



Great Britain & The Republic of Ireland

Heritage, History, Traditions & Customs

"The British Isles Historic Society Newsletter"

04-21 April Heritage Issue

oral traditions, performing arts, social practices, rituals, festive events, foods and dining customs, knowledge and practices concerning nature and the universe or the knowledge and skills to produce traditional crafts."

Cultural Heritage can be distinguished in: Built Environment (Buildings, Townscapes, Archaeological remains). Natural Environment (Rural landscapes, Coasts and shorelines, Agricultural heritage) Artefacts (Books & Documents, Objects, Pictures)

When you have ancestors, in the Countries that make up the United Kingdom and the Republic of Ireland, how does it relate to our British Columbia Heritage?

Our Heritage:

- 1.) something inherited at birth, such as personal characteristics, status, possessions, customs, manners, and traditions.
- 2.) a persons nationally inherited pride, honour, and courage.
- 3.) anything that has been transmitted from the past or handed down by our ancestors by a country's annual celebrations and traditions.
- 4.) the physical evidence of the past, such as historical sites, buildings, and the un-spoilt natural environment, considered collectively as the inheritance of present-day society.
- 5.) the history and legacy of our ancestors.

What is our Heritage in British Columbia?

According to UNESCO, intangible heritage is "traditions or living expressions inherited from our ancestors and passed on to our descendants, such as



April 6th. National Tartan Day,

The idea of a day to celebrate and promote interest in young Nova Scotians about their deep Scottish roots came from a meeting of the Federation for Scottish Clans in the maritime province in 1986. It then became an officially recognized observance in the province. On October 21, 2010, the Minister of Canadian Heritage officially declared April 6 as Tartan Day. It is celebrated on April 6 because it is the anniversary of the signing of Declaration of Arbroath in 1320, the Scottish declaration of independence. In Canada, the day originated in the late 1980s in Nova Scotia, where it was declared an official day by the provincial government. It then spread across the country, with many provinces joining in.

2021-03-18 1:00 PM

Thanks Steve

Appreciate the email and best wishes

Hope all is relatively well with you and yours

Best regards

Frank

Please sign up to be on the Consulate’s mailing list

Frank Flood, Consul General

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Hi Steve,

Received with thanks and uploaded to our website.

<https://rssg.org.uk/branches/overseas/americas/canada/>

Happy 55th Anniversary, huge congratulations, wish you both every happiness.

Have a lovely weekend. Keep safe and well,

With best wishes always,

Elizabeth Margaret Lloyd. “Liz”

General Secretary, The Royal Society of St. George



**March 20, 2021, Saturday,
Vernal equinox
(2:37 am PDT):**

Vernal--from the Latin word for Spring (verna)

Equinox--from Latin words meaning equal night, i.e. day and night are each 12 hours long.

The March equinox or northward equinox is the equinox on the Earth when the subsolar point appears to leave the Southern Hemisphere and cross the celestial equator, heading northward as seen from Earth.

Summer solstice (Jun 20, 8:32 pm PDT): longest day of the year, marking the start of summer.

Autumnal equinox (Sep 22, 12:21 pm PDT): day and night of equal length, marking the start of autumn.

December Solstice (Dec 21, 7:59 am PST)



April 9th.

“The Battle of Vimy Ridge was a momentous victory and a turning point for

Canada, when the four divisions of the Canadian Corps fought together for the first time.

“On Easter Monday, 1917, soldiers from all across Canada – Francophones, Anglophones, new Canadians, and Indigenous peoples – fought through snow, sleet, and withering machine gun fire. They broke through an impregnable fortress, seized the ridge, and achieved one of the Great War’s most decisive victories.

Vimy Ridge Day is a day to commemorate the deaths and casualties of members of the Canadian Corps in the Battle of Vimy Ridge, which took place during First World War. The holiday has been observed annually on 9 April since 2003.<https://pm.gc.ca/en/news/statements/2019/04/09/statement-prime-minister-vimy-ridge-day>



The Magna Carta, a document guaranteeing English political liberties that was drafted at Runnymede, and signed by King John on June 15, 1215, under pressure from his rebellious barons.

1:58p.m. 2021-03-04

.....blasted be the flying of the Union Jack on Commonwealth Day.....why not the Commonwealth Flag!

As an independent and autonomous nation in the Commonwealth, Canada is no longer a colony under the armpit of the British Colonial Office nor beneath the Union Jack.....let the Commonwealth Flag be flown alongside the Canada Flag!

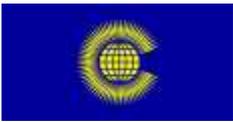
If changing the legislation needs to be changed.....let it be so, in order that the Commonwealth Flag can be flown on Commonwealth Day!

Thx

David A. Spence, President, RCS VI

David:

I neither agree nor disagree as the decision is at a higher power. The change needs to come from Ottawa



The Commonwealth flag consists of the Commonwealth symbol in gold on a blue

background. ... The Commonwealth flag has no official status, but it is flown at the headquarters of the Commonwealth Secretariat in London and at Commonwealth events and meetings.

There is no identical way to observe Commonwealth Day in member countries; it is left to each country to mark that day as it considers suitable. In Canada – where physical arrangements allow – the Royal Union Flag, also known as the “Union Jack,” is flown along with the National Flag at federal buildings, airports and military bases from sunrise to sunset, to mark this day.

Physical arrangements means the existence of at least two flagpoles ; the Canadian flag always takes precedence and is never replaced by the Union

Jack. Where only one pole exists, no special steps should be taken to erect an additional pole to fly the Union Jack for this special day.

<https://www.canada.ca/en/canadian-heritage/services/flag-commonwealth.html>

Editors Note: Why is Commonwealth Day so poorly celebrated in Canada? What can we do to change it so we celebrate our heritage like other foreign countries are able to do in Canada?

2:36 AM, 2021-03-06

Dear Steve,

Always fascinating to receive your regular newsletters! You clearly put a lot of work into this!

Particularly interested to note the entry on Ely Cathedral in your latest edition...my home town, although we are now living in Sussex!

The Cathedral was actually founded by St Etheldreda in 673 (I know I’m being picky!) and the associated school, Kings Ely, was founded by in 970. I was at the school when we celebrated both it’s 1,000th birthday in 1970 and then the 1,300th anniversary of the Cathedral in 1973.

Something that may be of interest to those interested in the derivation of words we use today - there was annual fair held at Ely called St Audrey’s Fair (Audrey was another name used for Etheldreda).

At the fair they sold St. Audrey’s Lace which overtime got corrupted to “Tawdry Lace” and by the 17th century Tawdry came to mean “cheap and pretentious; cheaply adorned”.

S&F,

Nick Dutt, Deputy Chairman



The Royal Society of Saint George
Established in 1894 | Incorporated
by Royal Charter | Patron: Her
Majesty The Queen

<https://rssg.org.uk/>



Rag pudding is

a savoury dish consisting of minced meat and onions

wrapped in a suet pastry, which is then cooked in a cheesecloth. Invented in Oldham, the dish is also popular in Bury and Rochdale, and is eaten across the Greater Manchester area. Rag pudding pre-dates ceramic basins and plastic boiling bags in cookery, and so the cotton or muslin rag cloths common in Oldham were used in the dish's preparation during the 19th century. Rag pudding is similar in composition and preparation to steak and kidney pudding and is sold in traditional local butcher's shops in Greater Manchester.

Chemical structure of DNA discovered.



On February 28, 1953, Cambridge University scientists James D. Watson and Francis H.C. Crick (Born:

June 8, 1916, Weston Favell, Northampton, United Kingdom) announce that they have determined the double-helix structure of DNA, the molecule containing human genes.

The Eagle (formerly known as the Eagle and Child) is public house in Cambridge, England which opened in 1667 as a coaching inn. It is the



second oldest pub in Cambridge, after the Pickerell Inn. The street frontage, located on the north side of Bene't Street in the centre of the city, is of circa 1600. Today the pub serves a special ale to commemorate the discovery, dubbed "Eagle's DNA".

Sydney Morgan Eveleigh

(24 September 1870, Bedford, England - 1947 Vancouver B.C.) was an English architect

particularly associated with the urban development of Vancouver in the early decades of the twentieth century. With Noble



Hoffar and William Dalton, and then subsequently in sole practice, he was responsible for numerous commercial, residential and institutional buildings in the City. He was also active in Vancouver's civic affairs and was instrumental in the establishment of the Carnegie Library in the city. Among their most prominent commissions were the Alcazar Hotel, the Wilson Office Block on Granville Street and the city's Masonic temple, as well as a number of offices and hotels in Downtown Vancouver on Granville Street, Hastings Street, Burrard Street and Seymour Street.

An industrial building was erected in 1910 for the Vancouver Breweries Ltd. It was designed by Dalton and Eveleigh,



Great Britain & The Republic of Ireland

Pub Pie Week

Apr. 18th. - Apr. 24th.

A celebration of Pub dining.

The English love their Steak & Kidney or Steak & Ale pies. The Scots start the new year with a Ashet Pie which is a traditional Scottish steak pie. The Irish love their Guinness pub pies and the Welsh their leek and potato or fisherman's pie.

Which Pub Pies are your favourites?



City of Burnaby

1825-1858

The year 1825 marked the founding of Fort

Langley by the Hudson's Bay Company.

1860-1886

The development of Burnaby was sparked by the creation of the City of New Westminster in 1860 and the arrival of the transcontinental railway and incorporation of the City of Vancouver in 1886.

1891

The property taxes the local landowners and residents paid went straight to Victoria, the new provincial capital of B.C. The taxes they paid provided no local benefits to pioneers in Victoria and gave them no local benefits. A group of community minded neighbours consolidated to apply for a municipal charter that would guarantee their taxes went to local roads and services.

September 22, 1892

The municipality received its charter of incorporation on September 22, 1892. It was named after Burnaby Lake, which had been named in honour of Robert Burnaby who had explored the region around the lake in 1859. Robert Burnaby, a merchant and businessman, was active in a variety of community affairs and helped develop much of the west coast. Robert Burnaby went on to serve five years in the BC legislature before returning to England because of poor health. In all, he has given his name to a city, a park, a lake, a hill, a Vancouver street, a mountain range in McKenzie Sound, an island and a narrows in the Queen Charlotte Islands.

By 1896, Burnaby had its first urban park along with a store, post office, two schools and a church. Within five years, the population in South Burnaby

had grown to 400. The opening of the Barnet Mill in North Burnaby in 1900 started another settlement within the municipality.

The City of Burnaby is named after Robert Burnaby, Freemason, explorer, and legislator. He was previously private secretary to Colonel Richard Moody, the first land commissioner for the Colony of British Columbia. In 1859, Burnaby surveyed a freshwater lake in the city's geographic centre. Moody named it Burnaby Lake.

Robert Burnaby



(November 30, 1828 – January 10, 1878) was an English merchant, politician and civil servant in British Columbia, where he served as Private Secretary to Richard Clement Moody, the founder and first Lieutenant-Governor of British Columbia. Moody named Burnaby Lake, in British Columbia, after Burnaby, and the city of Burnaby was subsequently named after Burnaby, as were at least ten other urban and geographical features, including a mountain, Robert Burnaby Park, a Haida Gwaii Island, and a street in Vancouver.

Burnaby was born in Woodthorpe, Leicestershire. Before his appointment to the staff of **Richard Clement Moody**, he worked for the Civil Service in London, during which service he attracted the favour of Sir Edward Bulwer-Lytton.



On the strength of a recommendation by Sir Edward Bulwer-Lytton, Richard Clement Moody decided to hire Burnaby as his personal secretary. In this position, Burnaby contributed to the planning of the settlement of the towns of Queensborough, Hope and Yale. Burnaby also explored the area around Burnaby Lake, which Moody decided to name after him.



A fool is an English dessert. Traditionally, fruit fool is made by folding pureed stewed fruit (classically gooseberries) into sweet custard.

Modern fool recipes often skip the traditional custard and use whipped cream. Additionally, a flavouring agent like rose water may be added.

Foole is first mentioned as a dessert in 1598, made of 'clouted creame' although the origins of gooseberry fool may date back to the 15th century. The earliest recipe for fruit fool dates to the mid 17th century. Why the word "fool" is used as the name of this fruit dessert is not clear. Several authors derive it from the French verb fouler meaning "to crush" or "to press" (in the context of pressing grapes for wine). The name trifle was also originally applied to the dish, with the two names being used interchangeably.

https://en.wikipedia.org/wiki/Fruit_fool



Fried chicken: USA vs. Scotland

Apart from maybe apple pie, it's hard to think of a food that's more USA than fried chicken. The southern states are especially proud of the crunchy on the outside, butter-soft on the inside, finger-licking food. And then, of course, there's Colonel Harland Sanders, whose 'secret recipe' The Colonel launched that world of wings, legs and sharing buckets in 1952. Yet it's widely claimed that it was actually the Scots who first brought fried chicken to the USA. It was common in Scotland to fry strips of chicken in fat, and 18th-century immigrants took that with them when they settled in the American south. They probably didn't use 11 herbs and spices, though...



John Edmeston Parr

(1856-1923) was born in London, England, the son of architect Samuel Parr. After attending preparatory school in Gravesend, England, he articed in his father's firm, Parr & Strong. He later became a partner and the firm's name was changed to Parr, Strong

& Parr. Vancouver Block (1911-1912), 736 Granville Street. Designated as a heritage building by the City of Vancouver (2006). The building was commissioned by Dominic Burns who had a two-story penthouse apartment at the top of the structure. (one of over (23) twenty three notable commissions, https://en.wikipedia.org/wiki/Parr_and_Fee)



The Maunsell Forts

are armed towers built in the Thames and Mersey estuaries during the Second World War to help defend

the United Kingdom. They were operated as army and navy forts, and named after their designer, Guy Maunsell.

There were four naval forts:

Rough Sands (HM Fort Roughs) (U1)

Sunk Head (U2)

Tongue Sands (U3)

Knock John (U4)

[Wikipedia](#)



April 10th. 1998

The Good Friday Agreement, or Belfast Agreement, is a pair of agreements signed on 10 April 1998 that ended most of the violence of the Troubles, a political conflict in Northern Ireland that had ensued since the late 1960s. It was a major development in the Northern Ireland peace process of the 1990s.



Henry Herbert GILLINGHAM, (1876-1930), a native of **London, England**, and born there on 25

November 1876.

Commodore Ballroom is a renowned music venue, dance floor and nightclub located on 800 block of Granville Street in Vancouver, British Columbia. The building was built in the Art Deco style of the late 1920s by George Conrad Reifel and designed by architect **H.H. Gillingham**. Best known for showcasing special performances, the venue is also famous for its sprung dance floor, whose horsehair lining absorbs, rather than reflecting back, some of the impact of dancers' feet. At the time it was installed, only a few venues in the world had similar floors.

The building opened in December 1929 as the Commodore Cabaret. With the onset of the Great Depression, the venue briefly closed four months later. It reopened in November 1930 and has since operated under several different owners as one of Vancouver's premier entertainment venues.



Durrington shafts, Wiltshire, England

A circle of vast prehistoric shafts has been discovered just under two miles (3.2km) from Stonehenge. The 20 shafts – more than 33 feet (10m) in diameter and 16.4 feet (5m) deep – seem to have been designed to create a circle around Durrington Walls henge and Woodhenge, another smaller prehistoric circle to the south. Radiocarbon dating revealed the shafts are 4,500 years old and from the Neolithic period. It's likely the same people who constructed Stonehenge built the shafts at Durrington Walls, now the largest prehistoric site discovered to date in the UK.



Carling Sunday, otherwise

known as Passion Sunday, is celebrated in Scotland and in northern England on the fifth Sunday in Lent, two Sundays from Easter.



Why is it called Carling Sunday?

Why, because Carlings are served, of course — small, dried beans that are re-hydrated then fried. Seasoning is added while frying, then the fried beans may be served with a dash of vinegar or rum.

In Yorkshire, Carlings were made on Mothering Sunday instead of on the fifth Sunday in Lent.

The day was sometimes called “Care” or “Carline / Carlin” Sunday. There are only guesses as to where the “Care” comes from, but Carling is almost certainly “care” with “ling” stuck on the end. Some think it’s actually just from the word “care”, with older meanings such as “mourning”, etc., attached to it.

Carling Fries, Yorkshire, Durham, Northumberland (or Carlin Fries, Carlin Fry) Boiled peas mashed with breadcrumbs, onion, and herbs. Formed into patties and fried. Carling Sunday is the fifth Sunday in Lent, on which it was customary to eat peas. <http://www.foodsofengland.co.uk/carlingfries.htm>



Good King Henry, or Mercury, or Pap-Wort,

Lincolnshire. A tall herb (*Chenopodium bonus-henricus*), the leaves used like spinach. Also called Poor-man's Asparagus, Allgood, Blite, Goosefoot, Lincolnshire Spinach or Markery, there is good evidence that this plant has been eaten since Anglo-Saxon times. It fell from favour in the 19th century but is still cultivated in Lincolnshire.



The Callanish

Stones (or "Callanish I": Scottish Gaelic: Clachan Chalanais or Tursachan Chalanais) are an

arrangement of standing stones placed in a cruciform pattern with a central stone circle. They were erected in the late Neolithic era and were a focus for ritual activity during the Bronze Age. They are near the village of Callanish on the west coast of Lewis in the Outer Hebrides, Scotland.

Alexander Thom and Gerald Hawkins suggested that the stones were a prehistoric lunar observatory. Others have proposed a relationship between the stones, the moon and the Clisham range on Harris. Critics of these theories argue that several alignments are likely to exist purely by chance in any such structure, and many factors such as the weathering and displacement of the stones over the millennia mean there can be no certainty of any alignments, original or otherwise. [Wikipedia](#)



Hawkshead Whigs, Cumbria

Hawkshead was set up by the monks at Furness

Abbey as a centre for the medieval wool trade. It was granted its own market charter by James I. However there's evidence of a Norse settlement dating back to the ninth century.

Hawkshead Whigs: Small oval bread dough teacakes made with added lard and caraway seeds. Whigs are known in this form at least since Moxon 1764.

There is a tale that they are of Norse origin, baked as an offering to the God Wigga, though it is

more likely that the name derives from the Old German meaning a 'wedge' or 'slice' (OED).

The Hawkshead version was described by a local journalist as "a local speciality. There was, around 2002, a 'Whig Cafe' in Hawkshead which attempted to offer versions of the Whig with such fillings as sausage or cheese. It has not survived, it is suggest that Hawkshead Whigs are extinct.

Original Receipt from 'Lakeland Recipes Old and New' by Joan Poulson 1978, Tamley-Reed Ltd - ISBN 0 86157 008 1 (with thanks to Linda Johnson)

Page 54 No 77 - **HAWKSHEAD WHIGS**

1¼ lb plain flour

one ounce fresh yeast

1½ oz butter

1½ oz sugar

half pint warm milk

¼ oz caraway seeds

A pinch of salt

pepper



Sift together the flour and salt. Rub in the butter and add sugar. Make a well in the centre and into this put the yeast and a tiny pinch of pepper. Pour on the milk, warmed to blood heat. Stir and over with a cloth, then leave in a warm place to rise for ten minutes. Knead well for ten minutes adding the caraway seeds at the same time. Leave to prove for half an hour. Cut into pieces, each one weighing about two to three ounces, or roll into three-inch lengths. Put on a warmed greased oven sheet and leave to prove until lightly rise, about fifteen minutes. Bake in a hot oven until golden brown, about ten minutes at 425F, 220C, gas mark 7. Serve split and buttered.

What's the Difference Between a Forfar Bridie and a Cornish Pasty?



The main difference is in the filling. While a bridie only contains pieces of beef and onion, a pasty also includes potatoes and swede, or turnip or rutabaga (depending on where you live, it is known by different names.) Although both authentic versions use shortcrust pastry, the crimping style of finishing the edge is different, and as noted above, bridies often are made with flaky pastry.

Bridies are said "to have been 'invented' by a Forfar baker in the 1850s". ... Bakers in Forfar traditionally use shortcrust pastry for their bridies, but in the rest of Scotland, flaky pastry is sometimes substituted. The filling of a bridie consists of minced steak, butter, and beef suet seasoned with salt and pepper.

Cornish Pasty



Method:

Remove any fat or gristle from the meat and beat with a meat bat or rolling pin. Cut into half-inch (1cm) pieces and place in a medium bowl. Add the salt/pepper, mustard, chopped onion, suet (or butter/margarine) and stock and mix well.

Prepare the pastry and divide the pastry and meat mixture into six equal portions.

Roll each pastry portion into a circle about six inches in diameter and about quarter of an inch thick and place a portion of the mixture in the centre.

Leave an edge of pastry showing all round. Brush the outer edge of half the pastry circle with water and fold over. Crimp the edges together well. The crimped edges should be at the top of each bridie.

Make a small slit in the top (to let out any steam). Brush a 12 inch square (or equivalent area) baking tray with oil and place the bridies in this, ensuring that they are not touching.

Place in a pre-heated oven at 450F/230C/gas mark 8 for 15 minutes then reduce the temperature to 350F/180C/gas mark 4 and cook for another 45/55 minutes.

They should be golden brown and if they are getting too dark, cover with greaseproof paper (vegetable parchment).

Forfar Bridies

Ingredients (for six bridies):

- 1½ lbs (700g) boneless, lean rump steak. or Lean minced beef.
- 2 oz (2 tablespoons) suet or butter or margarine
- 1 (or 2) onion, chopped finely
- 1 teaspoon dry mustard powder
- Quarter cup rich beef stock
- Salt and pepper to taste
- 1½ lbs flaky pastry (home made or from a pastry mix packet)

Charles Macintosh FRS (29

December 1766, Glasgow, Scotland

– 25 July 1843 (aged 76) Glasgow, Scotland)

was a Scottish chemist

and the inventor of waterproof fabric. The Mackintosh raincoat (the variant spelling is now standard) is named after him.

https://en.wikipedia.org/wiki/Charles_Macintosh





The University of British Columbia (UBC), established in 1908, is one of Canada's

leading research universities.

In 1877, six years after British Columbia joined Canada, the Superintendent of Education, John Jessop, submitted a proposal for the formation of a provincial University. The provincial legislature passed An Act Respecting the University of British Columbia in 1890, but disagreements arose over whether to build the university on Vancouver Island or the mainland.

The British Columbia University Act of 1908 formally called a provincial University into being, although its location was not specified. The governance was modelled on the provincial University of Toronto Act of 1906 which created a bicameral system of university government consisting of a senate (faculty), responsible for academic policy, and a board of governors (citizens) exercising exclusive control over financial policy and having formal authority in all other matters. The president, appointed by the board, was to provide a link between the two bodies and to perform institutional leadership. The Act constituted a twenty-one member senate with Francis Carter-Cotton of Vancouver as chancellor

John Jessop, teacher, printer, journalist, traveller, educational administrator, political aspirant, and immigration agent; b. 29 June 1829 in **Norwich, England**.



British Columbia's first provincial superintendent of education was a typically Victorian schoolmaster, in as much as he placed considerable emphasis on the study of history and on the lives of great men. Yet John Jessop was notably reticent in discussing his own boyhood and early schooling in

England. Since his family was not wealthy, it is unlikely that he received a classical education; he may, however, have attended a local grammar school in Norfolk.



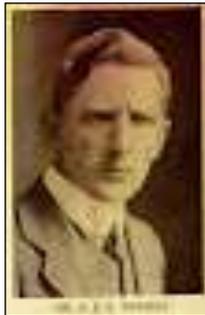
Spaghetti bolognese:

The spag bol that became a UK dinner party staple in the 1960s clearly has roots in Italy, though many argue it's quite a different dish to the latter's tagliatelle al ragù, which is typically made with the flatter pasta noodles and has a slow-cooked sauce of shin of beef, pancetta, tomatoes, carrots, onion and white wine. **The British spin**, now served in restaurants around the world, became popular as pasta turned into a home kitchen staple. First of all, the pasta is usually rounded spaghetti noodles, while the sauce is a ragù made with minced beef, simmered with tomatoes, veg and a splash of red wine.



"Norman hash" was a dish of gravy and onions served over slices of leftover roast beef. As early as the 14th century, English people were making hache or hachy.

According to cookbook author Steven Raichlen, "The English diarist Samuel Pepys waxed grandiloquent about a rabbit hash he savored in 1662". An 18th century recipe for "excellent hash" was made by preparing a seasoned roux with herbs and onion, cayenne, mace and nutmeg, then adding to it broth or gravy and stirring in mushroom catsup. In this sauce the cold beef would be simmered over gentle heat. Simpler recipes would omit some of the fancier ingredients like mushroom catsup and add filling root vegetables like carrots and boiled potatoes.



Robert Percival Sterling

TWIZELL, (1875-1964), of Vancouver, B.C. was the older brother of George S. Twizell, and was active in a number of partnerships:

Born in **Newcastle-on-Tyne** on 25 June 1879, he was educated at Rutherford College in that city, and later enrolled in courses in architecture at the Science College of Durham University in 1899-1903.

Architect in over (41) forty-one projects mostly churches and schools. R.P.S. Twizell had a long-standing interest in the rich history of English architecture, and for his educational buildings in Vancouver he favoured the Edwardian and Tudor Revival styles. His most impressive designs for school buildings are those on the campus of Vancouver College in Shaughnessy Heights. His design for McCormack Hall (1927) is a finely proportioned essay in the Tudor style, with exquisitely detailed facades and an attention to scholarly composition which is rare to find in the west coast region. His masterpiece must surely be that for St. Andrew's-Wesley United Church, Vancouver (1929-33), a refined modern Gothic work that can rightly be considered as one of the finest ecclesiastical works in western Canada.



**Fairacres Mansion
Burnaby Art Gallery**



Horatio Nelson

One of Great Britain's greatest war heroes, Nelson was the victor of many battles of the Napoleonic Wars.

The Battle of Copenhagen was fought to force Denmark out of the hostile 'Armed Neutrality' of the Northern Powers – Russia, Sweden, Denmark and Prussia. It was the second of Horatio Nelson's great battles and like the Battle of the Nile, also against an enemy at anchor. The Battle of Copenhagen of 1801, also known as the First Battle of Copenhagen to distinguish it from the Second Battle of Copenhagen in 1807, was a naval battle in which a British fleet fought and defeated a smaller force of the Dano-Norwegian Navy anchored near Copenhagen on 2 April 1801.

Nelson's greatest victory was also his last, the Battle of Trafalgar. He led a numerically smaller British fleet against a combined Spanish and French fleet who lost 22 ships without losing a single British vessel. During the battle Nelson was shot by a French musketeer and died soon after.

Nelson was respected for his inspirational leadership and superb grasp of strategy and unconventional tactics, that came to be known as "The Nelson Touch".

Born: September 29, 1758

Birthplace: Burnham Thorpe, Norfolk, England

Died: October 21, 1805 (aged 47)

Cause of Death: Killed in action



Sean's Bar is a pub in Athlone, Ireland, notable for its success in perpetuating claims of its being established around AD 900, which would make it the oldest bar in Ireland and possibly all of Europe. In actuality, architects and

historians suggest that the lower two floors of the building were constructed between 1600 and 1725.



Dating back to 1198, The **Brazen Head** is Dublin's oldest pub.





Apple Pie: The first written reference to apple pie was in 1381 in England. In Britain, the first pies had

mainly meat fillings and, just as in Rome, the pastry cases were not necessarily for eating. They were to help food last longer on sea voyages, and also save space - having a hold stacked with pies was a far more sensible use of precious square metres than bringing a cook and dozen of livestock along for the journey.



Turducken is a dish usually served at Christmas time. But a similar version was roasted on a spit by King Henry

VIII called a Cockentrice.

Turducken is a dish consisting of a deboned chicken stuffed into a deboned duck, further stuffed into a deboned turkey. Outside of Canada, it is known as a three-bird roast. Gooducken is a traditional English variant, replacing turkey with goose.

The word turducken combines turkey, duck, and chicken. The dish is a form of engastration, which is a recipe method in which one animal is stuffed inside the gastric passage of another: twofold in this instance. Can be also stuffed with ham or sausage.

Cockentrice – Henry VIII first served up cockentrice, a “mythical beast” featuring a pig and capon sewn together, in a bid to impress the King of France.



Chicken tikka masala: This creamy, mildly spiced chicken curry is widely considered to be Britain’s national dish. And it’s also claimed it

was invented in the UK – at a restaurant in Glasgow, to be precise. In 1970 Ali Ahmed Aslam, of Glasgow’s Shish Mahal curry house, apparently emptied a can of tomato soup over a chicken tikka dish a customer complained was “too dry”.



A trilby is a narrow-brimmed type of hat. The trilby was once viewed as the rich man's favored hat; it is sometimes called the "brown trilby" in Britain and was frequently seen at the horse races.

The traditional London hat company Lock and Co. describes the trilby as having a "shorter brim which is angled down at the front and slightly turned up at the back" compared to the fedora's "wider brim which is more level". The trilby also has a slightly shorter crown than a typical fedora design. The hat's name derives from the stage adaptation of George du Maurier's 1894 novel Trilby. A hat of this style was worn in the first London production of the play, and promptly came to be called "a Trilby hat".



Tea Time in Britain: This is one that may never be settled. Did Cornwall first come up with that

quintessentially British classic, the cream tea – or was it neighbouring Devon? Scones, jelly and endless cups of tea will always be involved, often joined nowadays by fondant fancies and neat finger sandwiches. Yet the counties have fought about who started the tradition – with Devon even campaigning for protected status of its cream tea. And there’s another, far fiercer debate: does the cream go on first, or the jam? In Devon, it’s always cream on scone, while a Cornish tea is traditionally jam first. Either way, it’s scones at dawn. Or mid-afternoon.



Scottish Steak Pie

Ashet Pie is a traditional Scottish steak pie commonly served with mashed potatoes

and peas.

The ingredients:

1 lb (500g) topside steak (or casserole quality beef)

½ lb (250g) link beef sausages

½ lb (250g) ox kidney (optional)

Quantity of Puff Pastry or 2 Frozen Puff Pastry Sheets

2 Tablespoons flour (plain or wholemeal)

Salt and pepper

Beef stock cube

Medium freezer bag

Directions:

1. Heat oven to 200 C.
2. Cut steak into cubes ½ inch (1.5cm) approx.
3. Slice sausages into 1 inch (2.5cm) lengths.
4. Put steak, sausages, (ox kidney if used), flour, salt and pepper into freezer bag.
5. Hold the bag closed and shake to coat the steak and sausage.
6. Put steak and sausage into ashet (deep pie-dish) and pour over enough beef stock to cover.
7. Cover ashet with aluminium foil and bake in oven for approx. 1½ hours or until tender.
8. Prepare pastry.
9. Cut several strips of pastry to go round the edge of dish.
10. Roll out rest so that it is big enough to fit dish.
11. Take ashet from oven and grease/oil lip of dish.
12. Put strips of pastry along edge.

13. Brush with cold water.

14. Place pastry on top and trim. (If you need to join, wet edges, and press gently together).

15. Replace pie in oven for 15-20 minutes until golden-brown



John Loudon McAdam

(23 September 1756 – 26 November 1836) was a Scottish civil engineer and road-builder. He was the inventor of "macadamisation", an effective and economical method of constructing roads.

McAdam was born in **Ayr, Scotland**. He was the youngest of ten children and second son of the Baron of Waterhead. He moved to Lagwine at Carsphairn when still a child to live with his grandparents. The family name was traditionally McGregor, but was changed to McAdam (claiming descent from the Biblical Adam) for political reasons in James VI's reign.

Macadam is a type of road construction, pioneered by Scottish engineer John Loudon McAdam around 1820, in which single-sized crushed stone layers of small angular stones are placed in shallow lifts and compacted thoroughly. A binding layer of stone dust (crushed stone from the original material) may form; it may also, after rolling, be covered with a binder to keep dust and stones together. https://en.wikipedia.org/wiki/John_Loudon_McAdam



Cullen skink

is a smoky Scottish version of creamy fish chowder that's traditionally made with smoked haddock and potatoes. This hearty soup originates from the small fishing town of Cullen on the northeast coast of Scotland. Fabulously, there is an annual Cullen Skink World Championship,

Fisherman's Pie

Wild salmon, haddock, scallops and shrimp, in a wine and mushroom cream sauce, baked with a mash potato crust

Lamb Stew

Lamb, carrots, celery, potato, onion and barley, served with a garlic baguette

Toad in the Hole

Pork bangers baked in a Yorkshire pudding with mash potato, vegetables and Guinness gravy

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Chicken Pot Pie

Chicken, carrots and peas in a rich cream sauce, under a golden pastry top. Served with a choice of fries or salad

Guinness Steak and Mushroom Pie

Steak, mushroom, peas and carrots, in a rich Guinness broth, under a golden pastry top. Served with a choice of fries or salad.

Cottage Pie

Ground beef, carrots, peas, red wine and thyme baked with mash potato and gravy. Served with a choice of fries or salad

The Great British Pub

by Ben Johnson

Renowned the world over, the great British pub is not just a place to drink beer, wine, cider or even something a little bit stronger. It is also a unique social centre, very often the focus of community life in villages, towns and cities throughout the length and breadth of the country. Taverns and alehouses provided food and drink to their guests, whilst inns offered accommodation for weary travellers. These could include merchants, court officials or pilgrims travelling to and from religious shrines, as immortalised by Geoffrey Chaucer in his Canterbury Tales.

Alehouses, inns and taverns collectively became known as public houses and then simply as pubs around the reign of King Henry VII. A little later, in 1552, an Act was passed that required innkeepers to have a licence in order to run a pub. By 1577 it is estimated that there were some 17,000 alehouses,

2,000 inns and 400 taverns throughout England and Wales.

If a pub served meals these were usually basic cold dishes such as a ploughman's lunch, invented in the 1950s. In the 1950s some British pubs started to offer "a pie and a pint", with hot individual steak and ale pies made easily on the premises by the landlord or his wife.





Isle of Man: The

national symbol of the Isle of Man is the Three Legs. ... The legs are usually seen to run clockwise and carry the Latin motto 'Quocunque

Jeceris Stabit' meaning 'it will stand whichever way you throw it' – a reference to the independence and resilience of the Manx people.

Three Legs of Man, Triskelion

The famous Three Legs of Man appear to have been adopted in the Thirteenth Century as the royal coat of arms for three kings of the Isle of Man whose realm at the time also included the Hebrides in the Western Isles of Scotland. The emblem was retained when control of the Island passed permanently to the English Crown. One of the earliest remaining depictions of the emblem is on the Manx Sword of State thought to have been made in 1300A.D. The Three Legs of Mann symbol also appeared on Manx coins from the 17th Century.



It is not known for sure why the emblem was adopted by the 13th Century kings but it may just have been that it was striking and distinctive. The history of the Three Legs of Mann goes as far back as Pagan times and was originally a symbol of the sun and of power and life. It has also been suggested that the Manx Three legs symbol may have been an adaptation of the “triskele” which appeared on coins of the 10th Century Norse King Analaf Cuaran whose dominion included Dublin and the Isle of Man.

Folk tales suggest a link with Manannan, the Celtic Sea God but there is no early evidence of this. All the early examples of the Manx “Legs” show them running clockwise towards the sun. The Three Legs of Mann motto has been associated with the symbol since about 1300



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Traditionally eaten for breakfast,

kedgeree is a spiced rice dish

containing flaked fish (often smoked haddock), cream or butter, parsley, and hard-boiled egg. It is thought to have been popularized in Scotland in the Victorian era. Now on the breakfast menus of upmarket hotels, such as The Balmoral in Edinburgh and Kinloch Lodge on the Isle of Skye.



WHAT DID YOU MISS?

The Heritage, History, Traditions & Customs of England, North Ireland, Scotland, Wales, Cornwall, Isle of Man and the Republic of Ireland newsletters by the British Isles Historic Society are available at:

<https://rssg.org.uk/branches/overseas/americas/canada/>