

## The British Isles



# The British Isles Historic Society

Heritage, History, Traditions & Customs



**11-20 November Issue**



*Get Your Kilt On*

*its*



***St. Andrew's Day***

***Monday November 30th.***



## St. Andrew

St. Andrew has been celebrated in Scotland for over a thousand years, with feasts being held in his honour as far back as the year 1000 AD.

However, it wasn't until 1320, when Scotland's independence was declared with the signing of The Declaration of Arbroath, that he officially became Scotland's patron saint. Since then St Andrew has become tied up in so much of Scotland. The flag of Scotland, the St. Andrew's Cross, was chosen in honour of him. Also, the ancient town of St Andrews was named due to its claim of being the final resting place of St. Andrew.

According to Christian teachings, Saint Andrew was one of Jesus Christ's twelve disciples. He and his brother, Simon Peter (today venerated as the first Pope of the Roman Catholic Church) were fishermen in Galilee, now modern-day Israel, when they met Jesus Christ and became his first disciples. Like Jesus, he was ultimately martyred for his beliefs, but Andrew is said to have refused a T-shape cross,

deeming himself unworthy to be crucified in the same manner as Jesus Christ. Instead, he was nailed upon an X-shaped cross on 30 November 60AD in Greece, and thus the diagonal cross of the saltire was adopted as his symbol, and the last day in November designated his saint day.

According to legend, Óengus II, king of Picts and Scots, led an army against the Angles, a Germanic people that invaded Britain. The Scots were heavily outnumbered, and Óengus prayed the night before battle, vowing to name St. Andrew the patron saint of Scotland if they won.

On the day of the battle, white clouds formed an X in the sky. The clouds were thought to represent the X-shaped cross where St. Andrew was crucified. The troops were inspired by the apparent divine intervention, and they came out victorious despite overwhelming odds.

True to his word, as the legend goes, Óengus named St. Andrew the patron saint of Scotland, and St. Andrew's Day marked Scotland's victory and new nationhood. Scotland's flag,

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... .. a white cross over a blue background, is also likely the result of this legend and has been named St. Andrew's Cross.

According to Orthodox tradition, the apostolic successor to Saint Andrew is the Patriarch of Constantinople. It is thought to originate from the reign of Malcolm III (1034–1093). It was thought that ritual slaughter of animals associated with Samhain was moved to this date, so as to assure enough animals were kept alive for winter. But it is only in more recent times that 30 November has been given national holiday status.

[https://en.wikipedia.org/wiki/Saint\\_Andrew's\\_Day](https://en.wikipedia.org/wiki/Saint_Andrew's_Day)

And so, wherever you are in the world, raise a glass this 30 November to good ol' Saint Andrew, and to the richness and generosity of Scottish culture everywhere.



## The United Scottish Cultural Society

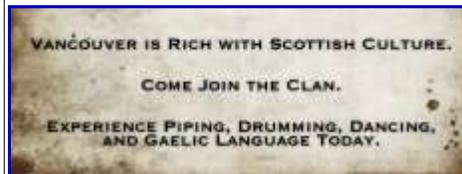
was formed by the prominent Scottish societies of Vancouver more than 50 years ago in an effort to create an amalgamated group of first- and second-generation Scots sharing a passion for perpetuating Scottish culture in all its forms.

From 1955 to 1985, these societies congregated for ceilidhs and other social events in a former school they purchased at Fir Street and 12th Avenue they renamed The Scottish Auditorium. In 1986, construction on the present venue had completed, and a new chapter in the life of Vancouver's Scots had begun. Today, the Scottish Cultural Centre extends beyond the reach of the Scottish community and welcomes individuals and groups from a more divergent society than the one that existed when the Scottish Auditorium was in its heyday.

[www.scottishculturalcentre.com](http://www.scottishculturalcentre.com)

The United Scottish Cultural Society encourages the fostering and preservation of Scottish Culture in any and all of its forms, including music, dance, and the Gaelic language.

The Scottish Cultural Centre has been a Vancouver institution since 1986 and is proud to be a vibrant and multi-cultural space used by the community and people from around the world.



Founding Societies Still Active: Royal Scottish Country

Dance Society – Vancouver Branch, B.C. Highland Dance Association, B.C. Pipers Association, Gaelic Society of Vancouver, Moray, Nairn & Banff Association, St. Andrew's and Caledonian Society & Sons of Scotland Benevolent Association



## Royal Scottish Country Dance Society Vancouver Branch

Scottish Country Dancing is an activity that promotes fun, friendship and fitness. It is enjoyed by people of all ages and instruction is readily available. Whoever you are, wherever you are, you can share the fun of learning steps, practicing dances, and thrilling to the music and excitement of socials, balls and workshops. Scottish country dancing is a great way to keep fit and to meet new people in a very social setting.

This organization was formed as a Society in 1964 but organized Scottish Country Dancing had been enjoyed in Vancouver since the 1930s. This Society is a member of a world-wide Association and that means members will be welcomed at other Branches all over the world.

[www.rscdsvancouver.org](http://www.rscdsvancouver.org)



## Traditional Scottish Cullen Skink

Ingredients:

2-3 Smoked Haddock Fillets

50g butter

1 large onion (chopped)

½ a leek (white section only, chopped)

700g potatoes (chopped)

300ml milk

Small carton single cream

### Method:

Melt the butter in a large pan and add the onion and leek, then add the potato taking care not to let it stick to the base of the pan.

Add the milk and bring to the boil, reduce to a simmer and cook slowly.

Separate the fish into chunks and add to the soup, simmer until cooked and add the cream to serve.

Serve with crusty bread and butter.

<https://www.donaldrussell.com/cullen-skink.html>

## Gone but not forgotten!



### Laidlaw's Scottish Bakery

Jock Laidlaw



### The Highland Association

Once one of the most active societies, staging ceilidhs and plays, to preserve the fraternalism and



rich heritage of the Scottish



Highlands and its people.



Festivities in Windsor Castle  
by Paul Sandby, c. 1776  
[https://en.wikipedia.org/wiki/Guy\\_Fawkes\\_Night](https://en.wikipedia.org/wiki/Guy_Fawkes_Night)

## Guy Fawkes Day

Thursday,  
November  
5, 2020

Guy  
Fawkes Night,

also known as Guy Fawkes Day, Bonfire Night and Fireworks Night, is an annual commemoration observed on 5 November, primarily in the United Kingdom. Its history begins with the events of 5 November 1605 O.S., when Guy Fawkes, a member of the Gunpowder Plot, was arrested while guarding explosives the plotters had placed beneath the House of Lords. Celebrating the fact that King James I had survived the attempt on his life, people lit bonfires around London; and months later, the introduction of the Observance of 5th November Act enforced an annual public day of thanksgiving for the plot's failure.



## Scottish Settlement of Canada

Scottish people have a long history in Canada, dating back several centuries. Many towns, rivers and mountains have been named in honour of Scottish explorers and traders such as Mackenzie Bay in the Yukon (named for **Sir Alexander Mackenzie**), and others are named after locations in Scotland, such as Calgary (named after a Scottish beach), or Banff, Alberta named after Banff, Aberdeenshire. Most notably, the Atlantic province of Nova Scotia is Latin for "New Scotland".

**17 November 1292: John Balliol is appointed King of Scotland by King Edward I of England.**



## Remembrance Day

### Great Britain:

Remembrance Day, (Wednesday November 11th. 2020) which is the anniversary of the end of hostilities in the First World War, in 1918 at 1100hrs. The national ceremony is held at the Cenotaph on Whitehall, London. The unveiling of the stone structure on the 11th November 1920 was combined with a ceremony to mark the passing of the body of the Unknown Warrior for re-burial in Westminster Abbey.

The first of the annual ceremonies of remembrance took place at the Cenotaph on the same date the following year. The Household Cavalry and one of the Foot Guards Battalions provide a small dismounted marching contingent. The Household Cavalry leads the three Services on to parade.

### Remembrance Day, Canada:

Generations of Canadians have served our country and the world during times of war, military conflict, and peace. Through their courage and sacrifice, these men and women have helped to ensure that we live in freedom and peace, while also fostering freedom and peace around the world.

Canada's involvement in the First and Second World Wars, the Korean War, and Canada's efforts during military operations and peace efforts has always been fueled by a commitment to protect the rights of others and to foster peace and freedom.

### Remembrance Day, Scotland:

Also called Armistice Day, because the 1918 Armistice is the event it remembers, and Poppy Day, the first Remembrance Day proper took place in 1919 in a ceremony dedicated to the fallen by King George V.

## Remembrance Day, Ireland

In the Republic of Ireland, Armistice or Remembrance Day is not a public holiday. In July there is a National Day of Commemoration for Irish men and women who have died in war. Nevertheless, Remembrance Sunday is marked by a ceremony in St Patrick's Cathedral, Dublin, which the President of Ireland attends.

### Centre for Scottish Studies

The Centre for Scottish Studies at Simon Fraser University was founded in 1998 as a joint venture between faculty and individuals in the community. The Centre, located at SFU's beautiful Burnaby campus, provides a focal point for faculty, students, and members of the general public who are interested in exploring Scottish history and culture and the connections between Scotland and Canada in the contemporary global landscape.

The Centre conducts and mobilizes research in the area of Scottish Studies. Our research activities include collaborative projects with colleagues in Canada, the US and the UK; conferences and symposia; the "Scottish Voices from the West" Oral History project; an annual St Andrew's and Caledonian Society talk; and an annual Tartan Day event. [www.sfu.ca/scottish](http://www.sfu.ca/scottish)



**Sir Alexander Fleming** (6 August 1881 – 11 March 1955) Born: Darvel, **East Ayrshire, Scotland**

Penicillin: The antibiotic was discovered in 1928 by Scotsman Alexander Fleming. Some consider it Scotland's greatest contribution to the world. His best-known discoveries are the enzyme lysozyme in 1923 and the world's first broadly effective antibiotic substance benzylpenicillin (Penicillin G) from the mould *Penicillium rubens* in 1928



## St. Andrew's and Caledonian Society

The oldest existing organization of its kind in the city of Vancouver, the St. Andrews & Caledonian Society

began in May 1886, merely a month after the pioneer settlement on Burrard Inlet became a city. Malcolm A. MacLean was the society's first president and Vancouver's first mayor.

The St. Andrew's and Caledonian Society in Vancouver was formally formed on September 10th 1886. Its objectives were to provide relief and mutual assistance to natives of Scotland and their descendants, to encourage a national spirit and to promote Scottish music and literature. The society sponsored the annual Caledonian Games and held banquets honouring the poet Robert Burns and celebrated St. Andrews Day. Promoting Scottish culture and ideals are still a large part of the society's goals.



## St. Andrew's and Caledonian Society (Victoria, B.C.)

One of Victoria's oldest cultural organizations, the St. Andrew's and Caledonian Society, is disbanding after 155 years. The decision was based on a declining and aging membership, president Janice Campbell said.

[Times Colonist, JULY 26, 2014 10:10 PM](#)

### NOTE:

Caledonia (/ˌkæɪˈdoʊniə/) is the Latin name given by the Romans to the land north of their province of Britannia, beyond the frontier of their empire, roughly corresponding to modern-day Scotland.

St. Andrew has been celebrated in Scotland for over a thousand years, with feasts being held in his honour as far back as the year 1000 AD



## The Kingdom of Scotland

James VI and I (James Charles Stuart; 19 June 1566 – 27 March 1625) was King of Scotland as James VI from 24 July 1567 and King of England and Ireland as James I from the union of the Scottish and English crowns on 24 March 1603 until his death in 1625.

The Scottish people (Scots: Scots Fowk; Scottish Gaelic: Albannaich, Old English: Scottas) or Scots, are a nation and ethnic group native to Scotland. Historically, they emerged from an amalgamation of two Celtic-speaking peoples, the Picts and Gaels, who founded the Kingdom of Scotland (or Alba) in the 9th century. Later, the neighbouring Celtic-speaking Cumbrians, as well as Germanic-speaking Anglo-Saxons and Norse, were incorporated into the Scottish nation.

The Kingdom of Scotland emerged as an independent sovereign state in the European Early Middle Ages and continued to exist until 1707. By inheritance in 1603, James VI of Scotland became king of England and Ireland, thus forming a personal union of the three kingdoms. Scotland subsequently entered into a political union with the Kingdom of England on 1 May 1707 to create the new Kingdom of Great Britain. <https://en.wikipedia.org/wiki/Scotland>



## Malcolm Alexander MacLean,

(August 14, 1844 – April 4, 1895) was the first mayor of Vancouver, British Columbia, serving from 1886 to 1887. Born: August 14, 1844, Tiree, Scotland. Died: April 4, 1895 (aged 50) Vancouver, B.C. Originally en route to Honolulu with plans to enter Hawaii's sugar beet industry, he instead continued to Granville, today known as Vancouver.

## Moray, Nairn & Banff Association

Instituted in 1931 by the then recently-laden Scots from the Shires of Moray, Nairn and Banff, the association provided a common meeting place where members could share the memories and preserve the traditions, literature and history of those Shires and of Scotland at large.

<https://www.facebook.com/pages/Moray-Nairn-and-Banff-Scottish-Cultural-Association>



### Moray Scotland:

During the Middle Ages the Mormaerdom of Moray was much larger than the modern council area, also covering much of what is now Highland and Aberdeenshire. During this period Moray may for a time have been either an independent kingdom or a highly autonomous vassal of Alba. In the early 12th century, the mormaerdom/kingdom was defeated by David I of Scotland following a conflict with Óengus of Moray, and rule over the area was passed to William Fitz Duncan.

After that, the title became defunct until the 14th century when Thomas Randolph was granted the title Earl of Moray. The earldom would subsequently be destroyed and recreated four times, with its last creation surviving to this day, currently held by John Douglas Stuart, 21st Earl of Moray. Over these centuries, the territory of the County of Moray contracted to the area around Elgin.



### Nairn Scotland:

King James VI of Scotland visited the town in 1589 and is said to have later remarked that the High Street was so long that the people at



either end spoke different languages, Scots and Gaelic. The landward farmers and the fishing families at the harbour end spoke Doric, and the highlanders spoke Gaelic. Nairn, formerly split

into Scottish Gaelic- and Scots-speaking communities, was a town of two halves in other ways. The narrow-street fisher town surrounds a harbour built by Thomas Telford while Victorian villas stand in the 'West End'. It is believed that the Duke of Cumberland stayed in Nairn the night before the battle of Culloden.

In 1645, during the Wars of the Three Kingdoms, the battle of Auldearn was fought near the town, between Royalists and Covenanters.

It was not until the 1860s that Nairn became a respectable and popular holiday town.



### Banff Scotland:

Banff's first castle was built to repel Viking invaders and a charter of 1163 AD shows that Malcolm IV was living there at that time. During this period the town was a busy trading centre in the "free hanse" of Northern Scottish burghs, despite not having its own harbour until 1775. The first recorded Sheriff of Banff was Richard de Strathewan in 1264, and in 1372 Royal Burgh status was conferred by King Robert II. By the 15th century Banff was one of three principal towns exporting salmon to the continent of Europe, along with Aberdeen and Montrose.



## B.C. Highland Dance Association

Formally established in 1934 and the major body of highland dancers and teachers in British Columbia. Host of the B.C. Provincial Closed Highland Dancing Championship.

<http://bchighlanddancers.com>

**13 November 1850:** The birth in Edinburgh of Robert Louis Stevenson, the renowned essayist, poet, and author of fiction and travel books.



## Scottish Canadians

Scottish Canadians are the third-largest ethnic group in Canada and among the first to settle in Canada. Scottish people have made a large impact on Canadian culture since colonial times.

The list of Scots who influenced Canada's history is indeed a long one. The explorer Alexander MacKenzie completed the first known transcontinental crossing of America north of Mexico. John Sandfield Macdonald (1812–1872) became Premier of the Province of Canada in 1862 and the first Premier of Ontario in 1867. Sir John A. Macdonald (1815–1891), who emigrated in 1820, became the first Prime Minister of the Dominion of Canada, leading the country through its period of early growth. Under his leadership, the dominion expanded to include Manitoba, British Columbia and Prince Edward Island.

Alexander Mackenzie was the first Liberal Prime Minister of Canada (1873–78). Another Scot, William Lyon Mackenzie, who led the revolt in Upper Canada against the Canadian government in 1838, became a symbol of Canadian radicalism. His rebellion dramatized the need to reform the country's outmoded constitution and led to the 1841 union of Upper Canada and Lower Canada. Another Scot, William McDougall, was known as one of the fathers of the Confederation; Sir Richard McBride (1870–1917) was from 1903–1915 the Premier of British Columbia, where his was the first government under the new system of political parties. McBride was also known for his tireless work on behalf of the extension of the Pacific Great Eastern Railroad, which was to bind British Columbia together the way



**Marmalade:** And finally, thanks to Janet Keiller, a Dundee shopkeeper who is widely credited with introducing the commercial market to marmalade — an orange-y jam



## Sons of Scotland Benevolent Association

This leading Scottish fraternal association dates from 1867 in Canada and 1895 in British Columbia. Camps in 29 Canadian cities help to preserve things Scottish by promoting the aims of the association, which include fostering Scottish culture, maintaining a fraternal organization, provide an insurance fund, and promote member social functions and support community projects. Three of B.C.'s nine camps are members of the USCS: Lord Tweedsmuir Camp (1939), Glamis Camp (1937), Glengarry Camp (1937). District 16, which encompasses representatives of each of the nine camps, is itself a shareholder.

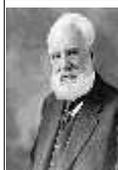


## Saltire / St. Andrew's Cross

The Flag of Scotland is a white X-shaped cross, which represents the cross of the patron saint of Scotland, Saint Andrew on a blue sky. The flag is called the Saltire or the Saint Andrew's Cross.

According to legend, in 832 A.D. King Óengus (II) (or King Angus) led the Picts and Scots in battle against the Angles under a king named Athelstan near modern-day Athelstaneford in East Lothian. King Angus and his men were surrounded and he prayed for deliverance. During the night Saint Andrew, who was martyred on a saltire cross, appeared to Angus and assured him of victory. On the following morning a white saltire against the background of a blue sky appeared to both sides.

The Picts and Scots were heartened by this, but the Angles lost confidence and were defeated. This saltire design has been the Scottish flag ever since.



The Telephone: **Alexander Graham Bell** was born in Scotland. Born: March 3, 1847  
Edinburgh, Scotland, Died: August 2, 1922 (aged 75) Beinn Bhreagh, Nova Scotia,



## B.C. Pipers Association

Promotes the playing of the Great Highland Bagpipe by organizing events for all pipers throughout the year. Annual Knock-Out competitions and Annual dinner held at the Scottish Cultural Centre.

Prior to the formation of the B.C. Pipers Association (BCPA) piping societies had briefly existed in Vancouver: a Pipers' Society in 1905 and the Vancouver Pipers' Society in 1921. Neither appeared to last long or make much headway. Piping was otherwise largely in the hands of the several local pipe hands, dedicated performers and teachers, and was encouraged by the Vancouver St. Andrews & Caledonian Society, which held annual games.

The British Columbia Pipers Association is a non-profit organization, which sanctions all major bagpipe competitions in British Columbia, Washington, and Oregon. It frequently joins with Scottish heritage groups and athletic organizations to organize Highland Games in these states.

<http://www.bcpipers.org/>



## The Scots in Vancouver

Many local place names in Vancouver are of Scottish origin.

The district of Dollarton, for example, was named for Captain Robert Dollar. West Vancouver's first European settler, John Lawson, planted holly by the side of the "burn" or river flowing across his property; he coined "Hollyburn" as the name for his place. Iona Island was formerly called McMillan Island, after a Scottish settler named Donald McMillan.

Part of West Vancouver is named after Dundarave Castle in Scotland. In 1905, at what is now West 41st Avenue in Vancouver, a young Scottish couple who had recently settled in the district with the last name MacKinnon were invited to name the new station. Mrs. MacKinnon was asked by the British Columbia Electric Railway manager R.H. Sterling to name the interurban tram stop at Wilson Road (today West 41st Avenue). She chose to call it "Kerry's Dale", after the name of her family home, **Kerrydale, in Gairloch, Scotland**. Kerrysdale means "little seat of the fairies." It was quickly corrupted to Kerrisdale.



## Vancouver Ceilidh Dancing

A cèilidh or céilí is a traditional Scottish or Irish social gathering. In its most basic form, it simply means a social visit. In contemporary usage, it usually involves dancing and playing Gaelic folk music, either at a house party or a larger concert at a social hall or other community gathering place.

Dancing at cèilidhs is usually in the form of cèilidh dances, set dances or couple dances. A "set" consists of four to eight couples, with each pair

of couples facing another in a square or rectangular formation. Each couple exchanges position with the facing couple, and also facing couples exchange partners, while all the time keeping in step with the beat of the music.

However, about half of the dances in the modern Scots cèilidh are couples' dances performed in a ring.

[www.vancouverceilidh.org](http://www.vancouverceilidh.org)

Contact:  
[ceilidh@rscdsvancouver.org](mailto:ceilidh@rscdsvancouver.org)





## Vancouver Ladies Pipe Band

Founded in 1922, the Ladies' Pipe Band began life as a non-competition band. It remained so until the 1950s, when Malcolm Nicholson was invited to become director. Under his leadership the Band toured North America and won numerous prizes. In 1964 they traveled to Scotland to play at the Edinburgh Tattoo. This marked the first performance of a ladies' band at the event. While in Scotland, they placed fourth out of 31 bands at Cowal and took the honour of becoming the highest placing ladies' band to date. The Band returned to Scotland several more times in 1969, 1980, and 1990 and placed first in the 1980 Worlds championship. Once again, they became the first ladies' band to do so. The band also cut its own album in 1965 and played for the Prince and Princess of Wales at Vancouver's Expo 86.

Now inactive, band members once wore the MacNab tartan in honour of founder Mary MacNab. The band was formed in 1927, and in its nearly 80 years won many awards. In 1980, it was the first all-ladies band to win a World Title.



## The Regimental Pipes and Drums of the Seaforth Highlanders

came into existence shortly after the inception of the Regiment in 1910 and today is the oldest continuously active pipe band in British Columbia.

Made up of both serving members of the Canadian Armed Forces and civilian volunteers, the Band performs in many military and civilian events. Each year there are appearances at parades, highland games and numerous other events in Vancouver and other communities in British Columbia, Alberta, Washington and California.

The primary roles of the Regimental Pipes and Drums of the Seaforth Highlanders of Canada are:

To provide musical support for the Regiment, Association and Veterans,

To act as custodians of the cultural and Regimental traditions, and

To provide a public face for the Seaforth Highlanders and the Canadian Forces in the Lower Mainland.

Since the Second World War, Seaforth Highlanders have served in every major Canadian overseas mission, both as peacekeepers and warfighters. Seaforth's served in Egypt, Cyprus, Iraq, the Golan Heights, Namibia, Croatia, Bosnia, and today over half of the Regiment are veterans of the war in Afghanistan. The Regiment truly continues to display the pride and esprit de corps that has set it apart through its history.

<https://www.seaforthhighlanders.ca/organization/pipes-and-drum>



## Lion Rampant or the Royal Standard

Scotland also has a second unofficial national flag. This one generally appears by the thousands wherever and whenever the national sporting teams are competing and is commonly known as the Lion Rampant. The flag is the Royal Standard of the King or Queen of Scots and it remains the personal banner of the monarch; as such its use is, strictly speaking, restricted. It is thought that it was King Richard I of England "the Lion-Heart" late in the 12th century who first introduced a heraldic device showing a rampant lion, the king of beasts, rearing up with three of its clawed paws out-stretched as if in battle. This Lion Rampant was eventually adopted as the Scottish royal coat of arms and incorporated into the Great Seal of Scotland.





**ScotFestBC**  
**The British Columbia**  
**Highland Games &**  
**Scottish Festival Society**

is proudly presented by the United Scottish Cultural Society, an umbrella organization of some of BC's major Scottish cultural groups. The Games Organizing Committee is a year-round committee of 35+ volunteer members who stage the Games in conjunction with the BC Pipers' Association, the BC Highland Dancing Association, and the Royal Scottish Country Dancing Association.

Highland Games originated among the Scots' ancestors in the "old country" and became a customary part of their life. Tossing the caber, putting the stone, throwing the hammer and competition in bagpiping and Highland dancing formed the core of the Games, pitting the best musicians, dancers and athletes against each other to determine the best. A full day of competition, some great music, dancing and maybe a bit of Scottish whisky made for a great day in the highlands. As economic times changed in Scotland, emigration dispersed the Highland Games idea and brought it to North America where

they have flourished throughout Canada

<https://scotfestbc.com/>



If you find there are bike paths on every street then you can thank **Scottish blacksmith Kirkpatrick Macmillan.**



Kirkpatrick Macmillan was born in 1812 in **Dumfriesshire**, the son of a blacksmith. He did a variety of jobs as a young man, before settling into working with his father in 1824. At around

that time he saw a hobbyhorse being ridden along a nearby road, and decided to make one for himself. Upon completion, he realised what a radical improvement it would be if he could propel it without putting his feet on the ground. Working at his smithy, he completed his new machine in around 1839.



**The Black Watch,**  
**Royal Highland Regiment of**  
**Canada, Pacific Coast Branch**

The Black Watch is the oldest highland regiment in Canada.

Volunteers have served since the regiment's inception in Montreal on January 31st, 1862 as the 5th Battalion, Volunteer Militia Rifles of Canada. The rise of American military strength during the Civil War concerned Canada. The government authorized formation of militia regiments. Each of six Montreal Scottish chieftains responded by raising an infantry company for the 5th Battalion. Eventually, eight companies were raised for border service. Since then, thousands of Canadian citizens have served in the Black Watch. In addition to Canadian border security, they have fought in the Boer War, WW1, WW2, Korean War; bolstered NATO operations in Europe and UN peacekeeping worldwide; and provided aid-to-the-civil-power, most recently during the Quebec and Eastern Ontario ice storm disaster.

Today the Black Watch is a modern infantry battalion providing trained soldiers to augment regular force units and to aid civil authorities in times of crises. Currently, the Regiment has soldiers serving in Afghanistan. To fulfill these tasks, the soldiers undergo extensive infantry and more specialized training.

The Pacific Coast Branch was formed during the early 1940s and currently consists of approximately 75 members. Members are drawn from six provinces, two American states, and Australia.

## Canadian / American Favourite Foods That Originated in Scotland.



### Scones

Many Canadians assume scones to be an English invention, and they are popular throughout the United Kingdom. However, scones are believed to have originated in Scotland over five hundred years ago. The first versions of this quick bread style were large, round, and cooked on a traditional Scottish griddle.



### Porridge/Oatmeal

Porridge — usually called "oatmeal" in the Canada — is another breakfast staple with Scottish roots. Oats have long been an important aspect of the Scottish diet, as they grow better than wheat in the country's relatively low temperatures and high humidity. Traditional Scottish porridge was originally portable; after cooking, the porridge was poured into a mold or drawer and left to set. The cooled, solidified porridge was then cut into pieces for later dining on the go.



### Fried Chicken

The origin of fried chicken in the southern states of America has been traced to precedents in Scottish cuisine. Scottish fried chicken was cooked in fat (though unseasoned) Although southern fried chicken was invented in the American South, it owes much of its crispy deliciousness to the frying process brought over by Scottish immigrants. Their method of preparing chicken was in contrast to the cooking styles of English immigrants, who preferred boiling and baking.



### Deep-Fried Candy Bars

Although what may seem like a thoroughly American trend,

deep-frying candy bars actually started in Scotland. Back in the 1990s, Scottish chip shops popularized this practice with Mars bars and fish batter. About a decade later, this decadent treat found its way to the United States where it has become a mainstay at county fairs and other outdoor events.



### Chicken Tikka Masala

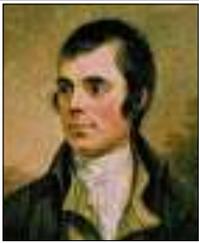
Did you know that chicken tikka masala likely originated in Scotland? Although its exact origins are debated, one commonly accepted tale credits its invention to a Bangladeshi chef at a Glaswegian restaurant in the 1970s. As the story goes, the chef added a creamy tomato sauce to a plate of chicken tikka after a customer complained that the dish was too dry. Since its invention, chicken tikka masala has enjoyed global popularity.



### Vancouver Fiddle Orchestra:

The Orchestra began in Vancouver, BC in 1990 when accordion player Ian Price met fiddler Tom Scott. Ian had led the Schiehallion Scottish Country Dance Band for 13 years while Tom had organized a group of fiddle players keenly interested in playing Scottish music. Together, they saw an opportunity to continue the tradition of live dance music for Scottish country dancers and at the same time provide a collective performing outlet for musicians with a desire to develop their skills in a traditional genre. The Vancouver Fiddle Orchestra was the result.

The Vancouver Fiddle Orchestra combines traditional and contemporary approaches to Scottish music. The Orchestra has played for dance groups in B.C.'s Lower Mainland, on Vancouver Island and in Western Washington. Although the emphasis is on dance music, the Orchestra also performs in events and facility centres.



## Robert Burns “Robbie Burns”

A Burns supper is a celebration of the life and poetry of the poet Robert Burns (25 January 1759 – 21 July 1796), the author of many Scots poems. The suppers are normally held on or near the poet's birthday, 25 January, occasionally known as Robert Burns Day (or Robbie Burns Day) but more commonly known as Burns Night (Scots: Burns Nicht).

The first supper was held in memoriam at Burns Cottage by Burns' friends, on 21 July 1801, the fifth anniversary of his death; it has been a regular occurrence ever since. The first still extant Burns Club was founded in Greenock in 1801 by merchants who were born in Ayrshire, some of whom had known Burns. They held the first Burns supper on what they thought was his birthday, 29 January 1802, but in 1803, they discovered the Ayr parish records that noted his date of birth was actually 25 January 1759. Since then, suppers have been held on or about 25 January.



**Burns Suppers** may be formal or informal. Both typically include haggis (a traditional Scottish dish celebrated by Burns in Address to a Haggis), Scotch whisky and the recitation of Burns' poetry. Formal dinners are hosted by organisations such as Burns clubs, the Freemasons or St Andrews Societies; they occasionally end with dancing when ladies are present. Formal suppers follow a standard order.



**Burns Cottage**, the first home of Robert Burns is located in Alloway, South Ayrshire, Scotland. It was built by his father, William Burness in 1757. Burns, Scotland's national poet, was born there on 25 January 1759. It is a simple two-roomed clay and thatch cottage and has been

fully restored to become part of Robert Burns Birthplace Museum.

[Robert Burns Statue, Stanley Park, Vancouver](#)



## Fàilte gu làrach-lìn a' Chomuinn Ghàidhlig Bhancoubhair

### The Gaelic Society of Vancouver

The Gaelic Society of Vancouver was formed in 1908 by a group of dedicated Gaelic enthusiasts who wanted to establish a society where they could meet and enjoy each other's company and fellowship. The first meeting of the Society was held on February 8th, 1908 at the Sullivan Hall on Cordova Street, Vancouver.

The aim of the Society established at that time was to promote the Gaelic language and to preserve all matters of interest to the Celtic race by encouraging a wider knowledge of the Gaelic language, its literature and its music.

Today, our members strive to achieve those aims by organizing cèilidhs and other events, and by offering Gaelic language lessons at the Scottish Cultural Centre, 8886 Hudson Street, Vancouver.

<http://www.vancouvergaelic.org>

### Scottish Canadian Agency:

The Scottish Canadian Agency was



formed by Harry McGrath and is based in Edinburgh, Scotland. The agency works in the area of Scottish diaspora engagement and facilitates business, cultural, educational and governmental links between Scotland and Canada.

[www.scottishcanadianagency.com](http://www.scottishcanadianagency.com)



**Shinty**, also called shinny, or shinney, Gaelic camanachd, game played outdoors with sticks and a small, hard ball in which two opposing teams attempt to hit the ball through their opponents' goal (hail); it is similar to the Irish game of hurling and to field hockey.



## Washington Camanachd Club

The Camanachd Association is the official governing body of the game of Shinty. The

Washington Camanachd Club is a group of like-minded enthusiasts for the traditional Scottish game of Shinty (also called Camanachd), based in Seattle, WA.

The ancient and unique stick sport of Shinty is played here in a purely recreational format and is a favorite among people of all ages and walks of life. Shinty dates back to the early days of the Celtic peoples and is deeply rooted in the strength, courage and stamina of those people. During the last 1600 years of Shinty, a few other more well-known games have evolved from it, including Ice Hockey and Golf. Scotland's only original team sport of Shinty is currently played by over 45 clubs in Scotland.

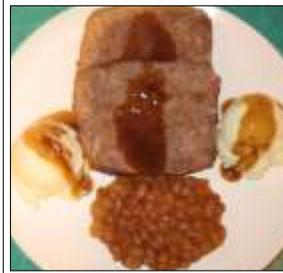
<http://www.shintywa.com/>

Cont. from page 5 ... **Malcolm Alexander MacLean,**

(Arthur Ross already was familiar with Granville, having recommended the town to serve as the western end of the Canadian Pacific Railway.) MacLean arrived in Granville at the start of 1886; within a month, MacLean found himself with a job running Ross' real estate office while Ross was away in Ottawa serving as an MP for Lisgar, and within half a year MacLean was operating his own real estate firm. In February 1886, he worked to petition the provincial legislature to incorporate and rename the town, and as a result, on April 6, the city of Vancouver was formed.

MacLean was sometimes known as "Squire MacLean." He was fluent in Scottish Gaelic and organised the St Andrew's and Caledonian Society of Vancouver in 1886.

<https://en.wikipedia.org/wiki/>



## Scottish Square Sliced Sausage (aka Lorne Sausage)



### Ingredients:

**2lbs ground/minced beef**

**2lbs ground pork**

**3 cups fine breadcrumbs**

**2 teaspoons pepper**

**2 teaspoons nutmeg**

**3 teaspoons coriander**

**3 teaspoons salt**

**1 cup of water**

**2 teaspoons onion powder**

### Directions:

**Blend all the ingredients by hand to a coarse crumble mix, do not over blend**

**The beef and pork should not be too lean, or the sausage may end up being too dry.**

**Pack into loaf pan. Place in the freezer for a little while until it is just starting to set.**

**Remove it and cut the 'loaves' into slices to a thickness you like**

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**Lil McVittie, The British Isles Historic Society**

### THIS DAY IN HISTORY

**7 November 1861:** The death in Stromness of Isobel Gunn, who enrolled as a man in the Hudson's Bay Company and was the first European woman to reach western Canada.

**6 November 1887:** Celtic Football Club is formally constituted at a meeting in St. Mary's church hall in East Rose Street in Glasgow.



## Scottish Oatmeal Muffins

Prep time: 20 minutes Cook  
time: 20 minutes Yield: Makes 12

Add Raisins, Dates, and Walnuts, other options pecans, cranberries or candied ginger, and so on.

### INGREDIENTS:

- 1 1/2 cup of rolled oats
- 1 1/2 cup of all-purpose flour
- 1/2 cup brown sugar, packed
- 1 teaspoon of salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon of cinnamon
- 1/4 cup of finely chopped walnuts, toasted
- 1/3 cup of raisins
- 1/3 cup of chopped dates
- 1 stick of butter (1/2 cup), melted and cooled
- 1 cup of buttermilk
- 1/2 teaspoon vanilla extract
- 1 large egg, beaten

### METHOD

1. Preheat the oven to 400°F and grease a twelve slot muffin tin or line the slots with paper baking cups.
2. Mix together the rolled oats, flour, brown sugar, salt, baking soda, baking powder, cinnamon, walnuts, dates, and raisins. In a separate bowl mix together the buttermilk, egg, vanilla extract, and butter.
3. Pour the wet ingredients into the dry mixture and stir together. Be sure not to over-stir as that will cause the muffins to develop too many gluten bonds. It should be thick and gloppy. About 10

seconds of stirring should do; just enough to barely bring the ingredients together.

4. Scoop into prepared muffin tray and bake at 400°F for 20 minutes or until a toothpick comes out clean. Cool in the tray for a minute or two before transferring to a wire rack to cool completely.



## What is Piobaireachd?

(from The Piobaireachd Society)

Piobaireachd, pronounced "pea-brock", is the classical music of the Great Highland Bagpipe and for which the highest awards in the bagpiping competitions world are given.

A more general term is Ceòl Mor (Scottish Gaelic ceòl mór) meaning the "Great Music" which separates piobaireachd from the more popular dances, reels, marches and strathspeys which are called Ceòl Beag or "Little Music." There is freedom in the piobaireachd to express joy, sadness, or sometimes in the "gathering" tunes, a peremptory warning or call to arms.

Piobaireachd is an art music genre unique to the Great Highland Bagpipe that consists of a theme or "ground," which is repeated and underlined in a series of variations of increasing complexity that follow the theme. This usually progresses to the crunluath variation, where the piper's fingers give a dazzling technical display of embellishment or gracenotes.

The theme is often very slow, and the general effect of the whole piece of music is slow – slowness being a characteristic of Highland music. They are anywhere from 10 to 20 minutes in length and present the performer with technical, musical and tonal challenges to address to give a high quality performance. <https://scotfestbc.com/>