



the Scottish Banner



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A' Bhratach Albannach

Volume 45 Number 5

NEWS FOR GLOBAL SCOTS

November 2021

The Kilted Coaches

» Pg 12

If I could walk 5,000 miles

Michael and Luna a rewilding journey across Canada

» Pg 23

Scotland's connection to Harry Potter

» Pg 24

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7 25286 84459 8 11

Love and loss at the world's first animal hospice » Pg 5

Official Opening of the Sixth Session of the Scottish Parliament.... » Pg 15

A Kirk with a Past » Pg 21

**the
Scottish Banner**

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The Banner Says...

Glasgow looking to make the world a Dear Green Place



by Sean Cairney

As we go to press with this issue many readers may notice Glasgow in the mainstream news overseas this month. The UN Climate Change Conference of the Parties 26 (COP26) will take place in Scotland's largest city from 31 October to 12 November. COP26 will see global environmental, and possibly life-changing, policy discussed in Scotland. Glasgow will be the stage for one of the most important climate conferences in memory, and will bring together heads of state, climate experts and campaigners who will all be there to debate and negotiate global policies to tackle climate change under the Paris Agreement.

Glas cau

Over 30,000 people are expected to descend on the city which has for many years been dubbed the 'Dear Green Place', so it is quite fitting Glasgow was chosen to host such an important climate event. It is in fact thought green is built into the name of green hollow or as we know today Glasgow, a combination of the words glas meaning green and cau meaning hollow. Glasgow today has more green spaces per capita than any other city in Europe, and has over ninety parks and gardens. These green spaces are a huge asset to the city, and I have certainly enjoyed walking in the city's many green spaces whilst there.

Glasgow was chosen as host city due to its event experience, commitment to sustainability and world-class facilities. The city has morphed from being an industrial

workhorse littered with ship building sites and factories to a modern forward-thinking city of culture and arts, services industries and embracing new green technologies. Glasgow is considered a European leader in public transport, its amount of green space, the number of green-rated commercial buildings and the city is working to reach its goal of achieving net zero carbon by 2030. Glasgow is also now looking to become a National Park City.

Over 30,000 people are expected to descend on the city which has for many years been dubbed the 'Dear Green Place', so it is quite fitting Glasgow was chosen to host such an important climate event.

In this issue

While global leaders and policy makers meet in Glasgow this month to talk about the impact of climate change, one Scot has been doing something about it for months. Perthshire native Michael Yellowlees has been walking with his beautiful husky dog Luna across Canada to raise money for a Scottish tree-planting charity. Michael is walking to raise money so Scotland will be able to restore some of the wilderness that has been lost across the Caledonian Forest. It would be fantastic if any *Scottish Banner* readers get behind Michael and donate for not only a great cause but an incredible Scotsman doing an incredible thing.

The Kilted Coaches are Rab Shields and Stephen Clarke, two friends from Perth who are fitness gurus and show millions of people how to keep fit while proudly wearing their kilts. The down to earth duo not only promote healthy living of the body and mind, but

also show off Scotland to millions of people through their social media platforms and it is great to have them both in this issue and across our cover this month.

Back in the late 1990's a little bit of wizard magic was taking place in Edinburgh. Author JK Rowling was working on the first *Harry Potter* book and often using Edinburgh cafes as her office. This month marks the 20th anniversary of the release of the first film, which had seven more to follow. Scotland was not only used as film locations for the franchise but Edinburgh and Scotland no doubt brought huge inspiration for the characters and settings in what has become one of the world's most successful film series.

Net zero future

Scotland's green credentials are also likely to be under the spotlight this month and the Scottish Government has set a legally binding target to cut greenhouse gas emissions to net zero by 2045, and whilst this will not be easy it is five years ahead of the target date set for the rest of the UK and many other nations. Glasgow for years has had an impact on the world and let us hope this conference has positive international outcomes. COP26 is the perfect opportunity to showcase Scotland as a global leader in sustainable development and to create opportunities to help shift and prepare Scotland's economy for a net zero future.

Glasgow is the city of my family and one I love to be in. I hope it is also a place that creates not only words, but action so we all have a better planet to pass on to the next generation, because who does not want to live in a 'dear green place'? 🌿

What are your hopes for COP26 Glasgow? Have you walked amongst Glasgow's green spaces? Share your story with us! Do you have any comments from the content in this month's edition? Share your story with us by email, post, social media or: www.scottishbanner.com/contact-us #ScottishBanner, #TheBanner

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Gracing our front cover:
Stephen Clarke and Rab Shields,
The Kilted Coaches in Glencoe.

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Vale-Chief, Captain Alwyne Farquharson of Invercauld MC



It is with immense sadness that I share the news with you of our Chief's passing. Captain Alwyne Farquharson of Invercauld MC, passed away in October at his home in Norfolk. He was 102 years old.

For seven decades, he was both Chief of Clan Farquharson and Chieftain of The Ballater Highland Games. Believed to be the oldest and longest serving Clan Chief in Scottish history, he was without doubt one of the most dedicated to his role and touched many hearts. I am sure you will join me in expressing our deepest sympathies and heartfelt condolences to Madam Farquharson and the wider family. Our thoughts are also with you all, as the Chief played an important part in all of our lives, and he will be dearly missed.

We anticipate 3 separate celebrations of his life. The first of these will be the funeral held in Norfolk. In several weeks' time, a Thanksgiving Service will be held in Crathie in Royal Deeside. Thirdly, we plan to hold a Clan Memorial during next year's Clan Farquharson Gathering (7-13 August 2022). There are also plans for an online book of condolence.

Alwyne is succeeded as Chief by his Great Nephew, Philip Farquharson, 17th of Invercauld.

May he rest in peace.

Fide et Fortitudine!

Jonathan Findlay

President, Clan Farquharson UK
www.clanfarquharson.com

Photo: Dave Couve

St Andrew's Day-Celebrating our patron saint



St Andrew's Day is a wonderful opportunity to celebrate Scottish culture, food and dance. Initially, it was a way for homesick Scots to get together and help each other out; the first Society of St Andrews was set up in Charleston, South Carolina, on 30 November, 1729, dedicated to offering support to Scottish migrants in distress.

Nowadays, it's an opportunity for a party with Scottish dancing, singing, storytelling, bagpipes and, of course, a feast featuring haggis and whisky. And with more than 40 million people around the world claiming Scottish ancestry, that's a lot of celebration.

Patron saint of Scotland

St Andrew is the patron saint of Scotland. A Galilean fisherman, he was one of Jesus's 12 apostles, and was known for being strong, sociable and fair, encouraging people to share what they had with those in need. These are characteristics which people all over the world recognise in Scots, and of which Scots are rightly proud. On 30 November, 60AD, St Andrew is believed to have been crucified on a diagonal cross, a shape which provided

the inspiration for the flag named after him – Scotland's Saltire, which has a white diagonal cross over a blue background.

St Andrew is also the patron saint of Greece, Russia, Barbados and Romania.

Celebrations all over Scotland

On 30 November, 1996 the Stone of Destiny, a symbolic block of sandstone that for centuries had been used in the coronation of Scottish monarchs, but was taken by the English – was officially returned to Scotland and kept safe in Edinburgh Castle. Ever since then the Castle has opened for free every St Andrew's Day so that people can see the famous stone. A number of other Historic Environment Scotland venues offer free or discounted entry on this special day as well. Visitors usually need to apply for the free tickets online.

Traditionally St Andrew's Day celebrations take place all over Scotland throughout November, from special tasting menus in the Fife town named after the saint, to street food and storytelling in Edinburgh and special film screenings and other events in Glasgow.

Did you know?

- St Andrew is the Patron Saint of Scotland.
- St Andrew is celebrated on 30 November.
- St Andrew's Day is a day to celebrate Scottish culture, food and dance.
- St Andrew's flag is the flag of Scotland.
- The flag is in the form of a white X on a blue background and is commonly known as The Saltire.
- St Andrew's Societies celebrate Scottish culture around the world.
- St Andrew's Day is a bank holiday in Scotland but entitlement to leave depends on the employer.
- St Andrew is also the patron saint of Romania, Greece and Russia.
- Scotland is one of the few countries to have one of Christ's disciples as their patron saint.
- St Andrew was one of the Twelve Apostles (disciples of Jesus) and brother of St Peter.
- St Andrew is believed to have died on a diagonally transversed cross which the Romans sometimes used for executions and which, therefore, came to be called St Andrews Cross.
- St Andrew's Day is connected with Advent, which begins on the first Sunday after November 26.
- St Andrew's Day marks the beginning of Scotland's winter festivals.

Text & image courtesy of Scotland.org



- It is thought these sheep have roamed North Ronaldsay in Orkney since the Iron Age, which would make them potentially the earliest ovines to arrive in Britain.
- The North Ronaldsay breed spends the vast majority of its time on the island's rocky shore, feeding on seaweed washed up by the surrounding sea.
- The sheep have adapted to eating a seaweed diet due to the Grade A listed Sheep Dyke which encircles the entire island built in the 19th century, blocking them from fields.
- Rams typically weigh around 30 kg (66 lb), and ewes rarely exceed 25 kg (55 lb).

- North Ronaldsay sheep and the marine iguana, native to the Galapagos Islands, are the only known species to feed exclusively on seaweed.
- Unusually for sheep, the North Ronaldsay fattens in winter when storms throw larger amounts of kelp and seaweed onto the shore and food is abundant.
- The North Ronaldsay is a double-coated breed, meaning they have a wool undercoat and overcoat. The colour of the wool can be white, black, grey or brown.
- The North Ronaldsay Sheep Festival is a celebration of the sheep and takes place in each summer in Orkney's most northerly community.



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Send us your inquiries on life's little question marks.

Ever wanted to know what happened to your old pal from home, how to make your favourite Scottish meal, or wondered about a certain bit of Scottish history?

Scotland's steamboats



What a lovely article in the October issue on Scotland's steamboats (*Sailing Down the Water-Scotland's Steamboats*). I have been so very lucky to have sailed the *Waverley* and the excitement of both passengers and crew to be on board was infectious. These vessels are such an important part of Scotland's history, not just as transportation but culturally part of many family's history. They often represented people's few chances at a break from the everyday. I am so glad to hear restoration and preservation of these vessels is being carried out for future generations to enjoy. Some of the

vessels mentioned in the article I have yet to travel on and will now look to enjoy a trip 'doon the watter' with some on my next visit to Scotland.

I hope as travel opens soon to get back but in the meantime, I enjoy my copy of *the Scottish Banner* each month which transports me to Scotland with each page.

Stuart McKay

Auckland, New Zealand

Ed note: Thanks for your note Stuart and we hope you get 'doon the watter' in Scotland soon!

The Scottish Banner website

I find your website incredibly useful. It led me to a small radio station based in Inverness. Said station has agreed to air my new song *Nessie* sometime next week. I just wanted to say thank you. If and when I ever make it big (or even not so big), you've got a friend in me. Warmest regards from frosty Montreal, Yaniv Loran
Montreal, Quebec
Canada
Ed note: We are glad you are enjoying all the content on our website. Congratulations on the release of *Nessie*.

The Skeoch



Dear Lady Fiona,
Greetings from Sydney Australia. I read your page in *the Banner* every month. I really enjoy it. The article (*Lady MacGregor's Scotland, the Scottish Banner*, December, 2020) you did on the Skeoch car that was built in the Men's Shed was very interesting to the people here who own old cars and are in car clubs. We have never heard of it; I don't think one would be made in a Men's Shed here as the buildings are small unless they have one in the country, and they are called repair sheds. The parts for the cars in that club are stored there and sometimes repairs are done there. I hope you are enjoyed your summer and the lovely green grass you have.

The farmers here have been doing it tough the last four years. They had four years of drought, then bush fires, then floods and more recently a mice plague. We are all hoping things get better. We have lock down to deal with now and Corona virus is everywhere. My home is bug free, I am busy sewing for charity and that keeps me home and busy.

Please take care of yourselves and the dogs.

All the best,
Mrs Gerry Browne
Peakhurst, NSW
Australia

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Kerrie Kennedy
Toronto, Ontario
Canada

A Tribute

I found this poem in some of my mother's paperwork and immediately thought of *the Scottish Banner*, a publication she adored for many decades. The title says it all as I would like to pay tribute to my amazing and beautiful mother who I now miss so dearly. I had to read the words through a few times but used her voice as my guide and I really love this wee cracker of a poem (as she would say!)

A Tribute

When first I saw yer glum wee face
And glowrin' deep-set een,
I thocht ye just the quaintest pup
That I had ever seen.

That sturdy body, bandy legs,
Ant coat as black as tar.
Wi' tail erect, a challenge flung
Tae canines near or far.

These proved yer breed and pleased the efe
But still the doubt remained,
Would native shyness yield tae love
Or dourness be maintained?

There wis nae need to doubt ye, Jock
My Scottie staunch and true,
The love I gig the gruff wee dug
I well repaid by you.

Lang may these feet stan' squarely set,
That tail, like flag unfurled,
The fling the challenge "Scotland Yet!"
Undaunted tae the world.

Author unknown.

Thank you for *the Scottish Banner* and for brightening the lives of thousands of people, it was her favourite publication in

the world. You brought a 'wee bit of hame' to my mother every month for years and she dearly loved that.

Heather Patterson

Newport Beach, California
USA

Ed note: Thank you Heather for sending this to us and for your kind comments. You are sorry for your loss and are more than happy offer this tribute to your mother and so happy to hear we helped her to stay connected to the land she loved, Scotland.

Edinburgh & East Lothian Doors Open Days



Take a virtual tour to Scotland. We had a wonderful programme for our 31st annual Doors Open Days event in September.

Over a hundred wonderful venues across Edinburgh and East Lothian were open for virtual or in-person visits, and people from around the world can still explore these great properties online. View the full fantastic programme here www.cockburnassociation.org.uk/doorsopendays

All of the participating venues have produced some sort of digital resource, so that you can once again visit them virtually from the comfort of your own home.

James Garry
Scotland

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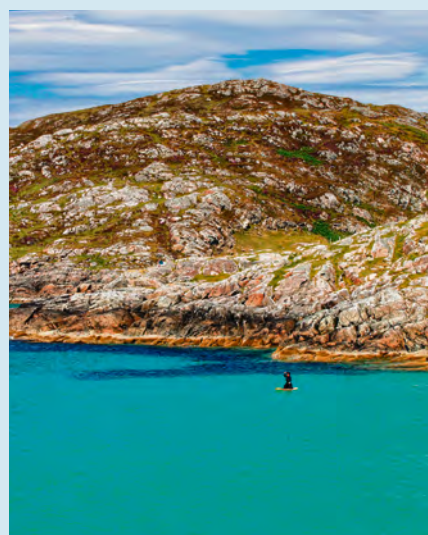
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Highland coo



Hope everyone has had a lovely Coosday.
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Isle of Barra



Beach life on Barra.
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House of the Binns



The incredible 17th century House of the Binns, West Lothian.
The Kilted Photographer

Love and loss at the world's first animal hospice



A woman whose compassion led her to set up the country's first animal hospice is now concerned that too many dying humans lack the love and care they deserve. Some years ago Alexis Fleming was bedridden with a severe chronic illness and wanted to end her own life – but thanks to her beloved dog Maggie, she made it through. Maggie died two years later of lung cancer on a vet's operating table and Alexis founded the Maggie Fleming Animal Hospice, based near Kirkcudbright, so that other animals would not die alone and in distress. She also set up its sister project the Karass Sanctuary for Farmed Animals.

Loved, safe, secure and cared for Alexis' days are long and demanding – feeding, medicating, exercising and cleaning so that the dogs, cats, cockerels (including a magnificent bird named Adam Jones), sheep, cattle and even turkeys are comfortable, happy and (for the sick) pain free. Much of the idea is to make them feel loved, safe, secure and cared for.

With one collie that had spent much of its life chained to a post (losing most of its teeth trying to chew through the metal) her ambition is that for even just a little while it can feel like "the best wee dog in the world". The story is told in her book *No Life Too Small* which Alexis recently discussed at the Wigtown

Book Festival in Scotland's National Book Town. But already a new chapter is unfolding. She says: "A lot of people are facing death alone and one of the things I'm interested in is doing for them the equivalent for what I do for animals. Just visiting people in their own homes, talking to them, perhaps helping them feel more comfortable and at ease."

A good death is possible

It's something Alexis feels is sadly lacking in contemporary society where we fail to face death or grief very effectively. The idea is in its early stages, and something she is considering offering locally, but it comes from a conviction that a good death is possible, one where anxieties have been addressed, old wounds healed and the end can come without fear. She said: "The more I have done this with animals, the more I realise I want to do this with other humans – it's having a connection with someone and that's the key." These are feelings closely related to Alexis' own experiences of desperation and the battle she faced to make it through.

And in the meantime people are already benefiting from her work – turning up and enjoying time with the creatures on her 4.5 acres of land. She says: "There are a few folk who have just left their phone at the door and gone up on the hillside to sit in a field – for a bit of sheep therapy." Many of the farm animals are on palliative care. Some have been passed to her by farming families who took sympathy on them including "lambs that were born blind, or a bit wonky or just not put together quite properly".

For more details see:
www.themaggiefleminganimalhospice.org.uk

Ken your country



The Forth Bridge.

How well do you know Scotland? To test your knowledge, we have assembled ten fun questions on its geography, history and culture – but if you get stumped, the solutions can be found underneath. Good luck!

- 1) To an Old Scot what is a clamjamphry?
- 2) Which Argyll loch is the longest in Scotland?
- 3) How many pipers from Scottish regiments were killed during World War I? a) 50 b) 500 or c) 1500?
- 4) What nationality was Lady Scott, wife of Sir Walter?
- 5) What, in Old Scots, was a mutchkin?
- 6) What invention by Alexander Watson-Watt from Brechin helped defeat the Nazis in World War II?
- 7) How long did the Forth Rail Bridge take to construct? a) 5 years, b) 6 years or c) 7 years?

- 8) What colour is Cairngorm quartz?
- 9) When was Nova Scotia in Canada colonised by the Scots?
a) 1625 b) 1685 or c) 1705?
- 10) What, in Old Scots, was a carle-wife?

Answers

- 1) Idle or worthless company.
- 2) Loch Awe - 24 miles.
- 3) b) 500.
- 4) Born Charlotte Charpentier, she was French.
- 5) A pint measure.
- 6) Radar.
- 7) c) 7 years - 1883-90.
- 8) Brown or yellow.
- 9) a) 1625.
- 10) A husband who meddled too much in housework.

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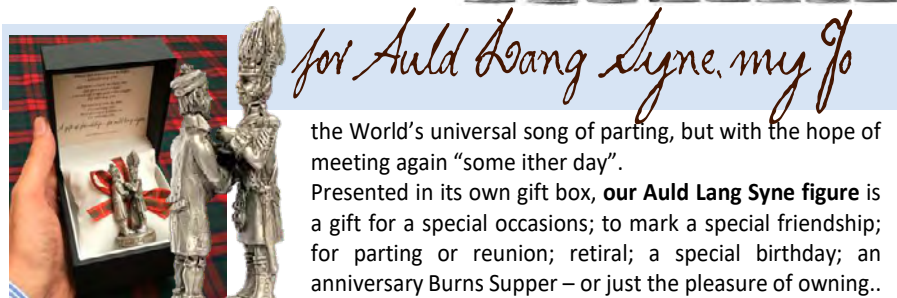
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SCOTSPEAK

Scotspeak is a selection of quotes which made headlines in Scotland last month on a variety of current Scottish affairs.

“As the auctioneer, it was a real joy to bring the hammer down at over £1 million on this incredibly rare dish – a new world record price I believe. The whole story of its discovery tucked away in a drawer, through the meticulous research carried out by our specialists, and then fierce international bidding on auction day has been exciting from beginning to end.”

Auction house Lyon & Turnbull managing director, Gavin Strang, said as a 16th century Italian dish found in a drawer at a country house in the Scottish Borders has sold for £1,263,000 at auction. The plate was expected to sell for £80,000- £120,000 originally and was purchased in 1844 by James Ewing (1775-1853), who served as Lord Provost of Glasgow from 1832–1833. Ewing, was a Glasgow merchant with antiquarian interests and contributions to the historical and literary Maitland Club, was closely involved with civic affairs as director of Glasgow’s Chamber of Commerce.



“I am immensely honoured by this award and by the kindness of the city in conferring it on me. I have spent my entire adult life in this city and would not wish to live elsewhere. It is a wonderful city in every respect and I am so proud to be one of its citizens.”

Internationally-acclaimed Edinburgh author Alexander McCall Smith CBE said as he was presented with the prestigious Edinburgh Award in a ceremony at the City Chambers.

The coveted annual award honours an outstanding individual who has made a positive impact on the city and gained national and international recognition for Edinburgh. Mr McCall Smith is one of the world’s best-loved writers for both adults and children and his books are published in 47 languages.

“We have made no secret of our ambition to be the first company to launch from UK soil so it’s really exciting to agree to this multi-launch deal with SaxaVord. The UK is a world leader in space technology, and this latest move brings us another crucial step closer to offering a significant space service from our own soil.”

Rocket company Skyrora chief executive Volodymyr Levykin said as a deal was signed to construct a space launch facility on Unst, Scotland’s most northerly inhabited island in Shetland. Space missions to deliver satellites are planned to start in 2022 from the SaxaVord Spaceport.



“It’s great news that this iconic building, set in the heart of our World Heritage Site, will now be restored and put to good use again, making it accessible for many generations to come. I’m delighted committee approved this proposal today as I’m confident it meets our criteria as the RHSPT will ensure a sustainable long term future for the former school while at the same time committing to the high architecture standards required for future restoration of the building to make sure it is in-keeping with our World Heritage Site.”

Edinburgh City Councillor Rob Munn, Finance and Resources Convener, said as city’s iconic Royal High School building, set in heart of the city’s World Heritage Site on Regent Road, is to be used as a National Centre for Music.

The building has been considered as a site for the Scottish Parliament, a national photography campus and a five-star hotel. The Grade A-listed building, which dates back to 1829, was last used as a school in 1968.

“The potential for declaring a national park city presents an opportunity for Glasgow to join an emerging international network of cities committed to this concept.”

Glasgow City Council landscape design and development manager Rachel Smith said as plans are being considered to turn Glasgow into a National Park City – with commitments to make it greener and better connected to nature. Located on the River Clyde, Glasgow has over 90 parks and open spaces, more than any other city its size and lends to it being termed ‘Dear Green Place’. Other cities also looking to adopt the title include Galway, Ireland, Adelaide, Australia and Newcastle, England. London was the first in the world to declare the status in 2019.



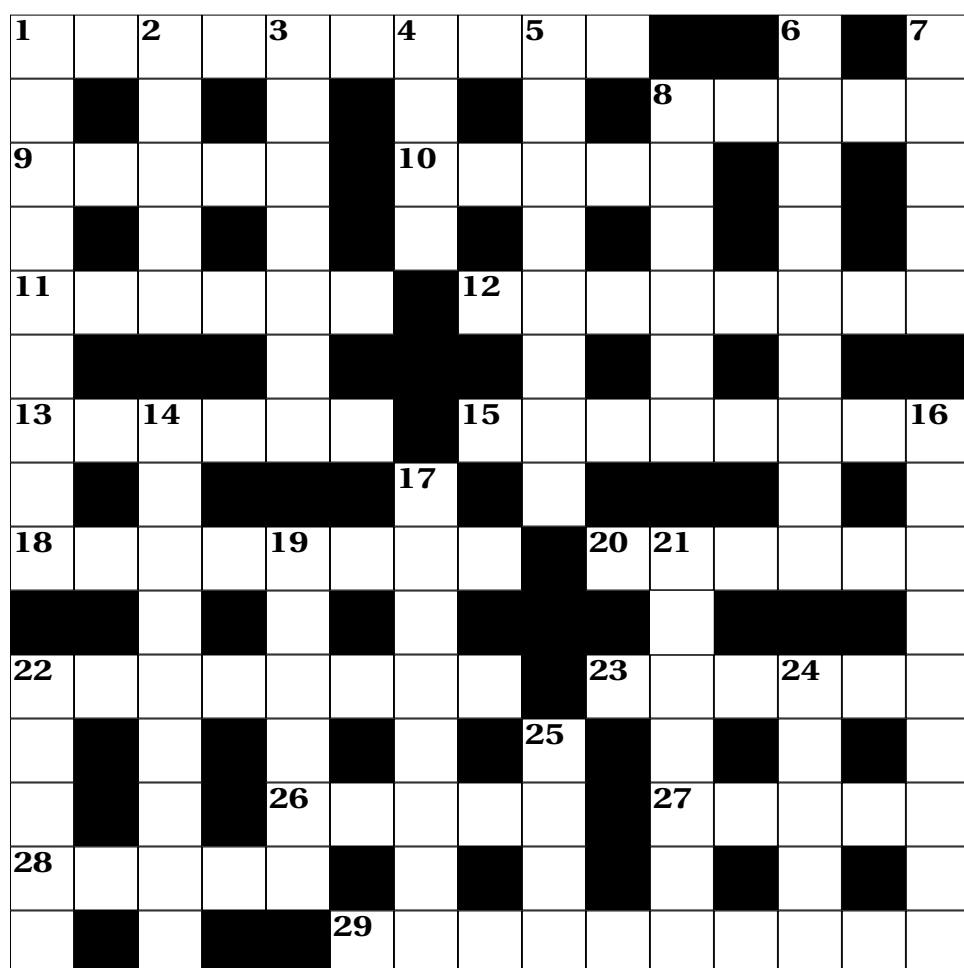
“After decades of debate it’s time Elgin has the recognition it deserves as a city. There are historic records that show we have a valid claim as an existing city but this opportunity to apply for official city status is too good to miss.”

Alastair Kennedy, chairman of Elgin Community Council, said as Elgin is to bid to become Scotland’s eighth city, as part of the Queen’s Platinum Jubilee celebrations in 2022. Moray Council has formally agreed to submit Elgin’s bid to become a Scottish city as part of the Queen’s Platinum Jubilee civic honours competition. The current seven cities in Scotland are: Aberdeen, Dundee, Edinburgh, Glasgow, Inverness, Perth and Stirling.

“I was more than a little surprised when I opened the padded envelope and saw what was inside. It’s rare to have a book returned after being overdue for so many years. I suspect the book had been lying in a cupboard or a drawer for some time and was only recently discovered. It was a lovely gesture from whoever found the book to take the time to send it back with a £20 note as a token gesture for it being so long overdue. We’ll make sure the money goes to a good cause.”

Linda Flynn, Paisley Central Library Team Supervisor said as staff were stunned when the postman delivered a large white padded bag and when opened, they discovered a copy of the book, *Mrs Balbir Singh’s Indian Cookery*, along with a £20 note and an anonymous letter apologising for the book being so long overdue. The book is thought to have been loaned out around 1968 from the Central Library, in Paisley’s High Street. But since this was so long ago and before records were digitised, there is now no way of knowing who had borrowed it. The £20 is now going to be donated to charity, as Renfrewshire Libraries is currently not charging a fine for the return of overdue books.

SCOTWORD



Here is a fun crossword for you to try with a few of the answers to be found in Scotland! If you are in doubt, you may need a wee peek at a Scots dictionary or a map. Or, if you are really stuck, the answers can be found on page 22!

CLUES ACROSS:

- 1) Borders woollen town (10).
- 8) Top male voice (5).
- 9) Kirk office bearer (5).
- 10) Additional part! (5).
- 11) Heraldic plumes (6).
- 12) Scattered the bed frame! (8).
- 13) A salad plant (6).
- 15) Highland gardens (8).
- 18) Vied with (8).
- 20) Stopped work in Scotland (6).
- 22) Found in Skye & Lothian Region (8).
- 23) He prepares issues (6).
- 26) A running knot (5).
- 21) Drive out (5).
- 28) A wee dram! (5).
- 29) A low wall in Fife! (10).

CLUES DOWN:

- 1) Village east of Perth (9).
- 2) A serving scoop (5).
- 3) Scottish valleys (1).
- 4) On the rocks! (4).
- 5) Capital regions (8).
- 6) Highland capital (9).
- 7) Doublet edging (5).
- 8) Scot’s potato (6).
- 14) Bandleader up front (4,5).
- 16) Carpet town near Johnstone (9).
- 17) Congratulatory steak! (4,4).
- 19) Fervent {6}.
- 21) Up to Hogmanay (3,4).
- 22) A knight’s wage increase! (5).
- 24) Feeling after 28 Across (5).
- 25) Auld Nick! (4).



Lady Fiona on the deck of the Royal Yacht Britannia.

Lady MacGregor's Scotland

By: Lady Fiona MacGregor



Lady MacGregor of MacGregor – otherwise known as British writer and broadcaster Fiona Armstrong – works for ITV news and current affairs. Fiona's husband is the Chief of Clan Gregor, Sir Malcolm MacGregor of MacGregor. She is an active member of Clan Armstrong, so their lives are interwoven with all things tartan. The couple live in the Scottish Borderlands, although filming and writing takes Fiona all over Scotland.

Greetings from Scotland where the trees are turning. Autumn marches on with magnificent leaf colours wonderful. A chill breeze gives a hint of a harsh winter to come, but the good news is that when the warmth goes, so too do the midges... There was not a sign of one up in the Highlands. Because the chief and I have just returned from a few days in the north. He, spending his time up on the hills hunting deer. Me, down by the river, in search of a silvery salmon.

Fort William

Our nearest town is Fort William, a scenic spot with a dramatic history. It was named after an English king; the garrison built 350 years ago to pacify the 'savage clans and roving barbarians.' Unusually, chief among the troublemakers were not the MacGregors, but the Camerons... Fort William sits in the shadow of Ben Nevis which is our highest peak. It is the Everest of Scotland – and one of these days I will climb it. Seriously?! No. But the chief has done it in the dim and distant past and I can report that it took him a good day to get up and down.

Yes, if you are of a sporty nature, this is the place to be. Fort William is known as the Outdoor Capital of the UK and in the

winter months you can ski and snowboard whilst in the summer there is no end of mountain biking and hill walking on offer. If you are not the active sort, there is always the distillery to visit, or the place that houses Bonnie Prince Charlie's prayer book. The West Highland Museum is one of the oldest Highland museums and boasts a mine of information on the Jacobite uprisings.

Scotland's capital

From the Highlands it is on to Scotland's capital. The chief and I are spending a few days in Edinburgh. As we step from the train onto the platform at Waverley station - named in honour of one of Walter Scott's novels - I realise that it is a good twenty months since we have been in the city. It is not its normal bustling self. There are few tourists around, for obvious reasons. It makes it easier to move around, and the shops and restaurants are open, so there are signs that it is returning to normal. We are there for a dinner. It is being held at the Royal College of Physicians in Queen Street, an imposing building that holds Scotland's oldest medical library. Here is a collection of sixty thousand books, including a copy of the first edition of the first book ever printed on medicine, published in 1478.

Scotland has always been famous for producing top medics. The list of eminent doctors and surgeons is a lengthy one;

among them Sir James Young Simpson who pioneered the use of chloroform during operations. Sir Patrick Manson is known as the father of tropical medicine. Sir Alexander Fleming discovered penicillin. On the walls of the building are pictures of the men and women - because ladies, too, have made their mark, including Elsie Inglis, the founder of the Scottish Womens' Hospitals - who worked to transform health throughout the centuries.

Britannia

We are in the presence of greatness – and it is a grand night – followed by a fascinating tour. When the Queen's yacht *Britannia* was decommissioned in 1997, she was brought to the nearby port of Leith. It was apt that she should end her days in Scotland as she is 'Clyde-built' – constructed on the banks of the river near Glasgow. Launched in 1953 this elegant craft served the British monarch for forty-four years and was a place where Her Majesty said she could 'truly relax'. This was not just a vessel for diplomatic missions – and there were more than 700 of those around the world - it was her home on the water.

Britannia is just as the Queen left it. Complete with furniture, floral curtains and silverware. Fifty could sit down to a sumptuous meal in the stately dining room.

It took two hours to set the table, the place settings measured out with a ruler.

Then there are the royal apartments; we see the queen's sitting room that served as her office, and her bedroom – and here the chief and I were struck by how small the bed is!

Some 250 yachtsmen and officers made sure the vessel ran smoothly. How sad they must have been when the decision was made that a royal yacht was no longer needed. Her Majesty, too, must have struggled to check her feelings when she stepped off the craft for the last time. *Britannia* is well worth a visit when you come to Edinburgh – and we hope you do soon. Here's to life returning to some sort of normality. In the meantime, stay safe and well...



Tartan of the Month

The Koala Tartan

The Scottish Banner is pleased to be offering the Tartan of the Month series highlighting a variety of different, unique and colourful tartans from around the world which are registered with the Scottish Register of Tartans in Edinburgh. The Scottish Register of Tartans was established by an act of the Scottish Parliament in November 2008 and promotes and preserves information about historic and contemporary tartans from Scotland and throughout the world. Text and image use are courtesy of the Scottish Register of Tartans (SRT).

The Koala Tartan was designed to celebrate the beauty of the Australian native marsupial, a much-loved Australian national icon. The tartan colours are intended to represent the Koala: dark and light grey for the majority of their coat colour with white speckles or patches on the rump and chest area and inside ears; black for their nose; pink for the skin colour around the nose and mouth, only seen on close inspection; dark brown for their eye colour and green for the eucalyptus leaves which is their main diet and dwelling tree. This tartan (SRT reference: 13080) was designed by F J & M W Lawson and registered in March, 2021. The tartan launch and cutting from the loom of the first official weave was witnessed by a small gathering and took place at the Crofter's Waving Mill, Spring Ridge, NSW, Australia.

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Dig discovers footprint of old The Glenlivet Distillery



L - R: National Trust for Scotland Head of Archaeology Derek Alexander and Alan Winchester celebrate. Photo: Alison White.

National Trust for Scotland archaeologists have started uncovering the secrets of Scotland's whisky history in an excavation at the old site of The Glenlivet Distillery, one of Scotland's first whisky distilleries to become licensed after the 1823 Excise Act. The dig at the site of Upper Drumin, in Speyside, which is one kilometre upslope from the modern distillery has so far uncovered the floor of the old site, which dates from 1824.

This is where The Glenlivet's founder, George Smith, risked life and liberty to produce his single malt whisky. He became the first illicit producer to get his licence. Fragments of bottle glass and ceramics believed to have been involved in whisky production were also found.



Image showing The Glenlivet Distillery and the old site on the hill behind.

Whisky history

Investigations which began in October are being carried out as part of the Pioneering Spirit project – a partnership between conservation charity the National Trust for Scotland and The Glenlivet, the original Speyside single malt whisky, to uncover and share the history and impact that whisky production has had on Scotland's cultural heritage and our modern way of life.

The old site was originally a farm, converted to whisky production site by George Smith in response to the 1823 Excise Act, which made licenced production of whisky possible. Before then, Smith, like many others in communities across Scotland – including Speyside and the Highlands – made the spirit illegally, smuggling their produce to customers. Apart from the remains of two of the old mill dams, nothing survives above ground of the distillery. The site, which is on Crown Estate Scotland land, is marked by an inscribed monument marking its important role in whisky history.

Derek Alexander, the National Trust for Scotland's Head of Archaeology, has a long association with the location and conducted a survey of the distillery remains in the 1990s. He said: "Returning to this place after nearly 25 years to finally uncover the remains of this special place is really inspiring. Brushing dirt from the flagstones where George Smith, one of the lead figures of Scotland's whisky industry, stood was incredible. What's really interesting is that this is where the illicit

production of whisky, which is what we find evidence of on our National Trust for Scotland sites, and the transition towards larger scale industrial production meet; a formative part of the whisky industry becoming one of Scotland's biggest and most successful. It's such a powerful part of our national story and identity, which is loved and recognised, at home and around the globe."

Alan Winchester, The Glenlivet's Master Distiller said: "I have always been fascinated by The Glenlivet's rich history, so to be entering the second year of our partnership with the National Trust for Scotland is a delight. The majority of my career has been spent continuing the legacy of our founder George Smith, so it's really interesting to have the opportunity to uncover even more secrets about our illicit past and tell new stories about the role Scotch has played in defining Scottish culture."

Volunteers including staff from The Glenlivet and members of the local community took part in the dig, with the support of the Crown Estate Scotland Ranger Service, as part of the Highland Archaeology Festival.



Map from 1869 showing the old site of The Glenlivet Distillery.

Did you know?

- Commenced in August 2020, Pioneering Spirit is a 3-year partnership between the National Trust for Scotland, the charity that for 90 years has protected Scotland's most loved places and The Glenlivet, the original Speyside single malt whisky, which aims to uncover and share the history and impact of whisky production across Scotland.
- The project is the first of its kind and will see archaeologists carry out field work across the Highlands to reveal the impact of whisky distilling on Scottish history.
- Created by George Smith in 1824, The Glenlivet is the Original Speyside Single Malt, renowned for its heritage as a visionary within the single malt category.
- The Glenlivet has contributed the biggest volume growth of the single malt category worldwide, adding more than any other single malt whisky brand over the past five years.
- The Glenlivet is dedicated to continuing this legacy. Standout initiatives include the release of The Glenlivet Code, a mystery single malt, and the creation of The Glenlivet Founder's Reserve, a great representation of the distillery's signature style.



Being Scottish is Bags of Fun!

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Keep Calm and Wear Tartan Jute Bag

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H: 30cm, W: 30cm, D: 20cm



The Multi Scottie Dog Canvas Bag

The sturdy canvas bag comes with a lovely pattern of Scottish Terrier Dogs. Includes an interior key/coin pouch and strong black webbed handles.

H: 30cm, W: 40cm, D: 15cm



Scottie Dog Single Canvas Bag

This sturdy bag comes with a classic pattern of a Scottish Terrier dog with sturdy handles.

H: 30cm, W: 40cm, D: 12cm



Highland Coo Jute Bag

This shopper includes a iconic Highland coo design-including a wee black coo! Green bag with black ribbed handles.

H: 30cm, W: 30cm, D: 20cm



Tartan Scottie Jute Bag

This brow wee shopper includes a tartan Scottie dog design. Includes an internal zip key purse. With tartan gusset and handles.

H: 30cm, W: 30cm, D: 20cm



Scottish Dialect Canvas Bag

The sturdy bag comes with a variety of 18 fun Scottish words. Includes a humorous word description, in case you did nae know! Quality cream canvas with black text and sturdy handles.

H: 40cm, W: 35cm, D: 20cm



Multi Scottie Jute Bag

Jute is a strong plant fibre and this lovely bag features a pack of wee Scottie dogs, with red webbed handles and trim and black gusset. Also includes an inside key and coin zip pouch.

H: 30cm, W: 30cm, D: 20cm



Thistle Jute Bag

This sturdy bag comes with a lovely pattern of Scottish thistles. With purple tartan gusset and purple webbed handle.

H: 30cm, W: 30cm, D: 20cm



Westie Jute Bag

This sturdy bag comes with a colourful pattern of playful Westies, along with a solo Scottie pal. With black webbed handles.

H: 20cm, W: 20cm, D: 14cm

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Plans for Dumfries and Galloway countryside transformation



Threave Estate.

Conservation charity the National Trust for Scotland (NTS) has revealed an ambitious 100-year plan to transform 81 hectares of Dumfries and Galloway countryside into rich natural habitats once again. The Threave Landscape Restoration Project will transform land at Kelton Mains, part of the charity's Threave Estate in Dumfries and Galloway, through a century-spanning plan to restore native wetlands and woodlands in the area.

Amongst the first steps is 'undraining' the land, allowing the River Dee and its floodplain to revert to more natural flow patterns and enabling the wetlands, for which the area is so well-known to re-establish, and expanding the habitats available for a wide range of native and migrant waterfowl, and many other species too.

Native woodland species

Another key focus for 2021 is reintroducing native woodland species, with the ultimate

ambition to create a 30-hectare native woodland on the site, through planting and woodland regeneration methods. NTS will also be exploring how livestock can be managed in new ways to balance agricultural production with nature recovery.

Dr Sam Gallacher, Dumfries and Galloway Operations Manager for the National Trust for Scotland said: "We've been building up research on how we do this at Threave since 2017, working with experts in woodlands, grasslands and wetlands. Studying holistically the whole site, we have put together both an immediate and long-term plan to help kickstart and support natural processes, but also use this site as a massive experiment to help us find best practice and methods that we hope will be useful and inspire others in similar settings whether in Scotland or further afield. It will be an exciting experience for our visitors and members to learn and engage with landscape restoration in action and showcase the work our charity does to protect Scotland's natural heritage."

The path network around the site will also be improved, giving better visitor access. Public outreach to visitors and community to discuss further the project and its long-term benefits is now underway.

Regular updates on the progress of the project will be posted online at www.nts.org.uk.

"You're gonna need a bigger stocking!"

BATTLE OF BANNOCKBURN -THE CHESS SET

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In Flanders Fields

By John McCrae, May 1915

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

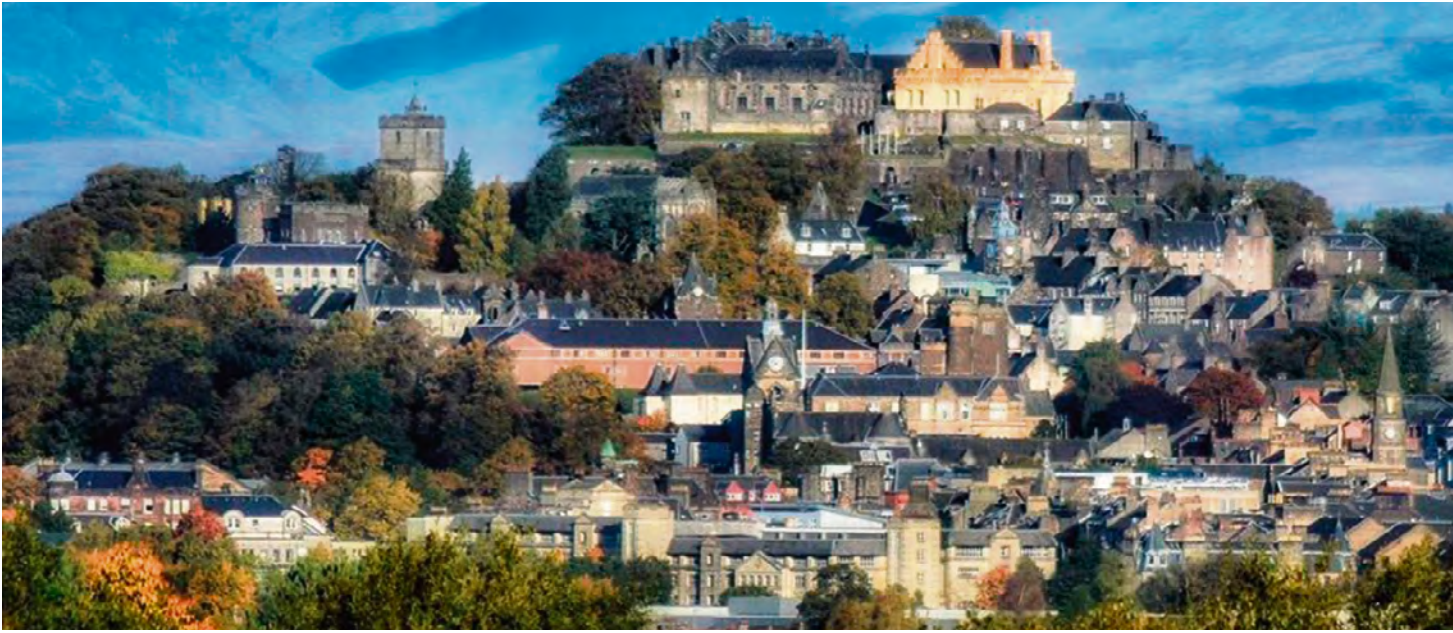
*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

The poem was written by a Canadian Medical Corps doctor, Major John McCrae, who was serving with a Field Artillery Brigade in Ypres. The death of one of his friends in May 1915, buried in the cemetery outside his dressing station, affected him severely and he wrote his poem as a way of expressing his anguish at the loss.

11 November marks the anniversary of the Armistice which ended the First World War (1914-18).

Lest We Forget.

IN SCOTLAND TODAY



Stirling among places longlisted for UK City of Culture 2025

Stirling has been named among eight areas longlisted for UK City of Culture 2025, unveiled by Culture Secretary Nadine Dorries. Stirling is the only Scottish city to make the cut as eight cities have been nominated for the prestigious UK City of Culture title, with the winner set to be announced next year. Following a record 20 bids, the eight longlisted locations are Armagh City, Banbridge and Craigavon, Bradford, Cornwall, County Durham, Derby, Southampton, Stirling and Wrexham County Borough. Winning the prestigious title has enormous benefits with previous hosts attracting millions of pounds in additional investment, creating jobs and attracting thousands of visitors to their local area. The places will now work with a panel of experts and the Department for Digital, Culture, Media and Sport (DCMS) to finalise their bids before the shortlist is announced early next year.

UK Culture Secretary Nadine Dorries said: "Winning the UK City of Culture competition has a hugely positive impact on an area, driving investment, creating jobs, and highlighting that culture is for everyone, regardless of their background. This year's focus is on levelling up access to culture across the country and making sure there is a legacy that continues for generations to come. I look forward to seeing what this brilliant longlist has in store as they continue in the competition."

All bids were asked to explain how they would use culture to grow and strengthen their local area, as well as how they would use culture to recover from the impact of the Covid-19 pandemic. For the first time, this year each longlisted place will receive £40,000 to support the development of their promising proposals. The winner will be announced in spring 2022 and will follow Coventry's tenure as UK City of Culture 2021 to take the lead on culture in the UK in 2025. Previous winners Hull and Derry-Londonderry have shown how the competition can deliver greater and long-lasting cultural participation, economic regeneration and local pride, whilst Coventry City of Culture 2021 is already providing a blueprint for how culture can be at the heart of social and economic recovery.

UK Government Minister for Scotland Iain Stewart said: "I'm particularly pleased that Stirling is in the running for this prestigious award. With its fascinating history and vibrant creative scene, it's a strong contender for the title. The list of cities announced is testament to the outstanding creativity and culture across

the UK. I look forward to seeing proposals develop as Stirling strives to bring the UK City of Culture to Scotland for the first time."

Glasgow launches £30bn 'Greenprint for Investment'



In the run up to COP26, the UN Climate Change Conference Glasgow City Council has launched its 'Greenprint for Investment', a portfolio of investment projects designed to give a significant boost to the city's target to reach Net-Zero by 2030. In June, the city announced that it had reduced its carbon emissions by 41% since 2006, surpassing the 30% target Glasgow set for 2020. The scale and diversity of the projects reflects and supports Glasgow's global sustainability ambitions and provides international and activist investors with a mix of decarbonising and transformative development opportunities as well as more traditional robust, investor-ready propositions.

Councillor Susan Aitken, Leader of Glasgow City Council said: "Glasgow is ready to meet the challenges of the climate emergency head on, addressing long-standing social, economic and environmental challenges around fuel poverty, poor connectivity and community blight whilst meeting our climate targets. Our Net-Zero future is about safer communities, warm and efficient homes, sustainable jobs and a prosperous economy. Transition has to be about the social and economic well-being of Glasgow and its people. This will require levels of investment never seen before in local government and adaptation plans which will be vital in delivering a modern, resilient and inclusive city economy. A core element of Glasgow's Green Deal our 'Greenprint' brings together transformational, investable and shovel-ready projects. From an entire new transport system better connecting

citizens to opportunities, generating renewable energy from the River Clyde and upgrading hundreds of thousands of homes across our city region, the Greenprint projects will deliver the infrastructure necessary for a low carbon, climate-resilient future. All cities face huge change. Glasgow's challenges are typical of those of so many of our global peers. As cities rebuild to decarbonise, we can be the demonstrator in shaping those solutions. The success of COP26 will be measured by how cities can take the practical steps necessary to secure the future of our planet. Our Greenprint provides a major part of our roadmap to doing just that."

Projects include scaling up the Clyde Climate Forest by 9,000 hectares, a Glasgow Metro connecting the city region, a city-wide retrofit programme to make all homes energy efficient and provide new clean energy sources, and a proposal to power district heating systems using the River Clyde - all of which will contribute to Scotland's target reduction targets and Charing Cross M8 Green Infrastructure Cap which plans to revitalise and re-green the city's public realm including a cap over a major interchange of the M8, the busiest motorway in Scotland.

Leith ranked one of the world's 'coolest neighbourhoods'



Edinburgh's northern suburb of Leith has been ranked the 4th 'coolest neighbourhood' in the world by *Time Out* magazine. The area of Leith was Scotland's main port for trade, with huge ships sailing in and out brimming with products and goods such as wool, wine, raw materials and spices. Once a burgh in its own right, following a forced merger with the City of Edinburgh in the 1920s, Leith is now a hugely successful part of the larger city. The neighbourhood still retains its strong identity and heritage but what makes it so cool? Made famous

by Irvine Welsh, Ewan McGregor and co in the film *Trainspotting*, Leith has two Michelin-starred restaurants, a variety of incredible bars and a fierce sense of local identity as the driving force behind Leith's resurgence. As well as the picturesque shore, there are wide open green spaces. The first recorded rules of golf were said to have been set down in 1744 by players at Leith Links.

Time Out said: "Once Scotland's main trade port, Leith's connection to industry stretches back centuries. Today, however, the north Edinburgh neighbourhood is better known as a cultural hotspot, home to big arts institutions and up-and-coming businesses alike. In recent years, several buildings have been given a new lease of life, including long-abandoned Leith Theatre and the nearby Biscuit Factory, which houses more than 30 creative businesses and its own performance space. The Leith Arches, meanwhile, is a two-tiered pub and events space on the old Caledonian Leith Line – complete with rotating food vendors, a programme of wellness events and the always-excellent Bross Bagels. The area slowly began to shed its industrial skin and embrace a trendy new guise and today visitors to Leith can find delights from curio shops to a diverse range of cafés, restaurants and bars. Edinburgh's exciting new waterfront development and boasting the award-winning Royal Yacht Britannia all make Leith one of the coolest neighbourhoods in the world."

Virtual World Porridge Making Championships



When unrestricted by global pandemics, The World Porridge Making Championship occurs annually in the Scottish Highland village of Carrbridge each October. This year saw the 28th year of the event, and the 2nd virtual contest, with no limit on the number of entrants providing a unique opportunity for an even wider field of entrants from across the world. The oatly cook-off draws competitors from across the globe to compete for the coveted Golden Spurtle trophy and title of "World Porridge Making Champion." The finals however featured just 12 contestants and this year saw international contestants taking the accolades. The winner was 25 year old Dutch vegan food blogger Miriam Groot, who won with her Arancini (stuffed Italian rice ball) recipe which used oats instead of rice.

Those making up the top 10 included two Americans, two Australians, one cook from Germany, two from England and one from Scotland. The first Golden Spurtle World Porridge Making Championship was held in Carrbridge on 11 September 1994. Plans are now underway for next year's event, which is again due to be held in October, will be able to return to its regular venue at Carrbridge Village Hall.

From Estepona to Bannockburn - *an unexpected journey*



John Morgan with Nigel Tranter.



John Morgan.

In the late 1990's, in a friend's holiday villa in Estepona in southern Spain, John Morgan was flicking through the bookshelf, in search of something to take his imagination when his hand fell upon the paperback *Path of the Hero King* the second book in Nigel Tranter's epic trilogy *The Bruce*. "Tranter's word-craftsmanship was totally immersing" says John, now Senior Partner of Stirling 1314 LLP, producers of two of the world's most luxurious chess sets. "His ability to use dialogue to bring heroes and villains to life, turned a history lesson into gripping adventure, and an uninterrupted read, cover to cover. So much so, that when I arrived back at Glasgow Airport, I went straight to WH Smith newsagent, where I bagged volumes one and three - books I finished with equal dedication and pleasure. The rest, as they say, is history."

The story that changed history

The following year, that experience took a different turn for the Morgan's, one that is about to take on a new life this

month as Stirling 1314, seeks to relaunch their two luxury offerings – the Battle of Bannockburn and the Robert Burns Chess Sets. We caught up with John as he was filming blog content for their new Chess Set website in the Globe Inn, Dumfries, the favoured haunt of Robert Burns in the latter part of his life. Sitting in the very chair adopted by Robert Burns when he frequented the Inn, John was quick to point out, "I have earned the right to sit in Burns' chair having have paid the mandatory forfeit – 'a recitation of Burns – or buy a drink for everyone in the house'. I would gladly pay a small ransom to share this chair with his memory, but I love nothing more than reciting Burns, and a few verses of *Tam O' Shanter* were payment in full"

As he moved the crafted, pewter pieces across the stunning metal chess board, John reflected on the early beginnings of their Scottish chess set adventure. "In the late 90's, my wife Morag and I had Cornerstone Gallery and Gift Shop in Dunblane", said John, "One day, an artisan model-maker, Steve Trickett, breezed in and asked if we would be interested in selling the Fantasy Pewter Chess Set he had modelled. Unlike conventional chess sets, all 32 of Steve's chess pieces were different, everyone a revelation: from fairies to goblins; knights to castles: and things even more preposterous. I was lost for words but, in that moment, the flame was lit for an even bigger adventure – a Battle of Bannockburn Chess set with 32 different pieces, each one marking a player or place in the story that changed history. When I told Steve what I was thinking, he just looked at me - and I knew he was already on the case! Believing faithfully in the principle, 'if you don't ask...you don't get' I plucked up the courage to contact Nigel Tranter, who amazed me by agreeing instantly to being involved and to give his name to the set. He then introduced to us, young Scottish costume historian, Andrew Spratt who went on to provide illustrations in the most minute detail, of the style and heraldry of every character, right down the

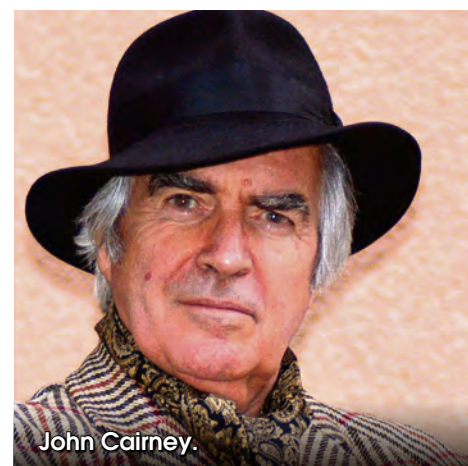
shape of a belt buckle or the hinges in a suit of armour. Over the next two years, the four of us created a simply remarkable chess set. Sadly, neither Nigel nor Steve are with us any longer, Nigel passing in 2000 and Steve in 2016, only months after completing the last figure on the Robert Burns Chess Set.

In the case of Bannockburn, Nigel's endorsement of the set has been inherited by Scottish television historian and writer Neil Oliver, retaining for the Battle of Bannockburn Chess Set the gravitas with which it was born. It was remarkable to know them both and an extra privilege to know Nigel, not only as a brilliant writer, but as a complete gentleman and a true friend. Which is why our 700th Anniversary Edition is dedicated to his memory."

The Robert Burns Chess Set

The Robert Burns Chess Set, endorsed by actor, writer, raconteur and Burns legend, John Cairney, was a challenge of a different kind for Stirling 1314, as more a tale of ordinary folk and their fantasies within the culture of 18th century Scotland. Where else would you find Witches and Warlocks blended with the simplicity of love, honour, and a deadly twist of humour? John has been Chairman of his own Old Manor Burns Club of Bridge of Allan for the last 40 years, and one of the 37 members of the Robert Burns Federation Guild of Speakers. So, it was no surprise that his next move was to create the stunning Robert Burns Chess Set.

"My original inspiration was unquestionably Nigel Tranter" says John, "But the pen of Robert Burns and his mark on the life of all rue Scots, had a quite different influence on my life. As much in his life as in works, there is love and treachery, inspiration, and hypocrisy, all of it now encapsulated in beautifully crafted chess pieces. As though to complete a circle of sorts, Robert Burns features in both sides: predictably, as the King in the light side but, in irony, as a dark knight in his noted role as Exciseman."



John Cairney.

Says John with perceptible pride, "For me, the crowning glory of this fabulous set is the chess board. It is so stunning I am often tempted to hang it on the wall! The squares are cast in pewter, with a different quotation for each light square, individually etched in the style of Burns' handwriting. An interesting twist to any chess match would be to have to recite a few lines from the poem your piece lands on. But maybe that's for another day!"

There are no plans yet to develop a third chess set. As John noted, "Bannockburn was epic in every sense – scale and national significance first and last, whereas, by dint of his incredible life and outstanding variety of work, you could do a second Robert Burns set and still have characters left over. But I think we've got enough to be going on with for now..."

For further details see: www.stirling1314.com



Auld Lang Syne chess piece.



Neil Oliver.



Andrew Spratt Bannockburn drawings.

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The Kilted Coaches



The Scottish Banner speaks to Stephen Clarke and Rab Shields, The Kilted Coaches



The Kilted Coaches are Stephen Clarke and Rab Shields, two Scottish friends based in Perth with a passion for health, happiness, positivity and the wellbeing of the body and mind. The Kilted Coaches have amassed a huge following on social media and their videos have been seen by millions of people. The Kilted Coaches now have a new book out and took the time to speak to the Scottish Banner on their love of Scotland, health, and kilts.

For those that do not know can you tell us just what The Kilted Coaches do and how you both came together?

Coach Rab: Stephen and I have known each other since our paper round days and grew up not far from each other in Fife. We knew of each other for years and as

fate would have it our jobs took us both to St Andrews working in the hotel industry. We both ended up moving to Perth as personal trainers and caught up again here and became good friends. In 2014 we both became fathers and ended up having a long lunch and discussing ideas of how we

can help people with their fitness goals and established an online business. We viewed that in the fitness industry many people were making themselves unwell in their quest for wellness. People were just taking things far too seriously and getting so super healthy they could not sustain it. We were trying to create a balance between health and happiness, by doing what you can with exercise and improving your nutrition, but also balancing it with a night off and not beating yourself up if you fall off the wagon. It really is a relaxed philosophy for serious results.

In a way wearing a kilt is like a superhero suit.

You run an online program where people can work from home on their physical, mental health and nutrition. How has this format succeeded during lockdown with so many with time at home?

Coach Stephen: We were already geared up for people being at home before the pandemic hit. We view your wellness being fitness, nutrition, and mindset. There are a lot of great programs out there but the common denominator in all programs is you and what works for you. During the lockdown it was interesting as we would have clients who previously

had great results and put in great efforts but during lockdown they may not have been as successful as their mindset was different. If you can get someone fired up and motivated and understand their problems directly, with whatever they are dealing with in life, it allows them to adhere themselves to any program more efficiently. During lockdown people have been dealing with a great deal of stress and anxiety and our approach appeared to work quite well in helping people. The benefit of exercise is well documented, and it really can have a positive impact on people's lives.

You have said, "Who needs a gym when you've got Scotland?" How do you think the incredible scenery of Scotland has helped you get your message out to so many people?

Coach Rab: This all began when we said you don't need a membership to a fancy gym to get fit. You can either have a space in your home or use outdoor space to reach your health goals. A lot of people are interested in Scotland just now. Shows like *Outlander* have certainly helped and for people who are not from here they probably enjoy the scenery the most when they get here. People often visualize themselves in a Scottish environment and imagine themselves walking through the heather and amongst the hills we have. Our videos take in some great parts of Scotland, and we have no doubt the backdrop of Scotland helps make them popular and enjoyable to watch.

Congratulations on your new book *The Kilted Coaches: How to stick to the damn plan*, can you tell us about the book and what it feels like to add authors to your list of achievements?

Coach Stephen: The book is basically the written content of what we have been putting out online. We took some of our key videos and wrote it out for book format. We know not everyone watches our YouTube videos but they may be interested in the book, so for us this is also a different way to get our message out. We have kept the book quite conversational, like our videos. We have tried to take a relaxed approach and add some humour to the

book as we do not want to come across as preachy. There are other books like this where people preach to their readers but that is not our method. When it came to the writing we wanted it to be conversational and for someone to pick it up and feel like they are down the pub with their mates discussing a concept. We have one chapter which is 'Don't let your flaws define you' and was done very conversationally and hopefully when people read it, they do not feel threatened or preached at. The book really is a cross between a self-help book and a coffee table book, it just happens to have two guys in kilts running around the Highlands!

Scottishness is synonymous with tartan and kilts. You have said putting kilts on helped you both be yourselves and show who you really are. Can you tell us more about your love of kilts?

Coach Rab: In the early days we just were not being ourselves and trying to be too clean cut and straight down the line. Somebody said you can't get away from the fact you are Scottish, so like we talk about in Chapter One of our book, is really being yourself in HD (high definition). This is basically being yourself but a bigger version of you. We thought we obviously can't get away from being Scottish and we in fact loved wearing our kilts and began to do it our way. Once we put on our kilts, each video we have shot has been done in just one take 99% of the time. The kilts have brought in this natural element of who we are and now we just roll with it.

Historically we mainly wear our kilts to weddings and events and whenever you put your kilt on it was to go and have fun. Whenever we put our kilts on, we always know we are having fun because of the feeling that overcomes you. In a way wearing a kilt is like a superhero suit, we often say you can say what you want when you have a kilt on, meaning you're not shy to get your point across.

Kilts have really become part of your brand and you have even got your very own The Kilted Coaches Tartan, can you tell how the tartan came about and how proud you are to be able to wear that today?

Coach Stephen: Kilts are just so comfortable to wear, and we started off wearing the Royal Stewart tartan, we chose this as we had different family tartans and wanted a uniform approach. Rab is Clan Duncan and I have Clan Kerr on my side. We always wanted a tartan that is ours and we just recently launched The Kilted Coaches Tartan



The Kilted Coaches tartan.

and worked with a kiltmaker in Scotland to get it designed. Our tartan does pay homage to the Royal Stewart, but we worked in more of a maroon colour, changed the sett and made it our own.

Your videos and new book mention The Viking Mindset, can you tell us more?

Coach Stephen: The Viking Mindset basically gets people back to their Viking roots. Scots used to go through a great deal of hardship and that made them tougher, for example people had no choice but to embrace the cold. Today we can come home from work and there is food there if I need it, we have entertainment at our fingertips and we can be warm in minutes. The Viking Mindset pays homage to the idea that you can toughen yourself up by taking away some of the comforts that constantly surround us today. Sometimes you don't know what life will throw at you and it is about being prepared for things regardless of what comes your way. We also use cold therapy such as jumping into a cold loch to reawaken the body and I love a loch swim. Sometimes you need to get comfortable being uncomfortable and challenging your limits, that really is what the Viking Mindset means.

You recently got to work with Joanna Lumley, what was it like to be able to show Scotland off to one of the UK's biggest stars? Some may be interested to know Joanna in fact has Scottish roots, did she share much of her love of Scotland with you?

Coach Rab: They say don't meet with your hero's and we were a bit nervous to meet her, however if every hero was like her, I would say meet with hero's. She is even better than we thought she was going to be, and we thought she would be amazing. She is half Scottish and loved to chat with us about her roots. Joanna really does love Scotland, and she loves to have a whisky as well. We filmed with her up in

Glencoe and it has left such a profound memory for us it is why we went back there and used the image from where we filmed at Glencoe on the cover of the book, to pay homage to her. Joanna was also so kind to provide a quote for our book which is on the cover where she say's "I never exercise without them."

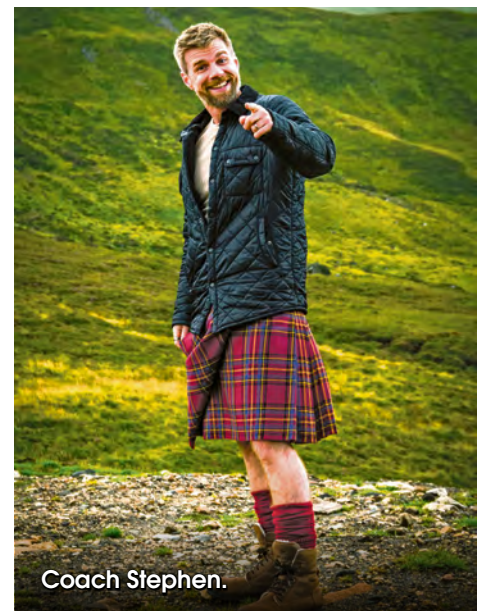
And finally, your YouTube channel is filmed in some great places in Scotland. As ambassadors for Scotland what areas of the country do you love to visit whether it be for work or your downtime?

Coach Rab: Glencoe would definitely be at the top of the list as it is both eerie but very strikingly beautiful. Anywhere as well with castles we love. We have been going up to Dunnottar Castle recently on the east coast in Aberdeenshire, it is a great spot as there are great walks around and the castle itself is fascinating. Just the way it was built and the incredible views the location offers. Anywhere with a great view we love. Scotland is so blessed with amazing hills, lochs, and history.



Here in Perthshire, we have great woodlands and waterfalls to take in as well, so we are so lucky to have that on our doorstep.

The Kilted Coaches: How to stick to the damn plan is out now. To order a copy see: www.linktr.ee/Thekiltedcoachesbook



Coach Stephen.



Stephen and Rab. All images courtesy of The Kilted Coaches/Luath Press Ltd.

THIS MONTH IN SCOTTISH HISTORY

Names & Places In The News From Today And The Past

1 - Bank of Scotland founded by an Act of the Scottish Parliament. **1695**

1 - Scotland made a serious bid to enter the lucrative English sea-trading market. The Company of Scotland Trading to Africa and the Indies issued a subscription list to stockholders in London. Later known as The Darien Company, £300,000 sterling was quickly raised, but London merchants saw it as a threat to their own East India Company. They put pressure on the King, and the English subscriptions were withdrawn at the behest of their government. **1695**



2 - Jack Alexander MBE of The Alexander Brothers died. The Scottish folk singer began his career in the 1950s with his brother Jack and was born in Cambusnethan, Lanarkshire in 1935. **2013**

3 - Queen Elizabeth officially opened an underwater pipeline to bring the first North Sea oil ashore. **1975**

3 - The Scottish expedition to Darien landed at 'New Caledonia'. The expedition left Leith on the 12th July 1698, heading for the isthmus of Panama. The enterprise began in 1695 when the Scottish Parliament passed an Act for the establishment of the 'Company of Scotland Trading to Africa and the Indies'. **1698**

4 - Birth of King William III. **1650**

5 - Opening of the original Mitchell Library, Glasgow, now the largest public reference library in Europe and is home to one of the world's finest collections of Robert Burns materials. **1877**

5 - The Commercial Bar in Fraserburgh receives a direct hit from a German bomb, killing over 30. **1941**



6 - Celtic Football Club formally constituted in Calton, Glasgow, to alleviate poverty in Glasgow's East End parishes. The first Celtic Park was established on a vacant lot next to St Mary's Church. **1887**

7 - Writer and World War Two garrison commander Eric Linklater died in Orkney. **1974**

8 - Scholar and philosopher John Duns Scotus died. His dry subtleties led to the word "Duns" or "dunce" meaning dull and incapable of learning. Beatified by Pope John Paul II in 1993. **1308**

9 - In Edinburgh, Sir James Young Simpson delivered Wilhelmina Carstairs while chloroform was administered to the mother, the first child to be born with the aid of anaesthesia. **1847**

9 - The Royal Yacht Britannia left the Clydebank shipyards to begin her speed trials. Built by John Brown's shipbuilders, she was famously luxurious and entertained countless dignitaries in opulent style. The Britannia carried the royal family on more than 1000 visits to over 600 countries. Today she is moored at Ocean Point, Edinburgh. **1953**

9 - Dorothy Dunnett, the cult Scottish novelist, died. The writer of intricate and meticulously researched historical novels, she attracted a devoted following with her multi-volume sagas. **2001**

10 - Journalist Henry M Stanley found the missing Scottish missionary David Livingstone with the classic "Dr Livingstone, I presume". **1871**

11 - Today is Martinmas, Scottish Quarter Day. The feast of St Martin of Tours was traditionally the day for slaughtering livestock and salting it for preservation through the winter.



11 - Armistice Day, marking the end of hostilities in World War I. The guns were finally silenced on the 11th hour of the 11th day of the 11th month. Though Scots made up only 10% of the UK population at the time, a total of 147,609 Scottish people were killed during the war, a fifth of Britain's total dead. **1918**

12 - St Machar Day, patron saint of Aberdeen.

12 - Edinburgh University first admitted women to the study of medicine. Sophia Jex-Blake and her friend Edith Pechy were the first to attend the prestigious medical school. Though Jex-Blake passed her exams, she was not allowed to graduate as regulations prevented women from actually serving on the wards. **1869**

13 - King Malcolm III (Canmore), last of the Celtic kings was killed at the Battle of Alnwick. Succeeded by Donald III. **1093**

13 - The birth of Robert Louis Stevenson, author and poet, in Edinburgh's New Town. His books included *Treasure Island* and *The Strange Case of Dr Jekyll and Mr Hyde*. He died in Samoa, aged 44. **1850**

14 - Speed limit for horseless carriages was raised from 4mph (2mph in towns) to 14mph. **1896**



15 - Statue to Greyfriar's Bobby, who stayed by his master's grave for 14 years was unveiled. **1873**

15 - The Stone of Destiny was finally returned to Scotland. Legend has it that the stone is a relic from the Holy Land and once belonged to the biblical Jacob. From an early date the kings of Scotland were inaugurated sitting on a royal chair with the stone in its base. In 1296 Edward I removed the stone and installed it at Westminster Abbey. It remained there until it was kidnapped by Scottish nationalist students in 1951. They managed to hide the stone in Scotland for four months until it was found and returned to Westminster. It was moved from there to Edinburgh Castle in 1996 amid much celebration. **1996**

16 - Buffalo Bill's Wild West Show opened in the East End Exhibition Buildings, Duke Street, Glasgow. **1891**

16 - James Macpherson, the famous fiddling freebooter, was hanged at Banff. The town clock was said to have been advanced to forestall a messenger carrying a reprieve for his hanging. Legend has it that before the notorious outlaw musician was hanged for sheep and cattle stealing he treated the crowd to one of his own compositions, *Macpherson's Rant*, and then broke the fiddle over his knee. When Burns heard of the tale he wrote the song *Macpherson's Farewell*. **1700**



17 - Tam the Gun - the soldier who famously fired Edinburgh Castle's One o'Clock Gun for more than 25 years died. Staff Sergeant Thomas McKay, 60, lost a year-long battle against bowel cancer. **2005**

17 - David Livingstone reached Victoria Falls in Africa. Livingstone was born at Blantyre, south of Glasgow and went on a mission to reach new peoples in the interior of Africa and introduce them to Christianity. **1855**

18 - Sir David Wilkie who later became a well-known painter of historical and religious works as well as portraits, was born near Pitlessie, Fife. **1785**

18 - Robin Hall, the Scottish folk singer and musician, died. Hall achieved national fame in the sixties along with fellow Scot, Jimmie Macgregor, on the BBC TV show, *Tonight*. Hits included *The Mingulay Boat Song* and schoolboy favourite, *Ye Cannae Shove Yer Granny Aff a Bus*. **1998**

19 - King Charles I born. **1600**

20 - James Bruce, 8th Lord Elgin, the Scottish Liberal statesman and diplomat, died. During his career he served as Governor-General of Canada, 1847-54, and India, 1862-63 and was special envoy to China and Japan. During a visit to China he burnt down the emperor's famous Summer Palace in Beijing, destroying thousands of priceless works of art, in order to intimidate the emperor and force him to sign an unratified treaty. **1863**

20 - Nicola Sturgeon is officially sworn in as First Minister of Scotland, the first female in the role, at the Court of Session in Edinburgh, in front of senior judges. **2014**

21 - King James VII married Mary of Modena. **1673**

22 - Birth of Mary of Guise, the French Queen Consort of James V. She was regent of Scotland during the minority reign of her daughter, Mary, Queen of Scots. **1515**

22 - Jack McConnell elected First Minister of Scotland, succeeding Henry McLeish who had resigned. **2001**

23 - Historical novelist Nigel Tranter born in Glasgow. He was the most prolific Scottish writer of all time, writing mainly factual and fictional books related to Scottish history and was also a columnist for many years for *the Scottish Banner*. **1909**

24 - David II (aged 7) crowned at Scone. **1331**

24 - The Scots army defeated at the Rout of Solway Moss. King James V had sent a huge force of 10,000 men into England which was defeated by an English force under the command of Sir Thomas Wharton. James died shortly afterward, and was succeeded to the throne by his baby daughter, Mary, Queen of Scots. **1542**

24 - The high court in Glasgow imposes a minimum sentence of 27 years for Al Ali Mohamed Al Megrahi, the Libyan national convicted of bombing Pan Am Flight 103 over Lockerbie. He was released on compassionate grounds by the Scottish Government on 20 August 2009 and died on 20 May 2012 in Libya. **2003**

25 - General Tam Dalyell raises a regiment to suppress Covenanters which later became the Royal Scots Greys. **1681**

25 - Helen Duncan the last person to be jailed in the UK under the British Witchcraft Act of 1735 was born. **1897**

25 - Steel magnate and philanthropist Andrew Carnegie born in Dunfermline. Carnegie became a powerful businessman and a leading force in the American steel industry. Carnegie believed that the wealthy had an obligation to give back to society, so he donated much of his fortune to causes like education and peace. **1835**

25 - Scotland becomes the first country in the world to make it a legal duty for period products to be available to anyone for free after the Period Products (Scotland) Bill is approved. **2020**

26 - Death of John McAdam, inventor of "macadamisation" road surface with a smooth hard surface with a camber to ensure rainwater rapidly drained away. **1836**



26 - Elsie Inglis, the Scottish nursing pioneer and suffragette, died. Inglis is perhaps best remembered for her role in the First World War, where, convinced that women could play an active role in the conflict, she led volunteer medical units of women who served in France and in Serbia, where Inglis herself was taken prisoner. Winston Churchill wrote that Inglis and her nurses "would shine in history". **1917**

27 - The greatest storm on record hit Britain with the loss of 8,000 people in 24 hours. **1703**

27 - The first deaths from an E.coli outbreak in Lanarkshire were reported. The outbreak was subsequently traced back to a butcher's shop in the town of Wishaw, and by early 1997 twenty people, mostly senior citizens, had died, making this the world's worst outbreak of E.coli poisoning. **1996**

28 - Battle of Rullion Green on the Pentland Hills, south-west of Edinburgh, in which the King's army led by Sir Tam Dalyell defeated the Covenanters. **1666**

28 - W.Oliver Brown, the candidate for the fledgling National Party of Scotland (NPS), polled 4,818 votes in the Renfrew East By-Election. In doing this he became the first NPS candidate to save his election deposit. The National Party of Scotland amalgamated with the Scottish Party in April 1934 to form the modern Scottish National Party/SNP. **1930**

29 - Margaret Tudor, daughter of Henry VII of England was born. She later married King James IV of Scotland in the "Union of the Thistle and the Rose". It was due to her bloodline that King James VI of Scotland was able to inherit the crown of England in 1603, after the death of his cousin, Queen Elizabeth I. **1489**

29 - Royal Faculty of Physicians and Surgeons granted its charter by King James VI. **1599**

29 - Thomas Edison demonstrated the phonograph publicly for the first time. **1877**

30 - St Andrew's Day (or in Scottish Gaelic 'Là Naomh Anndrais') - celebrate the patron saint of Scotland. St Andrew, according to Christianity's teachings, was one of Jesus Christ's apostles, the twelve followers chosen by him.

30 - World's first international football (soccer) match, Scotland V England at West of Scotland Cricket Ground. Result was 0-0. **1872**

30 - HMS Vanguard, Britain's biggest and last battleship, was launched at Clydebank. **1944**

30 - Stone of Destiny, stolen from Scone by King Edward I of England in 1296, returned to Scotland and installed in Edinburgh Castle. The stone had previously been taken from Westminster Abbey in London by university students in 1951. **1996**



30 - Museum of Scotland in Edinburgh officially opened. **1999**

Official Opening of the Sixth Session of the Scottish Parliament

All images: © Scottish Parliamentary Corporate Body.



First Minister Nicola Sturgeon greets Her Majesty The Queen.

Her Majesty The Queen attended the Official Opening to mark the Sixth Session of the Scottish Parliament in Edinburgh on Saturday October 2nd, joined for the occasion by Their Royal Highnesses The Duke and Duchess of Rothesay. The Opening Ceremony is a tradition started in 1999 to mark the beginning of every new session of the Scottish Parliament. This year's ceremony paid tribute to 'local heroes' chosen from across Scotland for the part they have played during the pandemic and their communities both locally and nationally. This was the first time Her Majesty the Queen has attended the opening of parliament without her husband Prince Phillip, who died earlier this year. Her Majesty, 95, said as she

addressed the parliament chamber: "I have spoken before of my deep and abiding affection for this wonderful country and of the many happy memories Prince Philip and I always held of our time here. It is often said that it is the people that make a place and there are few places where this is truer than it is in Scotland, as we have seen in recent times."

The Crown of Scotland

The Crown of Scotland was featured at the Opening Ceremony of the Sixth Session of the Scottish Parliament. The Crown of Scotland was received by the Duke of Hamilton and Brandon at Edinburgh Castle. It was then proceeded to the Scottish Parliament accompanied by Pipes and Drums of The Royal Highland



The Crown of Scotland carried by the Duke of Hamilton and Brandon.

Fusiliers (2 SCOTS). The Crown of Scotland was carried by the Duke of Hamilton and Brandon, and was escorted into the courtyard of Queensberry House by the Lord Lyon King of Arms, Officers of Arms, the Royal Company of Archers. The Crown is part of the Honours of Scotland or the Scottish Regalia. The other pieces are the Sword of State and the Sceptre. In early January 1540, with the imminent coronation of his new queen, Marie de Guise, King James V ordered that the Crown of Scotland, in a damaged and broken condition, was to be remodelled. From the Restoration of Charles II in 1660 to the Treaty of Union in 1707, the Honours were brought down from Edinburgh Castle with



The Crown of Scotland carried by the Duke of Hamilton and Brandon.

great ceremony and taken to Parliament House on the Royal Mile adjacent to St Giles' Cathedral for the state opening of Parliament. The Riding of Parliament as we know it today is thought to originate from this ceremony, though it has its origins in the 15th century, if not earlier.

This elaborate procession from Edinburgh Castle down the Royal Mile to Parliament became known as the Riding of Parliament. It has been reinstated since the opening of the new Scottish Parliament in 1999. The 'riding' in 1999 was one of the largest ceremonial events in modern Scottish history. The Sword of State and the Sceptre are no longer in regular Royal ceremonial use.



Nicola Sturgeon addressing the chamber.



The Presiding Officer of the Scottish Parliament Alison Johnstone MSP escorts Her Majesty The Queen.

A wee bit of Scotland in the heart of Armadale



for the Primary School Loch Mess Monster Award, Salvado Catholic College for the Secondary School Loch Mess Monster Award, and Armadale Primary School was also awarded the People's Choice Award."

The largest Scottish-themed event in Western Australia

Mayor Butterfield continued: "Following the Perth Kilt Run, festival goers experienced Scottish arts and crafts, highland dancing and pipe band competitions, amongst a range of other events such as the medieval fair and the opportunity to delve into Scottish heritage at the clan village, and a variety of performances of live music and Ceilidh dancing. The Armadale Highland Gathering and the Perth Kilt Run is steered by a dedicated committee of volunteers who help to present the different areas to create the largest Scottish-themed event in Western Australia. It's terrific to see the dedication and hard work of the volunteers rewarded by such a successful day. On behalf of the City, I warmly thank the members of the committee who freely gave their time in the lead up to help organise this tremendous event as well as volunteers, suppliers, competitors and those who came along. It was a fantastic day."



Those that attended the event can share their thoughts and ideas on what was great and what could be better, and also go in the draw to win a \$200 Visa gift card by completing the City's event survey at: www.perthkilt.com.au.



unique family friendly event which attracts Scottish and non-Scottish festival goers from across the state.

City of Armadale Mayor Ruth Butterfield said: "It was fantastic to see such a large and enthusiastic crowd enjoying the many Scottish-themed events at the Armadale Highland Gathering from the massed pipe band procession to the address to the haggis, Scotty dog agility demonstrations and traditional heavy events. This year, even with the threat of terrible weather, we had our highest number of participants in the Perth Kilt Run bringing us a step closer to vying for the world record attempt. It was great to see so many people, including families, dressing up for the run. A personal highlight was seeing the imaginative entries for the Loch Mess Monster Upcycle Schools Challenge. This is the City's community arts initiative aimed at engaging local schools in a creative recycling project as part of our Armadale Highland Gathering and I'm delighted to announce the winners of the challenge were Armadale Primary School

Minnawarra Park in the heart of Armadale was transformed into a wee bit of Scotland in October when around 20,000 people enjoyed the Scottish-themed Armadale Highland Gathering and Perth Kilt Run. Every year, the City of Armadale celebrates all things Scottish at the City's

IN THE SCOTTISH KITCHEN - ST ANDREW'S DAY MENU



Clapshot

(Neeps and Tatties)

750g/ 2/3 lb of potatoes
1 swede (rutabaga, yellow turnip or neeps), around 500g cut into 2cm cubes
1 onion, finely chopped
1 knob of butter
1 dash of milk
salt
black pepper

Method:

Place the potatoes, swede, onion and a teaspoon of salt into a large saucepan and cover with water. Place a lid on top and bring to the boil. Reduce to a simmer

and cook for 15–20 minutes until the vegetables are cooked. Mash with a knob of butter, splash of milk and a very good grinding of black pepper and serve.

Scotch Broth

Ingredients:

250g/8oz carrots, peeled, diced
250g/8oz turnips, diced
2 onions, peeled, diced
1 celery stalk, diced
1 leek, white part only, sliced
75-125g/3-4oz pearl barley
125g/4oz dried peas, soaked in water for 4-5 hours, drained
salt and freshly ground black pepper
2.3litres/4 pints lamb or mutton stock
85g/3oz kale, chopped (optional)

Method:

Heat all of the ingredients, except the kale, in a large saucepan until boiling. Reduce the heat and simmer gently for a 2-3 hours, or until the peas and pearl barley are soft. Stir in the kale and cook for a further 10-12 minutes, or until the kale is tender. Season, to taste, with salt and freshly ground black pepper.

Rosemary Roasted Scotch Lamb

Ingredients:

1.8kg /4 lbs. Leg of (Scotch) Lamb
A couple of stems fresh rosemary
6 baking potatoes, peeled
1 onion, sliced
2 cloves garlic, sliced
1tbsp olive oil
435ml/¾pt lamb stock

Method:

Preheat the oven to 240°C/475°F/ Gas 9. Season the lamb with freshly ground pepper and roast in a medium roasting tray in the preheated oven for 15 minutes. Lower the heat to 180°C/350°F/Gas 4. Remove the lamb from the tray and pour off the excess fat.

While the lamb is roasting, heat the oil in a pan, add the onions and cover and cook for 5 minutes till soft. Remove the cover from the pan, add the garlic and rosemary and cook for a further 5 minutes. Remove the onions from the pan.

Lay a layer of potatoes into the roasting tray and lightly season with black pepper. Lay 1/3 of the cooked onions onto the potatoes, repeat this process until you have three or four layers of potatoes and onions.

Bring the lamb stock to the boil and pour over the potatoes, press down with a spoon till the potatoes are all submerged.

Place the lamb on top and return to the preheated oven and continue to cook for 3 hours.

The lamb should be meltingly tender, and the potatoes and onions should have absorbed the stock and lamb juices.

Tipsy Laird (Scottish Trifle)

Ingredients:

8 sponge fingers
3 tbsp. of raspberry jam
6 digestive or ratafia biscuits
1 dram of sweet sherry
1 dram of whisky or Drambuie
A handful of fresh raspberries
1 cup of double cream
1 tbsp. of caster sugar
Flaked almonds toasted to decorate
For the custard:
2 egg yolks
40g/1.5 oz. of caster sugar
4 drops of vanilla essence
1 cup of milk
2/3 cup of double cream

Method:

Start by making the custard. Beat together the egg yolks and sugar until pale. Mix the cream, milk, and vanilla in a pan and warm to just below boiling point. Pour into the beaten egg mixture, blending well. Return to the pan over a low heat and stir continuously until thickened. Transfer to a bowl and cool.



Celebrate this St Andrew's Day with a traditional dinner using some of the finest recipes from Scotland's natural larder. Sample some great Scottish style food and drink on November 30th with your friends and family and enjoy a St Andrew's Night!

Spread the sponge fingers with the raspberry jam and place in the bottom of a large glass bowl or small trifle dishes. Roughly crush the biscuits and scatter over the jammed sponge. Mix the sherry and whisky (or Drambuie) and pour over the biscuit and sponge. Leave it to soak in.

Whisk the double cream and caster sugar to thick peaks and fold in more whisky if preferred. Pour the cooled custard over the sponge and top with a layer of raspberries. Spoon over the thickened cream and decorate with a scattering of toasted flaked almonds.

Cranachan



Ingredients:

570ml/1 pint double cream
85g/3oz. porridge oats
7 tbsp. whisky
3 tbsp. honey
450g/1lb. raspberries
fresh mint, to garnish

Method:

Toast the oats in a frying pan, being careful not to burn them. Lightly whip the cream until it reaches the soft peak stage, then fold in the whisky, honey, oatmeal and raspberries. Serve in dessert glasses garnished with a few raspberries and mint.

Hebridean Sunset

Ingredients:

1 shot Scotch whisky
1 shot Grand Marnier
½ shot Cointreau
½ shot lemon juice
1½ shots orange juice
Dash of Grenadine
Twist of orange

Method:

Fill glass with cubed ice. Prepare Orange Twist. Fill shaker with ice (metal section). Put orange juice, lemon juice, grenadine in shaker (glass section). Add Scotch whisky, Grand Marnier & Cointreau to shaker (glass section). Shake for 1 minute. Strain into glass. Squeeze orange oil from twist over drink & rub round rim of glass. Put orange twist into glass & place straw next to it

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TENEMENT TALES

By: Brian Diamond

Canadian Brian Diamond has developed a collection of short humorous stories which were written to create a book that he could give to his 13 grandchildren. The stories are 100% true and accurately portray his childhood growing up in a tenement in the industrial suburb of Springburn in Glasgow in the 1940's and 50's.

Fish and the Landed Gentry Vol. 1



The statue of Lord Lovat, Beaulieu.

Writing short stories and detailing my experiences as a young lad growing up in Springburn has been one of the most rewarding and fulfilling projects that I have undertaken in quite some time. By forcing myself to look back and link together the day-to-day experiences of growing up, I have rediscovered many of the pleasures of my youth that were long forgotten. Couple this with the encouragement that I have received from the avid Springburnites and it has been a wonderful experience, so here are another short story linked by an unlikely couple of words, Fish & The Landed Gentry.

I lost my front tooth in a boxing match held in a boys club at St Aloysius School in Carlston St., matches were held every Tuesday and Thursday evening. This boys club was managed by three of the school's male teachers. Bob Revie, Ken Fitzpatrick, and I think John Ward. Looking back, it was amazing that these three guys gave up two nights a week of their time to keep the local kids off the streets, I'm sure that it was volunteer work, and I am just beginning to appreciate and understand the good work that they did for us kids.

Street urchins from Glasgow

At that time, the Glasgow Corporation provided grants to clubs that allowed the organisers to take their slightly under privileged kids to holiday camps for two weeks' vacation. I went on three of these vacations, where around 30 boys would be put up in a local school, provided with camp beds and given a bright yellow oilskin raincoat to ward of the good Scottish weather. I went to camps at Gatehouse-of-Fleet, Creetown, and a special one in Beaulieu, Inverness-shire where this first fish story occurred.

The rain was hammering down in buckets, and Mr Ward had organised a field trip with about 10 kids. So, there we were draped in our yellow oilskins, wading through a shallow part of the riverbed, climbing over rocks and catching small fish when the river started to get deeper.

At that time, the Glasgow Corporation provided grants to clubs that allowed the organisers to take their slightly under privileged kids to holiday camps for two weeks' vacation.

"Out" said Wardie, (the kids nickname for him), so we all marched along the riverbank having a great time, completely oblivious of the weather. Further up the river we came across a man, he was standing on a platform hanging out over a waterfall in the river fly fishing, so Wardie made us all sit down to be quiet and watch. Suddenly a huge salmon shot up out of the water and took the fly the man was casting; it was the most amazing sight for the street urchins from Glasgow to see. We watched in awe for about 20 minutes as the fisherman played the fish to the side of the river where another man, the ghillie, who was under the platform finally netted the fish.

Once the fish was securely netted, the fisherman came down from the platform and sat down on the ground to talk to us, he encouraged us ask him questions about fly fishing, hunting, and other pursuits that country people enjoyed.

We were all completely fascinated by this man when one of the kids noticed that the ghillie was carrying several hunting shotguns covered in leather pouches. This of course prompted questions on guns, and as this was in 1950, the gun discussion soon turned to war questions, and the use of guns in the war. Since he was so knowledgeable, one of the kids asked him "What did you do in the war?" the fisherman replied, "As much as I could, but not nearly enough".

Lord Lovat

At this point he said that he had to leave us, but since we were such a well-behaved bunch of kids living in a local school, sleeping on camp beds, and eating in a canteen, he would like to make us a gift of the fresh salmon that he had just caught. We were all pretty pumped about this, so he gave us the salmon to take back to the school camp for our cook to make dinner, it took four of us to carry it wrapped in one of the big yellow oilskin raincoats. Sadly, to this day I still prefer my salmon in a can, 'you can take the boy out of Springburn, but you can't take Springburn out of the boy', so says my wife who hails from Glasgow's eastern cultural centre, Barlanark.

As we were leaving the river, Mr Ward thanked the fisherman and had a few

words in private with which he shared with the kids that evening round the campfire. It turned out that our fisherman benefactor was none other than Lord Lovat, a very highly decorated war hero in Britain, please Google Lord Lovat, and you will be as fascinated with the man's story today, as we were as kids back then. Some of you may remember seeing the movie *The Longest Day*, there is a scene in the movie when on D-Day the allies needed to get deep into France and they were pinned down crossing a bridge. In this scene, Peter Lawford played the part of Lord Lovat, and in the movie, he calls for his ghillie who is also his piper and says "Bill, let's have the *Black Bear*".

So, with Bill playing the pipes, Lovat's Scouts march across the bridge against all odds and take over the town at the other side allowing the allies to advance. Many of his men were killed that day, and you can read all about it on Google. I am proud to say that I met this man and Bill, his highly decorated ghillie. Today there is a statue of Lord Lovat in the town square in Beaulieu. My thanks to our teachers, Bob Revie, Ken Fitzpatrick, and John Ward, for allowing me to have this wonderful experience, I hope that someone in their families has the opportunity to read this and appreciate the good deeds that their parents done supporting needy kids.

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Calling the Clans

Welcome to our "Clansified" listing of Scottish Clans, Societies and Clubs. If you would like to add your Clan please contact our office for full details. Our contacts are located on page 2. If you are contacting your Clan be sure to tell them you saw them in *the Scottish Banner* and please support these great community organisations.

Clan Baird Society Worldwide

Membership is open to those descended from Baird, Barde, Bard, Beard, Beaird, Brd, Bayard, Bardt, Barth and Biard or varied spellings of the name of Scottish origin.

In addition to the Society newsletter and the opportunity to associate with fellow clansman members may query the Society genealogist. **For information write:**

Dr. Debra J. Baird, President
3491 County Road 3459, Haleyville, AL 35565
Email: djbaird4@gmail.com

Regional Directors for Australia
David and Patricia Benfell
Email: clanbairdsa@gmail.com
website: www.clanbairdsociety.com



Website: www.clancumming.us
Email us: info@clancumming.us
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Clan Donnachaidh Society of New South Wales Inc., Australia

Duncan Robertson Reid
People who bear any of the above names or other Sept names of Clan Donnachaidh "The Children of Duncan" are invited to join in our activities by participating in the Scottish Gatherings held in NSW.

For information and membership application, contact Gordon Robertson.
Email: gord7@bigpond.com

Clan Fraser Society of Australia

Invites all Frasers and Fraser septs to join our clan society.

All members receive a copy of our quarterly newsletter "Strawberry Leaves"

Membership enquiries to Don Chitts
Ph: (03) 9754 5120 donchitts@hotmail.com
Website: <http://clanfraseraustralia.org>
Facebook: <https://www.facebook.com/Pages/Clan-Fraser-Society-of-Australia/>
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CLAN BELL

Invites membership inquiries from persons named Bell (all spellings), their descendants and friends. Various resources available for genealogical research. Quarterly newsletter. Tents hosted at major Scottish games nationwide.

Website: www.ClanBell.org
Online membership: <https://clanbell.org/membership.html>
Facebook: <https://www.facebook.com/ClanBell>
Email: President@clanbell.org
Clan Bell North America
4676 Emerald Willow Drive
Acworth, GA 30101

Clan Davidson Society in Australia Inc.

CHIEF: Grant Davidson of Davidston cordially invites to membership all who bear one of the Clan Names, and all who can trace their descent from an ancestor bearing one of these Names: Davidson; Davison; Dawson; Davis; Davie; Davey; Davy; Day; Dye; Dyson; Dawson; Dea; Dean; Deane; Deas; Deason; Dees; Dee; Dey; Daw; Dow; Dhair; Kay; Keay; Key; Keys; MacDade; MacDaid; MacDavid; MacDavett; MacDagnie; MacDagny; MacDhai; McKeddie. In addition we welcome into membership all who have a family association with the Clan Davidson.

Applications may be made online: clandavidsonaus@gmail.com or contact the Hon. Secretary Mr Dennis Hill, J.P, P.O. Box 519 Baulkham Hills NSW 1755 dhill1@bigpond.net.au 0431 527 662

CLAN DONNACHAIDH SOCIETY

Membership invited to all who share the Sept names: Duncan, Robertson, Reid, etc.

UK: London & Southern Counties * Rannoch & Highlands
Canada: Ontario * Western Canada
Australia: New South Wales * Victoria * Queensland * Western Australia
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Europe: Spain
Africa: South Africa
USA: Arizona * Carolinas * Florida * Gulf Coast * Mid-Atlantic * New Mexico * Mid-West * Northeast * Northern California * Pacific Northwest * Rocky Mountains * South * Southern California * Texas * Upper Mid-West

Visit our website to learn more about Clan Donnachaidh, our History & Traditions, the Clan Museum in Scotland, the DNA Project, the new Struan Kirk Appeal, & locate a Branch near you.

<http://www.donnachaidh.com/>
Facebook: [The Clan Donnachaidh Society](https://www.facebook.com/TheClanDonnachaidhSociety)
Email: ivc@donnachaidh.com

Clan Galbraith Society

Includes name variations such as Galbreath, Culbreath, Gilbraith etc.

DNA testing project, members only databases, Biennial gatherings, blog, Quarterly journal.

www.clangalbraith.org

Family of Bruce International, Inc.

Family of Bruce International, Inc., the only such organization recognized by the hereditary chief of the Name of Bruce, The Rt. Hon. Earl of Elgin and Kincardine, is a non-profit organization established to create kinship amongst its family members and promote interest in the Family of Bruce and its history. Membership is open to persons who qualify by surname, by descent, or by recognized septs: Carlisle, Carruthers, Crosby, Randolph and Stenhouse.

Membership inquiries should be directed to:
Donald E. Bruce Polly A. (Bruce) Tilford, Secretary
President 5561 Earl Young Road
1051 Eagle Ridge Trail Bloomington, IN 47408
Stillwater, Minnesota 55082 www.familyofbruceinternational.org

Clan Donald Australia

"under the patronage of the High Council of the Chiefs of Clan Donald"

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secretary.clandonaldaustralia@gmail.com
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Edmonstone Clan Society

Invites membership to anyone of the surname or variations:- Edmiston/e, Edmondston, Edmanson, Edmeston, Edmonson, Edmundson, etc. Chieftain Sir Archibald Edmonstone Bt of Duntreath

Contact: Mal Edmiston
3 Laguna Ave
Kirwan, Qld, 4817
61 (0)7 4755 4370
m.edmiston@bigpond.com

Clan Gregor Society

Established 1822, Edinburgh, Scotland
Sir Malcolm MacGregor of MacGregor
7th Baronet of Lanrick and Balgildier,
24th Chief of Clan Gregor

Great Lakes,
New England,
Pacific North West,
Western U.S.
and Southeast Chapters

www.clangregor.org
For membership contact Keith MacGregor
PO Box 56, Redding Ridge, CT 06876
kmac1@optonline.net
Peter Lawrie, Secretary
6 The Esplanade, Broughty Ferry, Dundee DD5 2EL, Scotland

Clan Cameron NSW Inc.

Celebrates those who trace their ancestry to Clan Cameron or are connected to the Clan through marriage or partnership or are from families acknowledged as Septs of Clan Cameron.

President: Alistair Cameron
Secretary: Terry Cameron
secretaryclancameronnsw@gmail.com
www.clan-cameron.org.au

Clan Donald Queensland

Commissioner: Neil Macdonald
Ph: 0412 090990
Email: clandonaldqld@optusnet.com.au
Web: www.clandonaldqld.org
ELIGIBILITY: Those with the name of MacDonald Macdonald McDonald McDonell, Donald, OR of one of the Septs of Clan Donald, OR with a connection through family lineage.

There is no joy without Clan Donald

Elliot Clan Society, U.S.A.

Bill Elliott-Clan President welcomes membership of all who are connected with this great border family.

Direct inquires to: Jim Dougherty
Treasurer/Membership Chair
Email: elliottcommia@gmail.com
Website: www.elliotclan-usa.com

Clan Gregor Society Australasia

All MacGregors and Septs of our clan are invited to join the Clan Gregor Society Est 1822
If you live in Australia or New Zealand, please contact our clan representative:
Frank McGregor
PO Box 14 NORTH HOBART TAS 7002
Email: clangregoraustalia@gmail.com
Web: www.clangregor.com
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THE CLAN CAMPBELL SOCIETY OF AUSTRALIA

All Campbells or descendants of Campbells and members of Clan Septs are welcome to join the Society.

For State Branches contact the National Secretary Margaret Vallance
Email: libertyv93@gmail.com
www.clan-campbell.org.au

Clan Donald U.S.A. Inc.

Membership is open only to persons of the blood of Macdonald, however spelled or of the blood of a recognized associate family or is related by marriage or legal adoption to either of these write for more info and a complete Sept list.

William H. McDaniel
High Commissioner, CDUSA
bill-mcdaniel@att.net

Clan Farquharson Association Australia

Clan Chief: Captain A.A.C. Farquharson, MC of Invercauld

Membership inquiries are invited from descendants of Farquharson and descendants of Sept family names. Please contact the association by mail to:

The Secretary: Clan Farquharson Association Australia
PO Box 585 Springwood, NSW 2777
or by Email to: finlaysb@bigpond.com

American Clan Gregor Society

Est 1909 Membership inquiries welcomed from MacGregors of all spellings and Septs

Gregor Grier MacAdams MacNish Magruder McGehee Gregory King Peter Fletcher Gregg Lecky Black and many others

Contacting our registrar, **Jeanne P. Lehr**
11 Ballas Crt.
St. Louis, MO 63131-3038
Phone: 314-432-2842, registrar@acgsus.org
website: www.acgsus.org

CLAN CARRUTHERS SOCIETY -INTERNATIONAL-

Clan Chief
Peter Carruthers of Holmains
(Honorary Society President)

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www.clancarrutherssociety.org
clancarrutherssociety@gmail.com

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Contact: secretary.clandonaldvic@gmail.com
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Hamiltons and those of Hamilton descent are cordially invited to join the society.

Inquiries to be sent to:
Sheri Lambert, Treasurer
P.O. Box 5399
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For more information, please contact:
Australian Clan Hay convenor, Chris Hay McMor Fairbank
PO Box 70, Darrinallum, Victoria, 3325, Australia
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McAlpin/e

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invites all MacNeils, regardless of surname spelling, to join us in celebrating our heritage!

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Clan Hay

April Rich
28 Oxbow Drive
Willimantic, CT 06226
clanhaymembership@hotmail.com

The American Branch of the First Family of Scotland welcomes inquiries from descendants of: Hay(s); Haye(s); Hayne(s); Hey(s); Alderston; Arml; Ayer(s); Constable; Con(n); De La Haye; Delgatie; Delgatie; D' Ay(e); Dellah'a'y; Errol(l); Garrad; Garrow; Gifford; Hawson; Haygood; Hayter; Hayward; Haywood; Haynie; Hayden; Hayfield; Hayne(s); Leask(e); Leith; Lester; MacGaradh; Peebles; Peeples; Peoples; Turfiri; Tweeddale; Yester
www.clanhay.com

Clan MacDougall Society of North America, Inc.
Valerie McDougall
VP Membership
505-470 Scenic Drive, London, ON
N5Z 3B2
Email: info@macdougall.org Home page: www.macdougall.org
Facebook: www.facebook.com/clanmacdougall

Names Associated with Clan MacDougall of Argyll and Clan MacDowall of Galloway

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Conacher	MacConacher	
Coyle	MacCoyle	
Dole	MacDole	MacDill
Doual	MacDoual	MacDougal
Dougal	MacDougall	MacDougald
Dougle	MacDougle	MacDougall
Dugal	MacDugal	MacDugle
Dowall	MacDowall	MacDowall
MacDowall	MacDowall	MacDowall
Lullich	MacLullich	MacCullagh
MacCulloch	MacCulloch	MacCullagh
MacClintock	MacClintock	MacClintock
MacHale	MacHale	MacHale
MacHewell	MacHewell	MacHewell
MacKichan	M'Gowall	MacNameil
MacLucas	MacLucas	MacLusk

Spelling Variations May Vary or Omit the Mac, Mc

Clan MacLellan

John B. McClellan, Jr.
Treasurer
383 Ash Brook Lane
Sunnyvale, TX
75182-3250

Email: treasurer@clanmaclellan.net

Invites all MacLellans and their descendants regardless of surname spelling to join in preserving our heritage.
Various family names are MacLellan(d), McClellan(d), McLellan(d) and Gilliland.
Visit our website: www.clanmaclellan.net

Clan MacNicol

Chief: John MacNeacail of MacNeacail and Scorrybreac

Contact Ross Nicolson
10/377 North Rocks Rd.,
Carlingford NSW 2118
www.clanmacnicol.org

The MacEanruigs, proud sons of Henry, invite you to join! Clan Henderson Society

Purposes of the Society

- Foster Scottish culture and activities
- Promote Scottish festivals and games
- Assist in genealogical research
- Foster fellowship among kith and kin
- Promote the history of Scotland
- Promote charitable and educational activities via a scholarship fund
- Gather the Clan, as directed by our Chief, **Alistair of Fordell**

Contact Jeff Henderson
jeffh@bigpond.com
0439 330 012
An Cìrean Ceann Cinnidh

www.clanhendersonsociety.com

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Re-established - 1973 Grandfather Mountain, NC
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Richard G. Kilby, FSA Scot - Treasurer
John K. Manchester - Secretary
International Clan MacFarlane Society, Inc.
PO Box 398 Glendora, CA 91740 USA
info@macfarlane.org
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Clan MacLeod Societies of Australia
Membership is open to MacLeods and Septs (of any variant spelling), and descendants. **Recognised Septs:**
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Beaton MacAskill MacCorkill MacWilliam
Bethune MacAulay MacCrimmon Norie
Caskie MacCabe MacGillechallum Norman
Harold MacCaig MacHaigh Tolmie
Lewis MacCaskey MacRaid Williamson
• NSW, ACT & Qld - Peter Macleod 02 4397 3161
• Victoria & Tas - David Dickie 03 9337 4384
• South Australia - Rachel Hopkins 0433 184 375
• Western Australia - Ruth MacLeod 08 9364 6334
• Email: peter.macleod@exemail.com.au

Clan Macpherson Association
Clan Macpherson welcomes enquiries from Macphersons and members of our Associated families. For information about local activities visit our web site www.clan-macpherson.org/branches
Africa: Derek Macpherson
African Chairman@clan-macpherson.org
phone +265 999 512 620
Canada: Denise Lagundzin
Canada Chair@clan-macpherson.org
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Europe: Will Tullin
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UnitedStates Chairman@clan-macpherson.org
phone +1 360 701 8133
The **Clan Macpherson Museum** is located in Newtonmore, Inverness Shire PH20 1DE, at the junction of the A86 and B9150 It is open from 1st April to 31st October. Ph + 44 1540 673 332. See <http://www.clan-macpherson.org/museum/>

Clan Hope of Craighall Society
For all of the name and lineage of Hope
INTERNATIONAL & AUSTRALIA
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president@clanhope.org
www.clanhopeaustralia.org
UNITED STATES OF AMERICA
High Commissioner: Richard Rex Hope
highcommissionerusa@clanhope.org
Membership Chair: Cynthia Hope Henderson
membership@clanhope.org
www.clanhope.org
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Commissioner: Scott Hale
commissioner@clanhope.ca
www.clanhope.ca
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Commissioner: Colin Douglas Hope
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<https://www.facebook.com/groups/ClanHopeofCraighall>

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The Clan MacRae Society of Australia and New Zealand
If your surname is MacRae, or you are descended from a person having the surname MacRae (any spelling) or that of a Sept of the Clan then you are eligible to join our Society.
Australian Contact:
Roslyn MacRae 0412 291 054 email: learn@vsr.com.au
NZ Contact: Sue Tregoweth email: sue.treg1@gmail.com

Clan Irwin Association
Clan Irwin Association Patron
Alexander Irvine of Drum
27th Baron of Drum & Chief of the Name.
Contact: Brian S. Ervin, Chairman
1103 Highview Dr. Lapeer, MI, 48446
Phone: 248-854-0798 brian.ervin@clanirwin.org
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Clan Mackenzie Society in Australia Inc.
Membership enquiries welcomed from Mackenzies of all spellings and Septs
Contact: N Dennis, 61 Alma Street, East Malvern 3145 Ph 03 9569 5716
Visit our website
Check out your Tartan and Sept
www.clanmackenzie.org.au

Clan Macnachtan Association Worldwide
Descendants and Septs of the CLAN MACNAUGHTON are invited to join our Worldwide Association to learn and share our MacNaughton and Scottish heritage. For more info go to: clanmacnaughton.net or contact Mary Nivison Burton, Membership Secretary at: membersec@clanmacnaughton.net
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Clan MacRae Society of North America
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www.macrae.org
Need more info? Contact:
Bruce McRae, President
303-670-9611
brucewaynemcrae@gmail.com

CLAN LAMONT SOCIETY AUSTRALIA invites membership from Sept names refer to Web Site www.clanlamontaustalia.com
Clan Chief Peter Lamont of that Ilk resides in Sydney Australia.
For all enquires about the Clan and Membership contact :-
President Ian McLucas.
Email ianandbevmclucas@bigpond.com
mobile 0448 778 799

MacLaren
Clan Labhran
Clan MacLaren Society of Australia
<https://clanmaclarenau.org/>
clanmaclarenau@gmail.com

Clan MacNeil Association of Australia
For all enquiries about the clan and membership contact: John McNeil
21 Coopers Avenue
Leabrook, South Australia 5068
Phone: 08 833 33990 Email: kisimul@chariot.net.au

Clan Maitland Society
Chief: Ian Maitland, The Earl of Lauderdale!
We are all related! Contact your local society
North America: Rosemary Maitland Thom
rthomnvpdrca@aol.com www.clanmaitlandna.org
Australia: Amanda Maitland clanmaitland@yahoo.com.au
6/1 Hinemoa Ave. Normanhurst, NSW, 2076
New Zealand: Judette Maitland judette@extra.co.nz
33 Disley Street, Highbury, Wellington 6012. NZ
We welcome all with Maitland, Lauderdale, Maitlen and similar name spelling. See the entire list and your family history at: www.clanmaitland.org.uk

Clan Munro Association, U.S.A

We are the only national organization of Munro in the U.S.A. affiliated with the Clan Munro (Association) of Scotland.

COME JOIN US!

Web site: www.Clanmunrousa.org

Write: Heather Munro Daniel

4600 Lloydrown Road

Mebane, NC 27302



Clan Scott Australia Group

Clan Chief: The Duke of Buccleuch KT, K.B.E
Commissioner: Heather de Sylva

Membership welcome from Scotts and Septs:
Balwearie, Harden, Laidlaw, Geddes & Langlands.

E: heatherdesylva@bigpond.com



Clan Wardlaw Association

Founded 2004

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Clan Sinclair Australia

Membership and inquiries from all Sinclairs,
Sinclair Septs and Sinclair descendants.

For further info contact

President: WayneSinclair 0417 146 174

Secretary : Liane Sinclair 0410 045 263

E: clansincliraustalia@hotmail.com

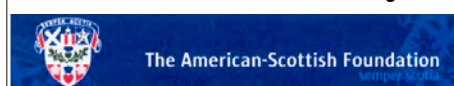
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www.americanscottishfoundation.org



The Scottish Australian Heritage Council



Membership is welcomed from all Australians of Scottish descent.

For information please contact
The Hon Secretary SAHC, Susan Cooke

Ph: 0411097724

E: info@scottishaustralianheritagecouncil.com.au



www.scottishaustralianheritagecouncil.com.au



Clan Pollock

Among the most ancient families of Scotland. If you are a descendant of Pollock, Pollok, Pook, Polk, Polke, Paulk, Poalke, Poulk, Poolke, Pogue - you are cordially invited to contact:

A. D. Pollock, Jr.

PO Box 404

Greenville, KY 42345

e-mail: apollockis@comcast.net



The Stewart Society

Welcomes Stewarts, however spelt, by name, birth, or descent, from all over the world. Annual Gathering in historic, Stewart-related properties in Scotland. Newsletter. Annual magazine.

Please inquire: The Secretary

53 George Street, Edinburgh EH2 2HT,

Tel/Fax 0131 220 4512 **www.stewartsociety.org**



Comunn Gàidhlig Astràilia

(The Scottish Gaelic Association of Australia) is a nonprofit organisation which supports the language and culture of Scottish Gaels.

Ruaraidh MacAonghais, N each Cathrach (Convenor)

Phone: 04 0482 2314 E-mail: fios@ozgaelic.org

Web: www.ozgaelic.org

Mail: PO Box A2259, SYDNEY SOUTH 1235

Scottish Gaelic Language Classes:



Wednesdays 7:00 - 8:30 pm

during school terms

420-424 William Street, West Melbourne.

Contact: Maurice Fowler 0408 223 277

Email: scottishgaelicvictoria@gmail.com

Scottish Gaelic Society of Victoria

Founded in 1905

<https://www.scottishgaelicvictoria.com>



Clan Ross in Australia

for information contact Commander Des Ross

(By appointment David Ross Bt Chief of Clan Ross and Balnagowan)

We would be pleased to hear from anyone with Ross Clan heritage and interest.

Contact: Commander Des Ross at

lonepiper.ross@gmail.com M 0403 830 853

Ken Duthie JP Director of Publicity M 0409 322 374



Clan Sutherland Society in Australia Incorporated

Contact: M Hodgkinson

212 MacKenzie Street

Toowoomba 4350 (07 4632 8559)

william.hodgkinson@bigpond.com.au

<http://goldenvale.wixsite.com/clansutherlandaus>

Facebook: Clan Sutherland Society in Australia



Caledonian Society of WA Inc.

Promotes Scottish Culture and Traditions in Perth, Western Australia

For further details contact John: 0427 990 754

Email: caledoniansocietyofwa@gmail.com

www.caledoniansocietyofwainc.com



The Society of St. Andrew of Scotland (Queensland) Limited

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Invites membership of all people of Scottish descent or association

The Secretary, P.O. Box 3233, South Brisbane, BC,
www.standrewsociety.com

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Clan Sutherland Society of North America Inc.

The Society cordially invites membership of all Sutherlands (however the name is spelled) and of the associated families: Cheyne, Duffus, Gray, Frederith, Mowat and Oliphant.

Email: Secretary@ClanSutherland.org

Website: www.ClanSutherland.org



Hunter Valley Scots Club Inc

Promotes and supports all forms of Scottish culture in Newcastle, Hunter Valley and surrounding areas.

Members and interested people are welcome to attend activities such as Burns Night, Caledonian Night, St Andrew's Day, and other social functions.

Web: hvscoats.org Email: hunterscoats@gmail.com

P.O. Box 34, Kotara NSW 2289

Scots of Victoria Coordinating Group

Supporting the Scottish Community in Victoria

Scottish Resource Centre
Level 1, 420 - 424 William St.
West Melbourne VIC 3003

E-mail: resource_centre@scotsofaus.org.au

Website: <https://scotsofaus.org.au>

Facebook: facebook.com/ScotsofVictoria



Clan Ross of The United States

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Contact L. Q. Ross

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Clan Young Australia

Invites membership from all those with the surname Young or with ancestral ties or connection to the surname.

Convenor: Ian J Young AM FSAScot

10 Cedric Street, Parkdale VIC 3195

E: membership@clanyoungaustalia.com.au

www.facebook.com/groups/youngsofaustralia/

The Robert Burns Club of Melbourne Inc.



> Promotes interest in the works, life and milieu of the Scottish Poet Robert Burns

> Celebrates Scottish Culture

> Conducts Annual Burn Supper, Poetry Afternoon & Pleasant Sunday Afternoon

For Membership Information contact:

Secretary: Noel Wright (03) 8333 0973

Email: noelwright@netspace.net.au

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Established 1905

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Clan Mackenzie of Australia	Scottish Country Dance Victoria Society
Clan Maclean Australia	The Robert Burns Club of Melbourne
Clan Sinclair Association	Robert Burns Club of Camperdown
Warmambool & District Caledonian Society	Warmambool Caledonian Highland Dancing Society

Chief: Mr Barry Grant

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T: 03 9360 9829 M: 0438 584 930

E: secretary@victorianscottishunion.com

www.victorianscottishunion.com

A Kirk with a Past



Blair Castle.

I'm about to describe one of my favourite spots in Scotland, a restored ruin in a peaceful spot of great beauty in Perthshire. But before I let slip the secret, a bit of history. Blair Atholl is a handsome estate village that originally served the Dukes of Atholl at nearby Blair Castle, but now caters mainly for tourists. If you arrive from the south, you'll cross the River Tilt by a bridge built in 1823, or the railway bridge that came forty years later. Before the 1823 road was built, though, the road north crossed the river further upstream and the ran further up the hillside. Much of its route survives and the site of the village Blair Atholl replaced is known as Old Blair. Now, of course, the 19th century road and railway are themselves bypassed by the new A9 that appeared in the 1980s.

Atmospheric ruin

I first visited Old Blair in the early 1980s. I had been on Beinn a' Ghlo, the hill that dominates Blair Atholl and Glen Tilt. I lost my way among minor roads and tracks trying to get back to Blair Atholl for my train, and ended up blundering through Old Blair, now just a picturesque hamlet. Nearby were the roofless remains of the St Bride's Kirk and I stopped to have a look around the atmospheric ruin. Inside the kirk I found a plaque marking the burial place of John Graham of Claverhouse, Viscount Dundee. He was killed at the Battle of Killiecrankie during the first Jacobite rising of 1689-90. He was the Jacobite commander, and his forces won the day, not that this did him much good.

It's humbling to accidentally stumble across history. As I continued towards the station, I found that I was stepping out to the tune Sir Walter Scott borrowed for his ballad *The Bonnets of Bonny Dundee*. The original tune apparently celebrated the city of Dundee, rather than the man, who is unlikely to have been known as 'Bonnie Dundee' in his lifetime. Here was I, what the ballad calls a 'sour-featured Whig', marching out to it!

*Come fill up my cup, come fill up my can,
Come saddle your horses and call up your men;
Come open the West Port, and let me gang free,
And it's room for the bonnets of Bonny Dundee!*

History

St Bride's Kirk deserves time not just for the history but for the peace and beauty of its setting. It was Blair's parish church until the present kirk was built in the new, 1824 village. We should remember that when we read of Montrose coming to Atholl in 1644, or Charles Edward Stuart's Jacobites in 1745, their route largely followed the old road through Old Blair. The Old Kirk we see was built in the 16th century, just after the Reformation; a coat of arms of the 4th Earl of Atholl, dated 1579, probably dates it. However, there was a church here much earlier, certainly by the 13th century. Around 1475, Angus of Islay, son of the Lord of the Isles, raided Atholl and the Earl and Countess of Atholl fled Blair Castle to take refuge in St Bride's. Angus didn't think much of 'sanctuary', so took the couple prisoner anyway and sacked the kirk. On the voyage back to Islay, Angus and his men were badly knocked about by a furious storm. Angus, the story goes, interpreted this as punishment for the damage done to the church and so he funded its restoration. A fishy story, but if true, this would have been the last major reworking of the building before the Reformation.

Dundee's death gave birth to quite a heritage of myth and legend. It's agreed that he was shot while charging the government forces on horseback, but some say the shot came from the main government army, while others say a sniper in a nearby building. Some insist the fatal missile was neither bullet nor musket-ball, but a silver button torn from an officer's uniform; a story concocted to fulfil the Covenanter superstition that Dundee could only be killed by a silver bullet. Dundee probably died instantly



John Graham of Claverhouse grave.



St Bride's Kirk.

but there is a letter to the dethroned James VII that he's supposed to have written from a sickbed in Blair Castle, proclaiming the victory. The letter survives, but most historians regard it as a fake.

A place of great peace and stillness

We know that Dundee was buried three days after the battle in St Bride's. There's a story that he was buried in his armour but that 100 years later his grave was opened, and the armour removed and sold. Later, some of it was bought back; perhaps at this stage the unconvincing 'bullet-hole' in the breastplate was added for dramatic effect. The breastplate is on display in Blair Castle.

If the Jacobites won the day at Killiecrankie, they were checked the following month at Dunkeld in a modern-sounding battle fought from street to street. The rising fizzled out at Cromdale Haughs in 1690. The inscribed plaque in the kirk was added in 1889 by the 7th Duke of Atholl. By then, a mausoleum

had been created in the South Aisle of the kirk for the 6th Duke of Atholl, who died in 1864. Outside, the kirkyard became the burial ground of the ducal family beneath towering trees, including some Wellingtonias. The Old Kirk remains were consolidated in the 1980s (sometime after my first visit), and brought within the gardens and grounds of Blair Castle. Now you need a ticket valid for the grounds to visit St Bride's. Yet few people seem to make the minimal effort to get there; I've had it to myself when the castle was full of tourists and the annual Blair Castle Three Day Event was happening on the estate! The ruin remains a place of great peace and stillness.

So, my secret place is now public. Its tranquillity is well worth seeking out. Buy a ticket for Blair Castle and take the short walk to St Bride's. Just don't all go at once.



St Bride's Kirk.

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WHAT'S ON - SCOTTISH EVENTS

The international Scottish event community worldwide has been greatly impacted by event postponements, scaled down presentations and cancellations due to restrictions related to COVID-19. We are listing both events taking place and that have been cancelled/postponed. Please check direct with event contacts for the most up to date information. You can also see our latest updates (including events across Scotland and North America) or add your event at: www.scottishbanner.com/events

Australia

NOVEMBER 2021

Beechworth Celtic Festival 5 – 7, Beechworth, VIC

The Celtic Festival will be postponed for this year and back for 2022. Info: www.beechworthcelticfestival.com.au

Celtic Spectacular 6, Brisbane, QLD

Think Riverdance, Scottish kilts and pipes, Irish whistles and fiddles, tender love lilt with the Queensland Pops Orchestra, Gregory Moore, Sarah Calderwood, Kevin Higgins, the Watkins Academy of Irish Dance, the OzScot Highland Dancers and the BBC Pipes and Drums at QPAC 2:30pm & 7:30pm performances. Info: 136 246 or www.qpac.com.au/event/qpops_celtic_spectacular_21

Descendants Day Celebration 7, Port Adelaide, SA

The 157th anniversary of The City of Adelaide's (the world's oldest surviving composite clipper ship) first arrival in Adelaide in 1864. The day will have a free component, with lots of activities in Shed 13 Dock 2, Honey St, Port Adelaide. There will also have a paid component for those wishing to undertake a tour of the ship. Info: www.cityofadelaide.org.au

Williamstown Highland Celtic Gathering

20, Williamstown, VIC

Cancelled due to current restrictions and will reschedule for June, 2022. Info: www.facebook.com/MelbourneHighlandGames

Caledonian Society of WA Ceilidh 27, Inglewood, WA

All ages welcome. Music by the Heel n Toe Ceilidh Band. Come and enjoy a really fun night out at Bob Daniels Community Centre, 895 Beaufort St. Info: John: 0427990754 or www.caledoniansocietyofwainc.com

St Andrews Ceilidh 27, Toowoomba, QLD

The Toowoomba Caledonian Society & Pipe Band will be holding their annual St Andrews Ceilidh at Drayton Hall. Info: Roni: RonimcTCS@gmail.com

St Andrew's Day Harbour Cruise 27, Sydney, NSW

Celebrate Scotland's national day in style, with a 4.5 hour luxury cruise on Sydney Harbour with Mary Kiani and friends. Info: www.eventbrite.com.au/e/st-andrews-day-harbour-cruise-tickets-184432461457

St Andrews Day Ball 27, Perth, WA

Come and join the St Andrews Day celebrations at one of the top events of the year with the Saint Andrew Society of Western Australia at Pan Pacific Hotel Perth, 207 Adelaide Terrace. Info: www.saintandrew.org.au

St Andrews Scottish Evening 27, Wongawallan, QLD

St Andrews Scottish evening with live pipes and drums and \$59pp 3 course dinner, at Fox & Hounds Country Inn. Info: 07 5665 7582 or www.foxandhounds.net.au

St Andrew's Night Dinner & Ceilidh 27, Brisbane, QLD

Celebrate St Andrew's Day with Clan Campbell Society of Australia (Qld) at the Royal on the Park. Enjoy a great night of good food, entertainment, dancing and meet fellow Scots in Brisbane. Info: macnjan@powerup.com.au

St Andrew's Day Dinner 27, Brisbane, QLD

The Redlands, St Andrews and Springfield Pipe Bands will be jointly hosting a St Andrew's Day at Redlands Sporting Club. The event will include a two-course sit-down meal, drinks at bar prices, and entertainment. Info: www.pipebandsqld.com

Happy St Andrew's Day 30, Nationwide

Saint Andrew's Day is Scotland's official national day. Celebrate St Andrew's Day (or in Scottish Gaelic 'Là Naomh Anndrais'), Scotland's patron saint!

DECEMBER 2021

Daylesford Highland Gathering 4, Daylesford, VIC

Cancelled for 2021 and back on the 1st Saturday in December, 2022. Info: www.daylesfordhighland.com

Happy Christmas 25, Nationwide

Wishing all our readers, advertisers and friends a very happy and peaceful Christmas!

Caledonian Society of WA Hogmanay Ceilidh 31, Inglewood, WA

All ages welcome. Music by the Heel n Toe Ceilidh Band. Come and enjoy a really fun night out at Bob Daniels Community Centre, 895 Beaufort St. Info: John: 0427990754 or www.caledoniansocietyofwainc.com

Happy Hogmanay 31, Nationwide

The Scottish Banner wishes all our readers, advertisers and friends a very Happy Hogmanay and best wishes for a happy and healthy 2022!

JANUARY 2022

Maryborough Highland Gathering 1, Maryborough, VIC

The Board of the Maryborough Highland Society has cancelled the 2022 Highland Gathering for the 2nd year in a row. Info: www.facebook.com/HighlandSociety

Burns Supper

25, Wongawallan, QLD

Burns Supper with Address to the Haggis, music, 3 course dinner \$59pp or reduced Table D'Hote at Fox & Hounds Country Inn. Info: 07 5665 7582 or www.foxandhounds.net.au

Happy Burns Night 25, Nationwide

Celebrate the anniversary of the birth of Scottish poet Robert Burns. The tradition of the Burns Night Supper was first held in 1801 by the poet's friends, five years after his death.

Ipswich Burns Night & Trivia 2022 29, Ipswich, QLD

The City of Ipswich Pipe Band is excited to host you for our annual Burns Night event, celebrating the life of Robbie Burns. Enjoy a performance by the City of Ipswich Pipe Band, before sampling a traditional Scottish delicacies of Haggis, Neeps and Tatties while being entertained by the enthralling Address to the Haggis by a true Scotsman. Info: www.facebook.com/events/568289444503765

Hunter Valley Burns Night 29, Argenton, NSW

Celebrate the Bard with the Hunter Valley Scots, with Scottish food, music and friendship at Club Macquarie, 458 Lake Road. Info: www.hvsc.org.au

A Celebration of Scots Song 30, Melbourne, VIC

Recital with Fiona Ross & Shane O'Mara has been rescheduled, at Kew Court House Theatre 2.30pm. The rescheduled date coincides with Robert Burns' Birthday on 25th Jan, so we'll be celebrating with a wee surprise or two. To book: <https://www.trybooking.com/BRGSP>

New Zealand

NOVEMBER 2021

Hororata Highland Games 6, Hororata

The Hororata Community Trust has made the difficult decision to cancel the 11th Hororata Highland Games, but will return for November, 2022. Info: www.hororatahighlandgames.org.nz

Auckland Scottish Fiddle Club Night 12, Auckland

St Luke's Church, 130 Remuera Rd, Auckland 7.30pm - 10pm. Info: learnScotsfiddle@gmail.com

The Wellington Gaelic Club Ceilidh 13, Wellington

A ceilidh is held on the 2nd Saturday of each month - except January - in the City of Wellington Pipe Band Hall from 8.00pm - 12.00am. We are a very family-oriented organisation and we encourage participation by all ages. All welcome. Info: www.wellingtongaelicclub.org.nz

Auckland Highland Games 20, Auckland

Cancelled and returning November, 2022. Info: www.facebook.com/aucklandhighlandgames

Happy St Andrew's Day 30, Nationwide

Saint Andrew's Day is Scotland's official national day. Celebrate St Andrew's Day (or in Scottish Gaelic 'Là Naomh Anndrais'), Scotland's patron saint!

DECEMBER 2021

Victoria Square Day Highland Day 4, Christchurch

Piping event at The Archery Lawn, Christchurch Botanic Gardens. Info: courtneywilliamson92@gmail.com

Auckland Scottish Fiddle Club Night 10, Auckland

St Luke's Church, 130 Remuera Rd, Auckland 7.30pm - 10pm. Info: learnScotsfiddle@gmail.com

The Wellington Gaelic Club Ceilidh 11, Wellington

A ceilidh is held on the 2nd Saturday of each month - except January - in the City of Wellington Pipe Band Hall from 8.00pm - 12.00am. We are a very family-oriented organisation and we encourage participation by all ages. All welcome. Info: www.wellingtongaelicclub.org.nz

The Jenny Mair Highland Square Day 11, Palmerston North

Highland pipe bands and scores of contestant solo bagpipers and solo drummers will converge on The Square. A magnificent day out for all ages, there is no admission fee. Info: jennymair@extra.co.nz

Happy Christmas 25, Nationwide

Wishing all our readers, advertisers and friends a very happy and peaceful Christmas!

RSCDS New Zealand Christchurch Summer School 2021/22

28 - January 5, Christchurch

Scottish Country Dance events and classes. Info: www.dancescottish.org.nz

Happy Hogmanay 31, Nationwide

The Scottish Banner wishes all our readers, advertisers and friends a very Happy Hogmanay and best wishes for a happy and healthy 2022!

Helen McGregor Memorial Medley 31, Waipu

Waipu Caledonian Society presents the Helen McGregor Memorial Medley, like no other piping event in NZ. Open to the public, tickets available at the door \$10.00. Info: www.facebook.com/Waipuhighlandgames

JANUARY 2022

150th Waipu Highland Games 1, Waipu

One of the longest-running Scottish gatherings in the Southern Hemisphere, offering fierce competition, spectacular entertainment and a full day of family-friendly fun. Info: www.waipuhighlandgames.co.nz

Happy Burns Night 25, Nationwide

Celebrate the anniversary of the birth of Scottish poet Robert Burns. The tradition of the Burns Night Supper was first held in 1801 by the poet's friends, five years after his death.

158th Turakina Highland Games 29, Turakina

New Zealand's oldest festival of sports, music & dance. Turakina Domain, Cameron Rd. Info: www.turakinahighlandgames.co.nz



Please be advised our New Zealand and international subscription rates have been increased due to sharp increases for large letter international post rates at Australia Post.

These increases are out of our control and reflect the cost of sending post overseas. New Zealand readers still have the option of purchasing copies at retail points across New Zealand each month.

Details can be found at:
www.scottishbanner.com

Scotword answers from page 6

Across:

- 1) Glashiels
- 8) Tenor
- 9) Elder
- 10) Extra
- 11) Crests
- 12) Littered
- 13) Radish
- 15) Inverewe
- 18) Emulated
- 20) Lowsed
- 22) Armadale
- 23) Editor
- 26) Noose
- 27) Expel
- 28) Short
- 29) Cellardyke

Down:

- 1) Glencarse
- 2) Ladle
- 3) Straths
- 4) Iced
- 5) Lothians
- 6) Inverness
- 7) Braid
- 8) Tattie
- 14) Dummajor
- 16) Elderslie
- 17) Welldone
- 19) Ardent
- 21) Oldyear
- 22) Arise
- 24) Topsy
- 25) Deil

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If I could walk 5,000 miles-Michael and Luna a rewilding journey across Canada



Michael Yellowlees, from Perthshire, Scotland, is walking across Canada with his Alaskan Husky Luna, to raise awareness and money for Trees for Life, a Scottish charity whose aim is to restore the Caledonian forests. The Scottish Banner spoke to Michael while he was taking a much-deserved rest in Quebec as he prepares to finish his epic 5,000 mile (8,000 kms) journey in Newfoundland on the Atlantic coast of Canada.

Michael you left British Columbia on the west coast back in March to raise money for Trees for Life by walking across Canada. Can you tell us why you chose this incredible journey to take place in the 2nd largest country in the world?

MY: One of the reasons is the wilderness in Canada, it is that wilderness we have lost in Scotland. Scotland used to be hugely forested with a variety of different wildlife. A lot of the landscape in Scotland, especially

in the north-west, is very barren from an ecology basis. Though the Highlands are very beautiful it is so sad to see such an absence of woodland and wildlife.

This is also part of the story of Scotland. People from the land were sent over in ships to places like Canada, America and Australia and this then also ties in with the history of Scotland and hopefully encouraging Canadian Scots to look at their ancestral home.

Also being a climate issue, I wanted to let Canadians know how precious what they have is and encourage them to look after it.

Can you tell us more about Trees for Life and why they are so special to you?

MY: Scotland is home to me. I am from Dunkeld in Perthshire which is known as the gateway to the Highlands. Trees for Life have been working on projects to restore the Caledonian Forest from coast to coast. Much of the Highlands has no trees and Trees for Life is looking to rewild those once wild spaces in Scotland. This deforestation has been a lengthy process and there are a lot of different lands involved. It really started with the building of the British Empire and a lot of shipbuilding. Many things were made with Scottish timber. There was also the Industrial Revolution and two World Wars which put a strain on Scotland's natural environment.

I would love to see the Caledonian Forest restored and for natural life to be brought back to the land I love so much.

The famous Proclaimers song talks about 'If I could walk 500 miles', but you are in fact walking 5,000. What type of preparation have you had to put in and what has been the most challenging part of the trip so far?



MY: I am a very avid walker and had done major walks before. I have walked across Spain and India before, so I have already done seriously long-distance walks. There was not a lot of preparation as I have always kept myself relatively fit. Physically your body kind of gets used to it and adapts. It was probably more of the mental aspect I needed to prepare for and adapting to being on the road.

You talk about The Proclaimers, they also did a song called *Letter From America* and that song funnily enough is the inspiration for the walk itself. There is a line which goes "I've looked at the ocean tried hard to imagine. The way you felt the day you sailed from Wester Ross to Nova Scotia" and song also talks about returning home and has really inspired me to do this.

What has the reaction been by everyday Canadians as you have walked by in your kilt and with Luna?

MY: The reactions to Luna have been instant and incredible. It has also been great to speak to so many Canadians with Scottish ties. So many have come up to me and said they are proud of what I am doing for their homeland, it has been really beautiful. So many people have been so hospitable with offers of a bed, food and support and just so kind.

You are undertaking this epic voyage with Luna, your beautiful dog. How has it been to have Luna by your side and what extra precautions have been necessary to factor Luna in on the walk.

MY: Luna has been a massive superstar through all this and has been my rock. She is very much part of my pack family, and she keeps me going. She encourages me to get up and get moving and is like my very own personal trainer. Luna gets up and is ready to go every day and licks me in the face in the morning to tell me to get going and has been fantastic to have by my side. In regard to precautions there has not been too much as long as she is well rested and happy. If she needs a rest, we take them and I always look out for her health and happiness.



Michael and Luna with a local pipe band.

Luna is in fact a Canadian dog and I got her when I worked in the Rockies and at the end of my job I was allowed to keep her and she has been with me since.

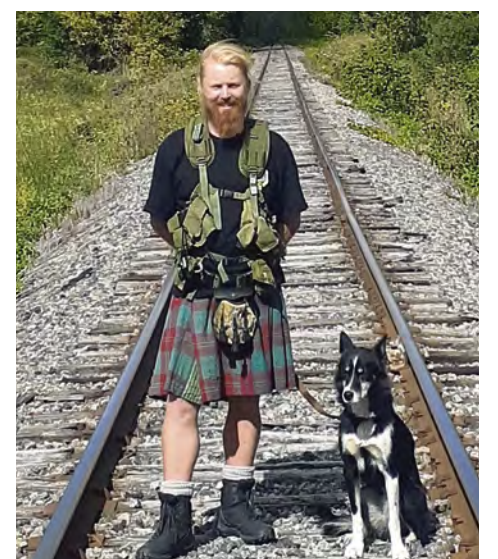
Can you tell us how you have been able to connect with the local Canadian Scottish communities on your travels and has that inspired you to keep going?

MY: The story has kind of got out as I move eastwards of what I am doing, and Scottish groups have reached out and come out to meet me. I have been met by Scottish groups in places like Ottawa, Montreal and small towns and it has been really beautiful. It has also been surreal as I have walked alone for long periods on the road and suddenly have a pipe band play and people come out and cheer me on is something I will never forget for the rest of my life. It has been so special to connect with so many Canadian Scots.

And finally Michael you plan to reach Newfoundland in November, just as the UN Climate Change Conference of the Parties (COP26) wraps up in Glasgow. What message would you send to the leaders attending the conference and do you wish they could walk those 5,000 miles in your shoes?

MY: I really challenge them and for all of us to get up and do something. A lot of people out there really care about the environment, and I encourage them to get out there and have your voice heard. We are at the front line of a battle, and we all need to be doing our part. We can still all stand up and work against the climate crisis and biodiversity loss.

You can support Michael and Luna on their incredible journey at: www.justgiving.com/fundraising/michaelandlunarewild or follow them at: www.facebook.com/MichaelandLuna



By: Nick Drainey



Scotland's connection to Harry Potter

This month marks the 20th anniversary of the release of Harry Potter and the Philosopher's Stone, the first of eight in the hugely successful film franchise. The magic of Harry Potter began in Scotland, from the first books being written in Edinburgh to its stunning backdrops being used to create scenes in the films, as Nick Drainey explains.



Glenfinnan Viaduct. Photo: Nicolas deBenutzer/Wikimedia Commons.



Edinburgh's Victoria Street. Photo: Gary Campbell-Hall/Wikimedia Commons.

Places that inspired and helped the author

Loch Shiel itself was a star of the films, digitally blended with Loch Morar and Loch Arkaig to create Hogwarts Lake.

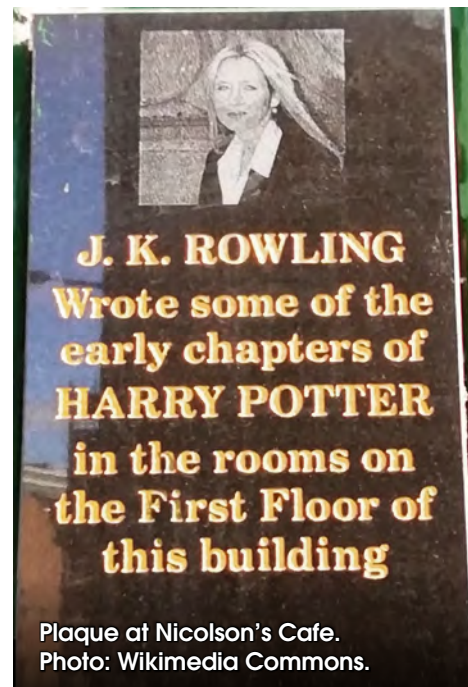
Various stunning locations around Scotland were used as the backdrop to scenes in the movies, giving Potter fans even more places to spot when out and about in Scotland.

The misty lochs and mountains of the Highlands did perfectly lend themselves to the mystery and magic of Harry Potter; up in the Nevis Gorge, the dramatic Steall Falls, Scotland's second highest waterfall, is the backdrop to Harry's showdown with a Hungarian Horntail dragon in the Triwizard Tournament in Harry Potter and the Goblet of Fire, while Glen Nevis can often be spied in the films behind the action in Quidditch games. Also known as An Steall Ban (The White Spout in Gaelic), it has drop of 120m and can be seen from a path that runs through the gorge. The remote ruggedness of Rannoch Moor proved the ideal place for three sinister Death Eaters to board the

Hogwarts Express in *Harry Potter and The Deathly Hallows: Part 1*, while later in the same film, Harry, Hermione and Ron are dropped into the chilly waters of Loch Etive after the slip off the back of a dragon following their escape from London.

Glen Coe itself is the background to the scene in *Harry Potter and the Prisoner of Azkaban* when Hermione punches Draco Malfoy. For the same film, a replica of Hogwarts gamekeeper Hagrid's hut was built beside Torren Lochan near Clachaig Gully. And the tiny picturesque island of Eilean Na Moine on Loch Eilt, near the village of Glenfinnan, was the location of Dumbledore's grave in *Harry Potter and the Deathly Hallows Part 1*. Even the car that Ron Weasley drove in *Harry Potter and the Chamber of Secrets* is in Scotland – at the Bo'ness Motor Museum, not far from Edinburgh. And while Edinburgh itself was not used for shooting locations, the city is brimming with places that inspired and helped the author. Victoria Street, with a curved jumble of shops, is said to have been recreated as Diagon Alley and George Heriot's School conjures up thoughts of Hogwarts Castle.

JK Rowling certainly wrote the early Harry Potter's in cafes in Edinburgh, including the Elephant House on George IV Bridge. The latter was badly damaged by a fire in August but luckily the antique wooden table where the author often sat scribbling was saved. The café overlooks the atmospheric Greyfriars Kirkyard, where characters from the books are said to have been inspired by the names on the tombstones including Riddell and McGonagall. Rowling also wrote in Nicolson's café on Nicolson Street, which was part owned by her brother in law, and which has since changed hands several times since, mostly recently being called Spoon. JK has said since that they were very tolerant of her in the café, allowing her to nurse a coffee and write for hours. "And I used to say to them: 'Well, you know when it gets published I'll try and get you loads of publicity', and it was all just a big joke. No-one ever dreamt for a moment that was going to happen."



Plaque at Nicolson's Café. Photo: Wikimedia Commons.



JK Rowling at the Elephant House. Photo: Elephant House.



Rannoch Moor. Photo: Chris Combe/Wikimedia Commons.

Edinburgh, Harry's spiritual home

Two days after the London premiere, she was back in Edinburgh, Harry's spiritual home, for a gala showing at a Leith cinema, which raised around £25,000 for two Scottish charities. She admitted it was emotional to be back in the city where, as a struggling single mum, she had first crafted the tale of The Boy Who Lived and his fight against the Dark Lord Voldemort, sitting in cafes around Edinburgh's Southside, stretching out a cup of coffee and scribbling away with her baby sleeping by her side. Rowling has often said she pictured Hogwarts, the wizarding school Harry attends, as being in Scotland, and not only was the Harry Potter series written in Edinburgh, but many of the locations in the books were inspired by the historic city. And while none of the films were shot in Edinburgh, various stunning locations around Scotland were used as the backdrop to scenes in the movies, giving Potter fans even more places to spot when out and about in Scotland.

Perhaps the most famous is the 21-arched Glenfinnan Viaduct, which stretches, 100ft above the ground, over the River Finnan. The viaduct, with a 1000ft span, features in four of the Harry Potter films, carrying the Hogwarts Express to the wizarding school. In the summer, the Jacobite heritage steam trains travel over the viaduct in addition to the regular train services from Glasgow, giving passengers the full Harry Potter experience (albeit without flying Ford Anglias and Dementors). A journey on the West Highland line offers more than just a taste of Harry Potter. The viaduct itself was built in the 1890s and is the longest concrete railway bridge in Scotland. It is part of the West Highland line which connects Glasgow to Fort William and Mallaig and was built, with large government subsidies, to connect a poor, remote area which had been hit badly by the Clearances. From the viaduct, there was magnificent views of the Glenfinnan Monument, dedicated to those who died fighting for the Jacobite cause, situated at the head of Loch Shiel.



Daniel Radcliffe, Emma Watson and Rupert Grint. Photo: Freshwater 2006/Wikimedia Commons.

It was 20 years ago this month that three 11-year-olds took to the red carpet in London's Leicester Square along with celebrities such as Cher, Sting, Richard Branson, Cate Blanchett and the princesses Beatrice and Eugenie. Daniel Radcliffe, Emma Watson and Rupert Grint, about to become better known as Harry Potter, Hermione Grainger and Ron Weasley, looked star-struck and slightly shy as they chatted to the crowds, signed autographs and posed for media pictures. This was the world premiere of *Harry Potter and the Philosopher's Stone* – known as *Harry Potter and the Sorcerer's Stone* in the US – the movie adaptation of the first of the series of seven books by JK Rowling about the boy wizard and his school pals and first of eight films faithfully following the adventures made by Warner Bros.

If the books were already a sensation – Ms Rowling was working on the fifth instalment, *Harry Potter and the Order of the Phoenix*, at the time the film was released – the films were about to magnify that several fold. By the time of the premiere, the film had already broken box office records by taking the biggest advance bookings for a movie release. It went on to make \$974 million at the box office worldwide with its first run and more than \$1 billion with re-releases. It became the highest-grossing film of 2001 and the second-highest-grossing film at the time, was critically acclaimed and won a host of awards. It was a vindication for Rowling who had insisted on the cast being British or Irish rather than American and who had worked closely on the script, keeping it faithful to the book.