

HEATHER BELL

NEWSLETTER OF THE CALEDONIAN & ST. ANDREWS SOCIETY OF SEATTLE

www.caledonians.com

Volume 124

Issue 3

April 2026

APRIL GATHERING

Our April gathering will be on Sunday, **April 12th**, at 2:00 p.m. We will meet at Haller Lake United Methodist Church, 13055 1st Ave. NE, Seattle, WA 98125.

The gathering will be hybrid: in-person and on Zoom. The link for those who attend on Zoom is: <https://us02web.zoom.us/j/713418301?pwd=K1ZUQnBOSE53YURUYjE4SW4ySjkxQT09>

APRIL PROGRAM

Since we missed the March program, the April program will be what was planned then; a celebration of famous (and not so well-known) Scottish women.

SCOTTISH MOVIE NIGHT

The Scottish Movie Night for April will be on Sunday, April 26th at 6:00 p.m.

We will watch *Eye of the Needle* (1981) a WWII spy thriller about a German agent who uncovers vital Allied deception plans and becomes stranded on a remote Scottish island with a woman whose life is upended by his presence. Blending espionage, romance, and drama, it's praised for Donald Sutherland and Kate Nelligan's performances, atmospheric direction, and Miklós Rózsa's haunting score, making it a gripping, character-driven alternative to typical war action films.

The Zoom link is <https://us02web.zoom.us/j/713418301?pwd=K1ZUQnBOSE53YURUYjE4SW4ySjkxQT09>

SUNSHINE REPORT

Bonnie Munro reported that she is send a card on behalf of the Caledonians to Bill McFadden when he entered hospice.

Bill McFadden died on March 8th from prostate cancer. A memorial service for him will be Saturday, April 18, at 2pm at Haller Lake United Methodist Church (where we normally meet for Caledonian gatherings). There will also be a zoom link for the service for those who wish to attend but are unable to come in person. It is:

<https://greaternw.zoom.us/j/94742193347?pwd=ySv5HI9UQ4keO5UZG64a548Gbrze7M.1>

Calendar of Seattle Area Scottish Events

March

12 Caledonian & St. Andrews Society Gathering, 2:00pm, Haller Lake United Methodist Church, 13055 1st Ave. NE., Seattle, WA <https://caledonians.org> 206-714-2601

26 Caledonian Scottish Movie Night. 6pm on Zoom

Recap of March Gathering

The March gathering was cancelled unexpectedly because of the death of Bill McFadden that morning, as Ruth had the key to the building and the program, and she couldn't come.

Articles and Topics About Scotland and Things Scottish

Information based on articles in *The Scottish Banner*, *The Scotsman newspaper* & using

Wikipedia and various other websites pertaining to the topics for supplemental information.

Mountains in Scotland

Scotland is the most mountainous part of the United Kingdom, offering a wide range of hills and mountains that attract hikers of all abilities to areas such as the Trossachs, Cairngorms, Torridon Hills, and Cuillin Mountains.

The hills and mountains in Scotland have different names depending on their height. These names apply only to Scottish mountains. You may already have heard of a Munro, but what is a Corbett, Graham, or Donald?

Munros

While all Munros are mountains, not all mountains are Munros. A Munro is a Scottish mountain that is over 3,000ft, or 914-metres. There are 282 Munros in Scotland.

Corbetts

A Corbett is the next highest of Scotland's mountains. To be classed as a Corbett, a mountain must be over 2,500ft, but less than 3,000ft, and have a drop of at least 500ft between it and any adjacent higher one. There are 221 summits classed as Corbetts.

Grahams

Grahams are defined as Scottish mountains between 2,000 and 2,500ft, which is the minimum requirement in the UK to be classed as a 'mountain', with a minimum prominence drop of 492ft. There are 224 Grahams in Scotland.

Donalds

And finally, there are 89 Donalds. These are hills in Lowland Scotland that exceed 2000 feet in height.

Despite their relative lack of height compared to mountains around the world, Scotland's mountains can provide serious challenges for mountain climbers. Here are four truly challenging mountains and mountain ranges for you to consider if making a serious ascent is part of your plans for travel in Scotland.



Ben Nevis, a Munro, is the highest mountain in Scotland, the United Kingdom, and

the British Isles. Ben Nevis stands at the western end of the Grampian Mountains in the Highland region of Lochaber, close to the town of Fort William. The summit is 1,345 metres (4,413 ft) above sea level.

The Five Sisters are an impressive chain of peaks that sit just below the southern tip of Loch Duich, on the northern edge of Glen Shiel, in the Northwest Highlands of Scotland.



They're one of the last mountain chains you'll pass before reaching the Kyle of Lochalsh and the bridge to the Isle of Skye. This range includes three Munros and some airy ridge walking.

The Black Cuillin are the most spectacular



mountains in Britain. Located on the Isle of Skye, the 11 Munros in the range are famous for their challenging climbing routes.

Many of their summits require scrambling or even rock-climbing to reach. This range is characterized by steep cliffs, deep corries, and wet, unpredictable weather that can make climbing particularly treacherous.

The Paps of Jura are three cone-shaped, quartzite hills located on the western side of the Island of Jura in the Inner Hebrides. Their highest point (Beinn an Oir) is 785 metres (2,575 ft) and are classified as Corbetts. The three hills are similar in characteristics: all feature crags, quartzite scree and bushy grass, making the Paps quite challenging to conquer. Two Paps are basically pathless (Beinn Shiantadh and Beinn a'Chaolais), and only one (Beinn an Oir) features a



rough path. However, the ascent to the foot of that mountain is pathless.

Scottish Dance

Scottish dance originated in the Highlands during the 19th and 20th centuries, drawing on older traditions. Now recognized as a sport in Scotland, dances like the Highland Fling and Sword Dance require excellent physical fitness.

Originally, Highland dances were danced only by men, but women began competing in the late 19th century, and today more than 95 of all dancers are women.

Highland Fling

This dance symbolises triumph in combat. In the past, warriors and clansmen would perform it atop a small, round shield known as a targe, which accompanied them into battle. Dancers had to move swiftly and skillfully – especially considering that most targes featured a metal spike extended five or six inches from the center. One wrong step could result in serious injury.

Gillie Calum – Sword Dance

A dance of war, the Gillie Calum is the oldest and best known of Highland dances. There are many theories about its origins. One theory is that King Malcolm III, who reigned 1058-1093, killed a rival chieftain and then celebrated by dancing over both the men's crossed swords. Another is that the dance would be performed before battle, and if a dancer's foot touched a sword, it was a sign of bad luck and the men would lose the battle.

Seann Triubhas

Pronounced "shawn trews" and meaning "old trousers" in Gaelic, this dance commemorates the repeal of the kilt ban in 1782 following the Jacobite Uprising. The choreography symbolically represents an individual impatiently shedding their trousers and returning to the traditional Highland kilt, highlighting the restoration of cultural attire.

Reels

Legend says wedding guests created reels while waiting for the minister in cold weather, dancing to stay warm. In competitive Highland dance, reels most closely resemble social dances. Four dancers make up a team, but each is judged individually.

Sailor's Hornpipe

Originally common across the British Isles, this dance, named after the "hornpipe" instrument, became popular with sailors and is now known as the "Sailor's Hornpipe." Performed in a British sailor's uniform, it mimics typical shipboard actions such as hauling rope, sliding on deck, and climbing rigging.

Irish Jig

At Highland Games, the Irish Jig is performed as a parody of an irritated Irish person. Although the steps are traditional, Scottish dancers added arm movements – an element not found in Irish step dancing. The dance is sometimes introduced as depicting an angry housewife awaiting her husband who is late getting home.

Scottish Lilt, Flora Macdonald, Blue Bonnets, Scotch Measure, and Village Maid

Scottish National Dances, which are more modern, became competitive in America in the 1960s. Dancers wear the Aboyne Dress, a tradition from the Aboyne Highland Games where women weren't allowed to wear kilts. These dances resemble Highland dances but feature more flowing, ballet-like movements and complex rhythms.

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

Mailing Address:

Caledonian and St. Andrew's Society of Seattle
P.O. Box 27278
Seattle, WA 98165-1778
www.caledonians.com

BOARD MEMBERS:

President: Tom Lamb
1st Vice President: Diane McAlister
2nd Vice President: Rosemary Blakemore
Secretary: Ruth McFadden
Treasurer: Ruth McFadden
Social Director: Bill McFadden
Parliamentarian: Victoria Johnson
Trustee: Diana Smith
Trustee: Dennis Smith

HEATHER BELL EDITOR:

Ruth McFadden 206-714-2601