

HEATHER BELL

NEWSLETTER OF THE CALEDONIAN & ST. ANDREWS SOCIETY OF SEATTLE

www.caledonians.com

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NEXT GATHERING

We will not have our usual gathering in January. Instead, plan on attending our Burns Dinner on Saturday, January 27, 2018.

PROGRAM – BURNS DINNER

Plan to attend our own Burns Dinner on Saturday, January 27, 2018.

This year we will be moving to the Latvian Cultural Center, 11710 – 3rd Avenue NE, Seattle, WA. In lieu of a formal bar, you can BYOB and/or add it to the “share” table, if you wish.

Doors will open at 5pm and dinner will be served at 6pm. Dinner will again be catered by Kaspars Seattle Catering.

Tickets are \$45, and may be purchased from Porter Patten, Ruth McFadden, or Victoria Johnson. Or, send a check (or have your bank send a check) made out to the Caledonian & St. Andrew’s Society to P.O. Box 27278, Seattle, WA 98165-1778.

The program will include recitations of poems by Robert Burns, the “Address to a Haggis”, piping, and music by harpist Ruthann Ritchie. Christian Skoorsmith will again be the emcee for the evening.

Facebook

The Caledonians have a Facebook page at <https://www.facebook.com/seattlecaledonians/?ref=bookmarks>

Diana Smith frequently posts interesting articles and notices, so check back often.

Sunshine Report

Sunshine Chairperson Bonnie Monro reports this information about members, former members, and those in the Scottish community:

Sad news -- **Frances Crews** passed away on December 26th. Bonnie sent a card from the Caledonians. You may wish to send one to Gary Cosgro, her long-time companion, at 8824 S. G Street, Tacoma, WA 98408

Bonnie reminds people that she does not have e-mail, so please call her when you have information about Caledonians who are ill or passed away. Her phone is 425-806-3734.

Calendar of Seattle Area Scottish Events

January 2018

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

12 Annual General Membership Meeting for the Celtic Arts Foundation, Littlefield Celtic Center, 1124 Cleveland Ave., Mount Vernon, WA 98273. Event is free to members, but reservations required.

<https://celticarts.org/celtic-events/agm18/>

20 Kenmore & District Annual Burns Dinner, The Nile Country Club, Mountlake Terrace, WA. Doors open at 6:00pm, dinner and program at 7:00pm. \$65. Tickets available at www.kdpipeband.com

20 Celtic Arts Foundation Robert Burns Supper, Littlefield Littlefield Celtic Center, 1124 Cleveland Ave., Mount Vernon, WA 98273. Event is sold out. To be added to the wait list, e-mail events@celticarts.org or call 360-416-4934.

27 Caledonian & St. Andrew's Society Burns Dinner, Latvian Community Center, 11710 3rd Ave NE, Seattle, 98125. \$65 Tickets at PO Box 27278, Seattle, WA 98165-1778.

February 2018

3 Tacoma Scots Burns Dinner, St. Martin of Tours Church, 2302 54th Ave. E, Fife, WA. 6:00-11:00pm. \$45. Tickets through www.BrownPaperTickets.com
Questions: sheepgirl@msn.com.

9 Masters of Scottish Arts, Beneroya Hall, Seattle. Tickets through the Beneroya Ticket Office. Ask for the group rate of \$39 per ticket on order **#3576907** reserved for the Caledonians. 206-215-4747 or 1-866-833-4747

21 Daimh Concert, Littlefield Celtic Center, 1124 Cleveland Ave., Mount Vernon, WA 98273. \$25
<https://celticarts.org/celtic-events/daimh-concert/>

25 Gung Haggis Fat Choy 12, China Harbor Restaurant, 2040 Westlake Ave. N., Seattle. Doors open at 4pm, entertainment starts at 5pm. \$45. Contact Bill McFadden for tickets at 206-364-6025.

March 2018

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

13 Alasdair Fraser & Natalie Haas Concert, Littlefield Celtic Center, 1124 Cleveland Ave., Mount Vernon, WA 98273. 7:30pm. \$30. <https://celticarts.org/celtic-events/fraser-haas-18/>

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

Looking Ahead:

February Gathering

Instead of meeting at our usual location, the February Gathering will be at the Masters of Scottish Arts performance at Beneroya Hall on Friday, February 9, 2018. We have arranged for group seating for Caledonians and friends. Tickets are available at the group price of \$39 by contacting the Beneroya Ticket Office at 206-215-4747 or 1-866-833-4747 toll-free outside local area or email tickets@seattlemymphony.org Be sure to ASK FOR THE GROUP ORDER **#3576907** under the Caledonian name or Bill McFadden's name. The regular price for tickets is \$49, so you save a considerable amount with the Caledonian group price.



Recap of the December Gathering

Caledonians enjoyed music by Vivace, a

women's barbershop quartet. The ladies sang both Christmas music and music from the '40s in a delightful performance that ended with a special barbershop rendition of "Auld Lang Syne" that their leader had written just for us. They have sung together for many years, with their voices blending beautifully from years of performing together.

Articles and Topics About Scotland and Things Scottish

Hogmanay - Scottish New Year Celebration

By Harry and Diane McAlister*



Hogmanay is the name of a celebration which takes place in Scotland to celebrate the arrival of each new year. It's a celebration which

should really start on New Year's Day ('Ne'er Day' – Jan 1), but it's thirsty work waiting for midnight on the last day of the year and a few wee drams seem to get quaffed ahead of time.

Where did the work 'Hogmanay' come from? The etymology of the word is obscure. The *Scotch Presbyterian Eloquence* (1693) held that the term was a corruption of a Greek word.

Modern theories of Hogmanay are likely derived from the Norse and Gaelic. The Norse words may have reached back to celebration of the winter solstice, while Gaelic roots seem to have been in the celebration of Samhain. Other folk believe it came from the celebration of the 'Yule' by The Vikings which later contributed to the Twelve Days of Christmas.

The word is first recorded in a Latin entry in 1443 annals as *hagnonayse*. Its first appearance in English came in 1604 in the *Records of Elgin*, as *hagmonay*.

Incidentally, Christmas was not really celebrated in Scotland until the mid-fifties. Until then it wasn't even a public holiday. This was possibly a result of the Protestant Reformation, during which celebrating Christmas was seen as 'too Papist'! New Year became a much bigger and more important celebration than Christmas for having

time off work and being with family. Of course, the wild excesses of some past Hogmanays were not liked much by the church either, so certain celebrations in the past went “underground.”

There are a number of customs associated with Hogmanay. Some of the old ones have now disappeared while others have remained through the years.

Pre-Hogmanay preparations usually included:

Cleaning the House - the 31st December was often busy day. Many businesses closed early to allow workers time to go home and clean their houses. In the days when everyone had open fires, fireplaces in particular had to be cleaned. It was considered bad luck by some to go into the New Year with a dirty house.

Getting rid of Debt - this was another thing that was seen as unlucky and historically most households would endeavour to get rid of all debt before midnight on 31st. It wasn't good to go into the New Year with debt.

Hogmanay celebrations included:

Midnight Partying - Having family and friends together and partying is one of the main Hogmanay customs. As soon as the clock strikes 12, bells are rung in every town and village throughout the land. Many places have street parties with the villagers meeting in the village square to bring in the New Year together.



Fire has been a big component of Hogmanay, and these days of course fireworks are also set off, so it can be quite

a spectacular sight, depending on where you are.

First footing - The practice of ‘first-footing’ starts after midnight. This occurs when the first person crosses the threshold of a friend or neighbor. This old tradition has lots of superstition in its historical basis. To ensure good luck, the first person should be an important person, male and dark. It was considered unlucky if women with blond or red hair are the first over the threshold. The practice

includes bringing gifts (traditionally coal, shortbread, salt, black bun, and whisky) which convey hopes that the owner will be able to keep their household warm and well fed throughout the year.

Food and drink shared by all – This celebration can go on well into New Year’s Day and maybe beyond. Hogmanay parties involve singing, dancing, eating steak pie or stew, storytelling and, of course, drinking. Local customs abound. For instance, in East Coast fishing communities, first-footers once carried a decorated herring. Bakers in St. Andrews baked special cakes for their Hogmanay celebration and distributed them to local children.

Modern celebrations have resulted in Hogmanay having its own website, with information about street parties, concerts, fireworks, multiple ceilidhs of all sorts, a children’s event called “Bairns Afore”, and even a “Loony Dook” on 1 January for those hardy enough to dunk themselves in the River Forth.

And, of course, as the clock strikes and brings in the New Year, the singing of Robert Burns’ ‘*Auld Lang Syne*’ is heard, not just in Scotland, but around the World. Good for you Rabbie, to be so well remembered after all this time!

*Information from www.scotland-enchanting-kingdom.com and The Scotsman newspaper was also included in this article.

Nature Reserves

A company in Scotland, Highland Titles Nature Reserves, has found a unique way to fund the purchase of land that conserves, preserves, and restores the Scottish landscape.

Founded in 2007, Nature Reserves first purchased the Glencoe Wood Nature Reserve, which overlooks Loch Linnhe. This site located close to the historical Glencoe has become a Scottish Tourism Board 4-star attraction and has thousands of visitors each year. Newly planted trees and reused fallen trees provide shelter and



homes for insects and wildlife at the site. Established cycling, walking, and hiking routes allow people to easily get around this beautiful reserve. Cameras are encouraged as there are many scenic viewpoints and two “hides” to help visitors observe the many birds and animals that are at home in the reserve.

In 2014 a second reserve called Mountain View Nature Reserve was purchased. This is about an hour from Inverness and overlooks Loch Loyne. The reserve is home to many species and animals, with specific sites for six species of bumblebees and a wildcat haven.



How are these sites funded? By selling souvenir plots of land in each reserve to people around the world, guaranteeing that

the land will remain in a natural condition and not be sold for development. Properties at Glencoe Wood are one-foot square. Properties larger than this are in the Mountain View Nature Reserve, with new owners also given a one-foot square plot in Glencoe. Property owners in each plot may style themselves as Laird, Lord, or Lady of Glencoe.

While there is a Visitor’s Centre at Glencoe Woods, a special Meet and Greet Service has been established as well, with people on hand to greet owners and show them around. Owners are encouraged to book their visits with an enthusiastic and knowledgeable guide well in advance since the program is run by volunteers. Mountain View does not yet have a this program, but visiting owners are encouraged to hike the many trails and fish on Loch Loyne, known as one of the best pike lochs in the Highlands.

News about the Nature Reserve at Glencoe Wood was in the *Boston Globe* recently. All 1694 residents of rural Scotland, Connecticut, were each gifted with one square foot of land in this reserve. This newsworthy gift came about because this small town in eastern Connecticut was settled by a Scotsman, Isaac Magoon, in 1700, and it continues to celebrate their heritage with a Highland Festival each year.

From *The Scotsman Newspaper*

The woman who posed as a man to study medicine at Edinburgh University

By David Walsh

James Barry was something of a reluctant feminist pioneer, helping to break through the glass ceiling for women in the 19th century. But his accomplishment of being the first female doctor in Britain would not be known publicly for 100 years after his death.

Born Margaret Ann Bulkley in Cork, Ireland in 1789, Barry committed himself to living 56 years of his life as a man in order to avoid the life of social servitude that awaited most women of the era.

The 19th century was a man’s world, and women had very few rights. When they married, women forfeited the sliver of independence they had, and were expected to be subservient to their husbands, losing ownership of their earnings, property and assets – and even their own bodies.

As was the established norm at the time, most of the Bulkley’s family fortune was invested in the education of Margaret’s older brother, who led the family to bankruptcy when he fell for an upper class woman and accrued large debts. To make matters worse, Margaret’s father was imprisoned when she was 14 years old, leaving the family with no income and no other option but to move to London to seek succour from her uncle, the celebrated artist James Barry.

When Barry died in 1806, he left his fortune to the family, giving Margaret a chance to better her social standing. In the face of adversity, and with the encouragement of an acquaintance, Venezuelan revolutionary Francisco de Miranda, Margaret Ann Bulkley decided to disguise herself as a man and use her uncle’s money to enroll at the men-only University of Edinburgh to study at its prestigious medical school in 1809.



Taking her uncle’s name, the 20 year old woman was subsumed entirely by a new persona –

James Barry, a short, smooth-faced ladies' man. Barry was a model student, diligently working to the top of his cohort of 45 doctors and taking an active interest in anatomy, botany, surgery and midwifery.

De Miranda, who had been impressed by the young Margaret's verve and intelligence, helped concoct the plan, telling her she could discard her male alias once she had graduated and practise freely as a woman doctor in Venezuela. However, de Miranda's revolution in the South American colony against Spanish rule floundered in 1812, closing off the path that had been laid out for Margaret post-graduation.

Determined, Barry joined the British Army as a medic in 1813, after leaving medical school. Within two years, he rose through the ranks to become the chief medical inspector in Cape Colony (modern day South Africa). It's unknown how Barry managed to pass mandatory physical examinations undetected, but it is believed he was helped to slip through the net by Lord Buchan, a nobleman friend of Margaret's late uncle.

Barry's incredible secret was very nearly uncovered just before he graduated, when his tutors became suspicious of his age. In later life, his flamboyant lifestyle and flirtations with women threw many off the scent. Women were attracted to the beardless Barry, who was often seen attached to "the finest and best-looking woman in the room." As well as his dog, Psyche, Barry was always seen with a trusted servant, Danzer.

For 50 years, Danzer laid out small towels every morning for Barry to help conceal his female form and to give him broader shoulders. When he died in 1865, Barry had left strict instructions that he was to be buried in his original uniform and as soon as possible after his death. No doubt this was to ensure his secret would go with him to the grave, but his maid, Sofia Bishop, discovered the truth when she laid out Barry's body for his funeral.

Ashamed of the revelations that the renowned doctor and Inspector General was in fact a woman, the army immediately moved to cover up the story. A closely guarded military secret for nearly a century, Barry's accomplishment was not

recognised by the history books. Instead, the honour of being the University of Edinburgh's first officially enrolled female medical student was falsely given to Sophia Jex-Blake, who was permitted to attend classes with her friend Edith Pechey in 1869, despite grave misgivings amongst the faculty. This marked the first tentative steps towards full equality between the sexes at the Medical School, which, by this stage, would still not be achieved for another two decades.

Barry's impressive medical achievements, however, still stand today. During a medical career which spanned 46 years, he ascended to the role of second most senior doctor in the army, and became the first British surgeon to perform a successful cesarean section. He also enforced stricter hygiene standards for his patients, and popularised plant-based treatments for venereal diseases like syphilis and gonorrhoea, conditions that were rife at the time.

Although Margaret Ann Bulkley would never have been permitted to even attempt these feats, she took a huge step forward for women all over the world and for gender equality when she became James Barry and followed her dreams.

Fiddles Made from Native Trees Set History to Music

By Shan Ross



A self-taught Scottish violin-maker has vowed to honour Scotland's history and famous figures by making a violin from trees in locations connected to their story. Steve Burnett, who started his music career in a punk band, has already made the Jacobite Fiddle using wood from an ancient tree in Prestonpans, East Lothian, where Bonnie Prince Charlie won the first main battle of the 1745 Rising.

Other works include the Wilfred Owen violin, made from wood taken from Craiglockhart, in Edinburgh, where the war poet received hospital treatment for shell shock during the First World War.

"I made my first violin after buying an old box of tools in a junk shop which had a half-made violin front in it," said Burnett, whose workshop is in

Haymarket in Edinburgh. "My early violins were a bit rough and ready but people who tried them said they had a great sound. Scotland has an ancient violin-making tradition, with the instruments known as fiddles. Many were made by carpenters as an instrument for playing as part of our rich folk music traditions. I also love history and started to look at trees with connections to historic events and figures to pay tribute to them by bringing history alive with music for future generations."

Burnett said he mostly uses sycamore wood and sometimes willow to make his fiddles, whose prices range from £3,000 to £4,000 upwards.

Tim Wright, owner of Tim Wright Fine Violins in Edinburgh, said Burnett's violins were a welcome addition to those in the more traditional, mainstream classical style.

"Steve Burnett's violins are really interesting. The violin was perfected in the 18th century by Antonio Stradivari and his contemporaries, and the tendency ever since has been to copy classical Italian instruments as closely as possible. Steve's approach to violin-making is a somewhat more organic process than is often seen, taking inspiration from outside the violin world, and each his instruments is unique as a result. The Jacobite violin is particularly successful, visually and especially tonally having a full, bold sound. Steve has deliberately left the violin in a somewhat rustic state, leaving evidence of his tool marks, which gives the violin lots of character."

The Jacobite Fiddle was launched at the major exhibition "Bonnie Prince Charlie and the Jacobites" at the National Museum of Scotland in Edinburgh earlier this year where musician Thoren Ferguson played The Skye Boat Song recalling Bonnie Prince Charlie's escape to the Isle of Skye after his defeat at the Battle of Culloden in 1746.

"Nursery Rhyme" Clock

By David McLean



DUNDEE'S iconic Wellgate Centre clock has kept local kids enthralled and entranced for generations.

Situated on the top floor, the clock has been a feature of the city shopping centre for almost 40 years. It was installed in 1978, the year the shopping centre opened. Every hour the Wellgate clock bursts into life: a door opens, objects move, figures become animated and the chimes ring out to a familiar tune from all our childhoods. At the stroke of midday, the clock is at its most lively, with several doors opening and all twelve nursery rhymes playing in succession.

The clock's colourful figures include a waking lion, a galloping unicorn and a fiddling cat, all of them nods to famous nursery rhymes.



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

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