

HEATHER BELL

NEWSLETTER OF THE CALEDONIAN & ST. ANDREWS SOCIETY OF SEATTLE

www.caledonians.com

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NEXT GATHERING

There will not be a Sunday Gathering for February because we are attending the Masters of Scottish Arts at Benaroya Hall on **Friday, February 3rd**. Tickets may be purchased by calling the Benaroya group ticket sales office at 206-215-4747, and ask for Forrest. Tickets are \$39, a discount because we reserved group seating.

Calendar of Seattle Area Scottish Events

February 2017

3 Masters of Scottish Arts, Benaroya Hall, Seattle. 7:30pm. Tickets at Beneroya Group Ticket Office, 206-215-4747.

11 Glenfiddich Revue Piping Concert, Littlefield Celtic Center, 1124 Cleveland Ave., Mount Vernon, WA 7:00pm. www.celticarts.org. Call 360-416-4934 for the code for 20% discount on tickets for Celtic Arts Foundations members.

14 SSHGA Meeting 7:30 pm, St. Andrew's Episcopal Church, 111 NE 80th Street, Seattle WA Info: (206) 522-2541

19 Gung Haggis Fat Choy, China Harbor Restaurant, 4:00pm. \$40. Tickets from Bill McFadden, 206-364-6025

March 2017

12 Caledonian & St. Andrews Society of Seattle Gathering, 2:00 pm. Haller Lake United Methodist Church, 13055 1st Ave. NE, Seattle, WA. 98125. www.caledonians.com

14 SSHGA Meeting 7:30 pm, St. Andrew's Episcopal Church, 111 NE 80th Street, Seattle WA Info: (206) 522-2541

Membership Renewal

It's time to renew your membership for 2017. Bring your check made out for \$35 for a single and \$45 for a couple to the next Gathering or send it to:

Treasurer

Caledonian & St. Andrew's Society of Seattle
PO Box 27278
Seattle WA 98165-1778

Report on the Robert Burns Dinner



Fifty-three people enjoyed a dinner catered by Kaspar's Special Events and Catering held Saturday night, January 28th, to honor and celebrate Robert Burns. The chefs at Kaspar's again did a splendid job with member Kimberly Cambern's recipes for garlic & herb crusted leg of lamb, neeps & tatties, brussel sprouts in sherry cream sauce, and baby spinach caesar salad, with sticky toffee pudding for dessert. The haggis came from Celtic Cowboy in Lynnwood, and was served

with bleu cheese whisky sauce. The tables were decorated with red roses for Burns' poem and candles.



President Don Moore welcomed everyone to the event. Christian Skoorsmith was emcee, and his friend Chris Baker gave the "Address to the Haggis."



Harry McAlister reminded us why we celebrate Burns night. Jim Van Zee brought in the haggis and Porter Patton was one of the escorts. Art Henderson led the Selkirk Grace. Frasier MacLeod startled



everyone with a very short toast to the lassies, and Sharon Ritelis gave a longer response from the lassies. Dancers from Karen Shelton's Scottish



Highland Dancing School, piping and fiddling by Vienna Scheyer, pipe major for the Northwest Junior Pipe Band, and an emotive recitation of Burns' "John Barleycorn" poem by Christian



Skoorsmith made up the entertainment. Vienna piped guests into the hall before dinner, and also piped in the haggis. Bill Clarke provided piano music before dinner and again during the evening for singing Burns songs. Rosemary Blakemore and Jeanne Medley came early for set up and stayed

late for cleanup. Bill and Ruth McFadden were applauded for the tremendous amount of work they put into ensuring this favorite Caledonian dinner was a success.

Articles About Scotland and Things Scottish

From UPI.com (Odd News)

Scottish study suggests dogs are partial to reggae music

A Scottish study looking at how music affects dogs' behavior suggests canines are partial to reggae over classical music.

Researchers from the Scottish SPCA and the University of Glasgow said they studied the psychological and behavioral affects that different genres of music had on dogs at a shelter in Dumbarton.

Neil Evans, professor of integrative physiology at the University of Glasgow's Institute of Biodiversity, Animal Health and Comparative

Medicine, said the researchers played reggae, soft rock, pop, Motown, and classical music for the dogs.



"Overall, the response to different genres was

mixed, highlighting the possibility that, like humans, our canine friends have their own individual music preferences," Evans said. "That being said, reggae music and soft rock showed the highest positive changes in behavior."

Evans offered a possible explanation for why canines might prefer reggae and soft rock. "There is some evidence from work in humans that suggests that the relaxing effects of music are related to aspects of tempo or repeated motifs that can be present in the music," he said. "Possibly the reggae and soft rock have that more overtly expressed."

The SPCA said its shelters in Glasgow and Edinburgh currently have the ability to pipe music directly into dogs' kennels, and the rest of the charity's facilities in Scotland will now be similarly outfitted.

From The Scotsman

Wheelchair that can climb stairs wins Scots design award

A wheelchair that can climb stairs has won a design competition aimed at improving the

lives of people with physical or learning disabilities.

MEBot, a robotic-powered wheelchair with six wheels, was named best new concept. The annual competition was organised by Blackwood, an Edinburgh-based charity which helps find housing for those with disabilities.

Judges were impressed with the MEBot, particularly its ability to use front and rear caster wheels to inch forward on surfaces that traditional power wheelchairs can get stuck on.



It has a seat stabilisation system which keeps the driver safely upright and also stair climbing ability – which is ultimately what set it apart from other wheelchair designs.

“The MEBot was inspired by wounded, injured and ill veterans that would like to be able to do more than is possible with current wheeled mobility devices,” said Rory Cooper, leader of the MEBot design team.

The MEBot team, based in Pittsburgh, Pennsylvania, will now receive a cash prize of £2000 from BDA sponsor Kingdom Gas, professional support on design development from one of Scotland’s leading product design companies, 4c Design, and backing from business law experts, Harper MacLeod, in addition to that of Blackwood.

When Scotland and England had different time zones

For a short spell in the late 1840s, Scots and the English were living in different time zones as the switch to Greenwich Mean Time took hold across the country. On January 30 1848, Scots were waking up to GMT for the first time, their clocks and fob watches moved forward the night before, around 11pm local time.

The discrepancy grew the further west you moved, with the time in Glasgow some 17 minutes behind GMT. In Ayr the time difference was 18-and-a-half minutes with it rising to 19 minutes in the harbour town of Greenock. All these lapses were ironed out overnight on January 29 1848, but the move wasn’t without controversy as some resisted the move away from local time.

Sometimes referred to as natural time, it had long been determined by sun dials and observatories and later by charts and tables which outlined the differences between GMT and local time at various locations across the country. But the need for a standard time measurement was broadly agreed upon given the surge in the number of rail services and passengers with different local times causing confusion, missed trains and even accidents as trains battled for clearance on single tracks.

An editorial in *The Scotsman* on Saturday, January 28, 1848, said: “It is a mistake to think that in the country generally the change will be felt as a grievance in any degree. Probably nine-tenths of those who have clocks and watches believe that their local time is the same with Greenwich time, and will be greatly surprised to learn that the two are not identical. Even if they wished to keep local time, they want the means.

“Observatories are only found in two or three of our Scottish towns. As for the sundials in use, their number is small, most of them, too, are made by incompetent persons and even when correctly constructed, the task of putting them up and adjusting them to the meridian is generally left to an ignorant mason, who perhaps takes the mid-day hour from the watch in his fob.”



Mariners had long observed Greenwich Mean Time and kept at least one chronometer set to calculate their longitude from the Greenwich meridian, which was considered to have a longitude of zero degrees. The move to enforce it as the common time measurement was made by the Railway Clearing House in September 1847.

Some rail companies had printed GMT timetables much sooner. The Great Western Railway deployed the standard time in 1840 given that passengers on its service between London to Bristol, then the biggest trading port with the United States, faced a time difference of 22 minutes between its departure and arrival point.

Rory McEvoy, curator of horology at the Royal Observatory Greenwich, said travel watches of the day had two sets of hands, one gold and one blue steel, to help measure changes in local time during a journey. Maps also depicted towns with had adopted GMT and those which had not, he added. He added: There was information out there for determining the local time difference so they would know the offset to apply to GMT before the telegraphic distribution of time.”

Secret of Salmon Happiness

Earlier this year, a Highlands fishery noticed its young salmon weren't getting along, with biting and other aggressive behaviors endangering their stocks. The usual remedies-- additional feedings, faster water currents and the likes -- weren't entirely effective.

Noticing that fish tank interiors can be very bland and an uninteresting environment even for very young fish, the Loch Duart fishery tried something entirely new: environmental enrichment or, in plain words, games. The fish farm began putting brightly colored plastic balls in



the water for the juvenile fish to play with. They also added tarp strips to give the salmon a place to hide, a natural instinct for fish in the wild. With something more interesting to do than simply circle the tank endlessly, the bullies were less likely to attack the others, and victims had somewhere to hide from them. Read more about this unusual fish farming technique at <http://www.lochduart.com/loch-duart-salmon-welfare-breakthroughs/>

From Herald Scotland

Historic Hebridean library given a boost

A 100,000 pd. sterling will be used to preserve one Scotland's most historic libraries on a tiny but significant Hebridean island. The



Iona Cathedral Trust received the money from the Heritage Lottery fund to rescue the little-known library, which is hidden away above the cloisters of Iona Abbey. The two year project will conserve hundreds of manuscripts and make a digital catalogue. The early monastery of ST. Columba, founded in the 6th century, famously produced the *Book of Kells* among other notable manuscripts at a time when libraries were a symbol of wealth and education uniquely owned by a few elite. The library includes collections of national significance, Gaelic manuscripts dating from the 19th century and examples of Celtic art among the treasures that will be restored and preserved. The oldest books in the collection date from the 17th century. Iona Abbey is one of Scotland's top heritage attractions, and the island of Iona regularly attracts more than 130,000 visitors a year.

Read more about this grant and how it will be used at http://www.heraldsotland.com/news/environment/14755823.Iona_Abbey_library_receive_d_100_000_grant_to_bring_it_into_the_digital_age/

Book Review

The Beatons, A Medical Kindred in the Classical Gaelic Tradition, John Bannerman, John Donald 2015.

First published in 1986, this study of the Beatons by the late Dr. John Bannerman has stood the test of time. Bannerman had a passionate interest in the learned and artistic culture of the late medieval Gaelic Scotland

and he hoped that an analysis of the Beatons would provide a 'corrective to the unrelieved picture of blood and strife that sometimes still passes as Scottish history'. *Clann Meic-bethad*, or Clan Macbeth, later known as the Beatons, was the premier medical kindred in late medieval Gaelic Scotland.

The chapter on 'Medicine and Medical Men' leads Bannerman to conclude that Gaelic physicians were somewhat conservative or even old-fashioned as medical practitioners. A decline has set in from around 1600 as Gaelic classical tradition waned throughout Highland society. Within a generation, Beaton physicians were dying without successors.

This book is perhaps less suitable for a general audience, but anyone interested in expanding their knowledge of Gaelic culture will be greatly rewarded if they show persistence through a rather daunting opening chapter.

From the website <http://www.scottish-at-heart.com>

The Unicorn Of Scotland As A Heraldic Symbol

Unicorns have been associated with Royalty and heraldry since at least the time of the Romans, and over the centuries their appearance and personality traits have had more than a few 'upgrades'!

They grew to become an exotic creature... a magnificent horse with cloven hooves, the tail of a lion, and a perfect spiraled horn in the middle of their foreheads.

In Celtic Mythology the Unicorn of Scotland symbolized innocence and purity, healing powers, joy and even life itself.

It was also seen as a symbol of masculinity and power. Two sides of the same coin as it were, a blend of male virility and female nurturing - perhaps the perfect mix!

The unicorn was seen as a wild, freedom-loving creature. Fierce, bold, proud and intelligent. Beautiful and courageous. Dangerous if running free and impossible to

capture alive - except if lured into an ambush by a virgin.

When it's featured on heraldic symbols, the Unicorn often has chains wrapped around him. This is a 'nod' to this medieval belief that he was a dangerous creature.



It's not quite clear exactly when the Unicorn first appeared in Scottish heraldry, but one of the earliest examples is seen in the 'Royal Coat of Arms' at Rothesay Castle which is believed to have been carved sometime before the 15th century.

Before England and Scotland came under joint rule, Scotland's Coat of Arms featured two Unicorns supporting a shield.

Did ye ken...? (Did you know?)

1. In most large department stores in Japan, "Auld Lang Syne" is played on a daily basis to mark closing time.
2. Nova Scotia has its own annual Highland Games. Called the Antigonish Highland Games, they have been held every year since their inception in 1863.
3. Edinburgh was once known affectionately as *Auld Reekie*. This nickname dated from the nineteenth century, when the city was often blanketed by the smoke of houses, breweries, and mills, the Scots *auld* meaning, "old" and *Reekie*, meaning "smoky" or "misty".
4. The world's first color photograph was made by the Scottish scientist James Clerk Maxwell in 1861 and featured a tartan ribbon.



A fellowship founded in Seattle in 1902 to foster a love of Scotland, her people, and her heritage.

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