

Ceilidh Band: There was no Ceilidh Band report.

Housekeeping: It was announced that it is OK for us to service tea in Styrofoam cups.

Other Old Business: The subject of House of Scotland movie night was again raised. An email survey of who's interested and what movies they would like to see will be sent.

New Business: President Steve Knight moderates

New Members: Bob McKenzie was attending his second meeting as a prospective new member. Sharon McKenzie, Bob's wife, was also attending and a vote was taken on their membership. As always, they will be notified by mail of their official status as members of House of Scotland.

Other New Business Jim Scrimgeour proposed that Maureen Bennett be made an honorary member of House of Scotland, meaning that she would no longer be required to pay annual dues. Since no one was sure that Maureen didn't already have that status, the idea was tabled until

our next meeting. Virginia Anderson presented the House with a model train of the Orient Express which was donated by Virginia's brothers. The train was added to our display case.

The meeting was adjourned at 12:45 P.M.
Respectfully submitted

Dianne Schultz, Secretary

Reminder: Membership dues of \$7 are due! Dues can be paid at the July meeting or mailed to Cherie McGruer at 65 E. Shasta Street, Chula Vista, CA 91910. Thank you.

Upcoming Events



July 8 11:30 HOS Monthly Meeting
July 14 Brave Showing, 9:30 El Cajon Parkway Plaza and lunch at Applebees

August 12 11:30 HOS Monthly Meeting
August 27 Country Day School – Summer cleaning – need volunteers

September 8 @ 9:00 a.m. Pipe Band presenting at the Poway Day Parade ****HOS members welcome to march with band**

September 9 11:30 HOS Monthly Meeting
September 12 12:30 HOS Hosting Ladies Auxiliary Luncheon – need volunteers

October 14 11:30 HOS Monthly Meeting
October 13 & 14 Seaside Highland Games
October 28 11 - 4 HOS Lawn Program

Hosting

July 8 Sharon and Bob Maxton
July 15 Susan Self and James Logan
July 22 Gwenda Measel & James Scrimgeour
July 29 Cherie and Graham McGruer
Aug 5 Susan and Steve Knight, Sharon and Bob Mckenzie
Aug 12 Melissa and Andrew Keith
Aug 19 Cherie and Graham McGruer
Aug 26 **OPEN**

If you can host, please call Heather at (215) 421-8383 or send an email to: scottie1956@aol.com.

HIGHLIGHTS OF HOS PIPE BAND AT VISTA SCOTTISH GAMES IN JUNE

The HOS Pipe Band performed at Hennessey's in advance of the Kitchen Piping Competition. This took place on the Saturday evening of the San Diego games. Andrew Hahn and Dane Chambers, two of our own band members competed. John Canino, Floyd Ferguson, and Hennessey's advised the band that they were very happy with their performance. Of course, the crowd loved our pipe bank Too. HOS Pipe Band were informed that they will be asked to perform next year.

Jeff Hahn, Andrew Hahn and Dane Chambers (Pipe Sergeant) competed in solo events at San Diego. Their results are:

Andrew took a 3rd place in Grade 1 Piobaireachd, a 4th in the MSR and a 5th in the Hornpipe/Jig.

Dane took a 1st place in Grade 2 Piobaireachd and a 3rd in the MSR. Dane currently ranks 3rd in the solo aggregate scores in WUSPBA (Western United States Pipe Band Association).

Jeff took a 2nd in Grade 3 Piobaireachd and a 6th in the Strathspey/Reel.

Congratulations to Andrew, Dane and Jeff for your great performance. Well done over all to the HOS Pipe Band for all your hard work.

SCOTTISH DANCING

Scottish Country Dancing San Diego, Summer beginner class series

Anyone that is interested in learning and participating in the Scottish Country Dancing of San Diego here are the particulars of the summer program:

When: Every Tuesday night from 7:30 to 9:30

Beginning July 10 and continuing through August 21.

Where: The Growing Place Montessori, 13242 Pomerado Road, Poway, CA 92064
Map link: [The Growing Place](#)

Who: Anyone is welcome (bring a friend!) and a partner is not required.

What to wear: A kilt is not required. Please wear comfortable clothes; ladies often like to wear a skirt.

Shoes: Please wear soft-soled shoes, preferably without heels. Flip-flops or loose sandals are not a good idea. We wear Scottish Ghillies, but if you have dance shoes (ballet or jazz shoes) you can use those as well. You don't need to buy anything special to start out with, but if you like our dancing (and we hope you will!) you'll eventually want to invest in some nice shoes. You can find information about dance shoes here:

<http://www.jamessenior.co.uk/centinal.cgi>

<http://www.scottishdanceshoe.co.uk/>

You can also find some simpler, cheaper dance shoes at a place like Capezio or any ballet/jazz supply store. Please don't wear stiff, ballroom dance style shoes.

More information about us, dancing, and our branch of the Royal Scottish Country Dance Society can be found here: <http://www.rscds-sandiego.org/>

Thank you, hope to see you dancing!

--Amy Hoffman

Publicity Director

RSCDS-San Diego

Hearth of the Kitchen

Unfortunately as a true blood Scot – I hate haggis, therefore when I saw this recipe I could definitely handle this:

Grassroot Granny's Vegetarian Haggis

Commentary by: Rhonda Roaring

This recipe comes from Grassroots café in Glasgow's west end, where I bought my first veggie haggis.

It was on Robert Burns's birthday in 1998. I was a vegetarian living in Scotland and Grassroots was a wee store. I bought my beans and greens there for their quality, and because the tightly packed shop was a magnet for legume-loving Glaswegians (like cute, organic, Scottish girls who attended art school up the road).

My first veggie haggis was a pre-packaged, boil-in-the-bag affair made by a company called Macsween and it converted me forevermore. Its nut loaf-like taste was better than most of the meat haggises I'd eaten growing up in Nova Scotia. The haggis didn't make a regular appearance on the Murdoch dinner table, but I've eaten my share of them over the years.

My granny once tried to smuggle a haggis back from Scotland, but a Canadian customs officer confiscated it. In a moment of madness, she handed him her duty-free bottle of scotch and said, "Well, you may as well have this, too. They go hand in hand!"

Mostly, we ate meat haggis at Robert Burns suppers in the Legion Halls of one-street hamlets across the Annapolis Valley. They weren't reverent or nostalgic events, but rather (like most nights in Nova Scotia) a little ironic and completely shambolic, because even though most of us don't understand a word of Burns' poetry, we understand the spirit of the poet.

The whole point of the night is to salute a guy who loved to dance, wear a kilt, drink scotch (at cheap Legion prices), tell wild stories and eat that majestic Scottish pudding (the haggis).

Haggis is a blood pudding, stuffed with minced sheep's organs, onions, oatmeal and suet (beef fat), then sewn in a sheep's stomach and boiled or baked. The blood from the meat soaks into the oatmeal, mixes with the beef fat and turns the inside a dark brown, richly grainy colour. Now, this description usually turns people off, but think about it - every culture has some version of this kind of tripe-putting.

The meat version tastes like a meaty, nutty stuffing. It's very rich and you can't eat a lot of it. The meatless version tastes like a nutty stuffing and is much less

greasy. In fact, it is actually (and one can't say this of many Scottish foods) good for you. Consequently, you can eat a lot of it.

So much has changed since 1998. I, alas, eat meat once more. The Duncan family who runs

Grassroots has expanded the business, opening a café next door and offering vegetarian cooking classes.

This recipe - which has never before been revealed to the public - belonged to the family's grandmother. (Imagine - three generations of Scottish vegetarians!) The combination of oats and nuts gives it the haggis taste, while the garam masala gives it some depth. Sarah Duncan, the youngest generation, decided to share it with Star readers because: "We thought you and many Canadians have the right to know how to make a great haggis."

Grassroot Granny's Vegetarian Haggis

From the Duncan family, who own Grassroots Organic and Café Grassroots (<http://www.grassrootsorganic.com>) in Glasgow. For steel-cut oats, try McCann's Irish Oatmeal, from most supermarkets. You can chop the nuts by hand or in a food processor. Haggis is traditionally served with Clapshot (potatoes and rutabaga mashed with butter) and whisky.

1/3 cup steel-cut oats
2-1/2 tbsp vegetable oil
3 cloves garlic, minced
1 small onion, chopped
1/2 tsp each: sea salt, freshly ground pepper
1 tsp garam masala
1/4 cup drained, canned brown lentils, rinsed
3/4 cup finely chopped, peeled carrots
3/4 cup finely chopped, peeled rutabaga
1/3 cup finely chopped mushrooms
1/3 cup canned red kidney beans, drained, rinsed
1/4 cup butter
2 tbsp peanuts, chopped
3 tbsp almonds, chopped
3 tbsp walnuts, chopped
1 tbsp water

In small saucepan, cook oats as per package instructions. Rinse; reserve.

In large skillet, heat oil over medium-high. Add garlic, onion, salt, pepper and garam masala. Cook, stirring, until onions soften, 2 to 3 minutes. Add lentils, carrots and rutabaga. Cook, stirring, 2 minutes. Add mushrooms. Cook, stirring, 2 minutes. Stir in kidney beans and butter until it melts. Add peanuts, almonds and walnuts. Cook, stirring, until nuts soften slightly but retain crunch. Remove from heat. Stir in reserved oatmeal.

Add water to 9-by-5-inch loaf pan. Add haggis mixture. Cook in preheated 350F oven until top is crispy, 35 to 40 minutes.

Turn haggis out into serving bowl. Using fork, break it up, then fluff.

Makes 4 to 6 servings.

History of the Thistle



"NEMO ME IMPUNE LACESSIT.."

THISTLE: A common name for many prickly, herbaceous plants (family Compositae). They normally have purple or yellow flowers. When the seeds are ripe, they are dispersed as fluffy thistledown. The plant, which grows to a height of five feet, has no natural enemies because of the vicious spines that cover and protect it. Thistles normally produce a thick taproot that can be eaten or used as a coffee substitute.

...Bagpipes, Whisky, Scottish Tartan and the Kilt are just a few of the symbols that are associated with Scotland from around the World, but also there are many other mysterious legends and symbols such as...The Scottish Thistle - the Emblem of Scotland, a symbol that has been used for over 500 years!.. We would like to tell you the history of the Thistle, how it became the national Emblem of Scotland and the story behind the Legend of the Scottish Thistle.

Common throughout the Highlands, Islands and Lowlands of Scotland the prickly purple thistle has been Scotland's national emblem for centuries. This proud and regal plant has several different legends that tell how the thistle became Scotland's symbol, but most date from the reign of Alexander III and the events, surrounding the Battle of Largs in 1263.

Historically, for hundreds of years much of Scotland was part of the Kingdom of Norway. However, in 1263 Norway seems to have had little interest in their former territory that was until King Alexander III proposed to buy back the Western Isles and Kintyre from the Norse King Haakon IV. The thought of relieving King Alexander of some of his riches and territories appears to have re-kindled Norse interest in Scotland.

Late in the Summer of 1263 King Haakon of Norway, now intent on conquering the Scots, he set off with a sizeable fleet of longships for the Scottish coast. Gales and fierce storms forced some of the ships onto the beach at Largs in Ayrshire, and a Norwegian force was landed. What happened next that night will tell of the beautiful legend, explaining why Scots have chosen the purple thistle as their symbol, which became the National Emblem of Scotland.

Legend of the Thistle

Why has Scotland chosen the Thistle? Sadly there is no historical evidence why it was chosen, but there is a legend of how it came about...

During Alexander III reign from 1249 to 1286 there was an army of Vikings from Norway under the leadership of King Haakon, who were intending on conquering a party of sleeping Scottish warriors on the coast of Largs in Ayrshire. In order to move more quietly and get nearer to the Scotsmen the Vikings removed their footwear and unfortunately, for one of King Haakon's men, he stood on a prickly plant and yelled in pain, awaking and alerting the Scottish warriors of the advancing Vikings. Needless to say, it was the Scots, who had won on that day and from that moment the prickly purple Thistle became the Guardian Thistle and was adopted as the symbol of Scotland.

As earlier stated, there is no historical evidence of this, just a legend!, there is even more confusion what type of Thistle was stood on that night in the legend, as there are many species such as the Spear Thistle, Our Lady's Thistle and the Melancholy Thistle etc.

Anyway, the role of the thistle was understood and first used as a royal symbol of Scotland on silver coins, issued by James III in 1470. The Order of the Thistle was founded in 1540 by King James V, who made this Order for himself and his twelve knights. The common badge, worn by the knights is a cross, surmounted by a star of four silver points, and over this a green circle bordered and lettered with gold, containing the motto "**Nemo me impune lacessit**", "No-one harms me without punishment", but more commonly translated in Scots as "Wha daurs meddle wi me", in the centre is the Thistle. The badge is normally worn over the left breast.

Well HOS members of old – who remembers this poem growing up:

“Three crows sat upon a wa” by Scottish Verse - Anon

Three crows sat upon a wa',
Sat upon a wa'
Sat upon a wa'
On a cold and frosty morning

The first crow, he couldnae flee at a'
couldn'ae flee at a'
couldn'ae flee at a'
on a cold and frosty morning

The second wee crow, he fell and broke his jaw
fell and broke his jaw
fell and broke his jaw
on a cold and frosty morning

The third crow wis greetin fur his maw
greetin fur his maw
greetin fur his maw
on a cold and frosty morning

HISTORY TIP BITS:

■ Bonnie Prince Charlie came from which country to Scotland?

France. Bonnie Prince Charlie had been living in France until he wanted to lead a Jacobian Rebellion.

■ A Scottish legend tells of Greyfriars Bobby, a famous dog who spent his days in Edinburgh. What was the name of the dog's master?

Jock. Legend has it that Greyfriar's Bobby was a Skye terrier, and was loyal to his owner and guarded his grave for years. Local residents brought him food and water, and there is now a statue located near where he stayed. In 2011 a book was published casting doubt on the veracity of the story. The author suggests that the story was a connivance on the part of local business people to attract customers to the area. Jan Bondeson published "Greyfriars Bobby: The Most Faithful Dog in the World" giving reasons why the story appears to be a myth.

■ **What is the Edinburgh Castle built on?**

An extinct volcano. It is not a very well known fact, but before the castle was built, there was a fort on the extinct volcano which was home to tribes because it was so high they could see the enemy coming from any direction giving them time to prepare.

■ **What runs from Edinburgh Castle to Holyrood Palace?**

The Royal Mile. The Royal Mile is where long ago, most of Edinburgh's citizens lived. They also lived in closes that lead off into the Royal Mile.

■ **What was Edinburgh ridden with in the seventeenth century?**

Bubonic Plague. A lot of Edinburgh's citizens fell ill with this disease. Thankfully, it no longer exists there.

■ **Princes Street Gardens used to be which one of these?**

The Nor' Loch. It used to be the Nor Loch before it was drained hundreds of years ago.

■ **True or false: Everyone in Scotland wears a kilt on a daily basis.**

f. Kilts are now usually worn only for special occasions, like weddings. The kilt is made of tartans from specific clans

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