



February 2006

Saltire Sentinel

Newsletter of the St. Andrew's Society of Richmond, Inc.
PO Box 3972, Glen Allen Virginia 23058, www.standrewssociety.org

Calendar

*All our meetings will be held at **The Church of the Holy Comforter** (corner of Monument and Staples Mill Rd.) *except in March and April* (Lent). We gather at **6:30pm** to socialize and the meeting begins at 7pm. Please bring food to share if you wish (**Celtic Buffet!**).

Feb. 8 St. Andrew's Society Business Meeting - Kate Herr from the Scottish Gaelic Enthusiasts in Richmond will give a talk about her group, as well as the language, and demonstrate a walking song (we need 8 volunteers to sing).

Mar. 8 St. Andrew's Society Dinner Meeting
- Location to be announced.

Mar. 25-26 Irish Festival in Church Hill; parade is on the 25th. We will have a tent, so come on out and "work" (It's more fun than work!)

Apr. 12 St. Andrew's Society Business Meeting - Author Ian McCulloch; He will be discussing and selling his book *Through So Many Dangers: The Memoirs & Adventures of Robert Kirk, late of the Royal Highland Regiment*. Location to be announced.

May 10 St. Andrew's Society Business Meeting - Member Curry Roberts will speak about Meadow Farm, the future home of the State Fair of Virginia.

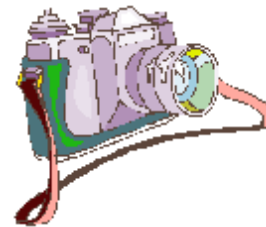
Jun. 14 St. Andrew's Society Business Meeting - Elections

Kirkin of the Tartans February 19

There will be a Kirkin of the Tartans on February 19th at 11:00am at Amelia

Presbyterian Church (16401 Dunn Street, Amelia Courthouse, VA 23002) sponsored by the House of Gordon. We need to bring tartans to bless and wear our colors.

-- Chris Rapp



Calling All Photographers

To be more precise: photographs. We are looking for pictures of members and past SASR events. We want to create a photo album to display at all events to give potential members an idea of what the society is all about. Please write names, dates and a small description on the back of each picture. Bring the pictures to the next several meetings. Hopefully we can have this completed by the October Highland Games. If you'd like to have your pictures returned please let us know. We will then have copies made. Please direct all donated pictures and questions to Steve Bruce at 350-9973 or gotkilt@comcast.net.

The Ettrick Historical Society's Fifth Annual Robert Burns Evening February 25

The Ettrick Historical Society is now taking reservations for its Fifth Annual Robert Burns Evening Saturday, February 25, 2006 at Ettrick-Matoaca Volunteer Rescue Squad, River Road, Matoaca.

Bill of Fare: Beef in Guinness, Cock-a-Leekie Soup, Neeps & Tatties, Peas, Yorkshire

Pudding, The Haggis, Dessert, Tea and Coffee,
Lively Entertainment

The Society will also be raffling a basket of delightful goodies directly from the United Kingdom. One of the items in the basket is a 10 year-old bottle of Ardbeg that cannot be purchased in the Commonwealth of Virginia.

Raffle tickets are \$2 each and will continue to be sold at the door February 25.

Doors will open at 6:30pm; festivities begin at 7pm. Book early to avoid disappointment! Seating is limited. Cost: \$15 per person. This is a fundraiser for the Ettrick Historical Society. Please make checks payable to: Ettrick Historical Society, 21101 Chesterfield Ave., Ettrick, VA 23803. Checks must be received by Feb. 22. Please include a self-addressed stamped envelope or your tickets will be held for you at door. Questions? Please email Jeffrey or Mary Ellen Anderson at victoriaandalbert@comcast.net <<mailto:victoriaandalbert@comcast.net>> or call 804-526-8367.

One further note:

Sixth Annual Ettrick Heritage Day will be held on **April 1, 2006** from 10 am until 5 pm at Ettrick Methodist Parsonage, 21300 Chesterfield Avenue, Ettrick, VA. This event is sponsored by the Ettrick Historical Society to celebrate the Scottish Heritage of Ettrick

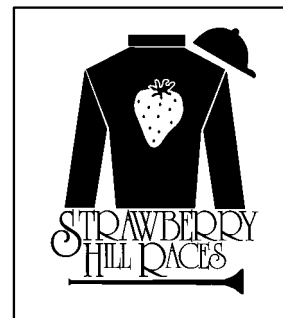
<http://www.craterroad.com/EttrickHistoricalSociety.html>

--Jeffrey Anderson

Scottish Gaelic Enthusiasts in Richmond 9th Annual Spring Retreat

This annual S.G.E.I.R. retreat weekend will be held at Camp Hanover, Friday, March 3, through Sunday, March 5, 2006. There will be Gaelic language classes for all levels, 2 Cèilidhs, and a workshop with Jeff MacDonald: Gaelic teacher, storyteller, singer, songwriter, and an historian of the Gaelic culture in Cape Breton. If you would like to know more please

feel free to contact Kate at:
ceitruadh@comcast.net.



Strawberry Hill Races—A special opportunity for SASR

The St. Andrew's Society of Richmond has been offered the opportunity to use a private Skysuite at Colonial Downs for the 74th running of the Strawberry Hill races on April 15, 2006. The Strawberry Hill Races are presented annually by The State Fair of Virginia as part of its annual roster of events and promotes its mission to support youth and education by raising funds for its Youth Scholarship Program.

The Skysuite is offered to us as a non-profit organization and our only commitment is to purchase at least 15 shuttle passes/tickets for the races. For a very limited time, the shuttle passes/tickets are at an Early Bird discount rate of \$35.00. The pass includes shuttle bus service from the RIR complex to the races and back as well as a ticket to the races. The Shuttle Buses run continuously from Richmond Raceway Complex to Colonial Downs and back from 9:30 a.m. to 7:00 p.m. on Race day. For those preferring Strawberry Hill's unique and popular Carload transportation/admission option, Shuttle Passes in this offer can be exchanged at the rate of 4 Shuttle = 1 Carload.

So, if you have 4 people (or more) and want to drive to Colonial Downs, you may do so. For those of you who have not been to the Strawberry Hill races at Colonial Downs, private cars are not allowed unless you have purchased the carload pass. This is due to parking restrictions at the site. So, the only way

to get there is either by carload pass, or by purchasing a shuttle/ticket pass and riding from RIR.

Skysuites are located on the private Fourth Floor of the Colonial Downs Clubhouse, offering all-weather, climate controlled enclosed viewing of the Races, with private balcony, seating, bar/refrigerator/serving area, plenty of room for entertaining and a private restroom. We are also allowed to bring in our own food and beverages to the skysuite. So, we can set up our usual Celtic buffet.

Special credentials will be issued to provide access to this private area. Skysuites provide a direct view of the finish line, homestretch and entire racecourse. Of course, if you wish, you may also hang out around the racetrack with other friends who are enjoying the races. The St. Andrew's Society will receive a listing in the Race Program and we will also have the opportunity to display our banner on the highly visible skysuite rail.

If you have never been to the Strawberry Hill races, this might be your opportunity to check it out. It is always a lot of fun--one of Richmond's premier social events of Spring. And, if you have been in the past, you know how much fun it is.

So, this is a wonderful opportunity to enjoy a day at the races with your SASR friends. **We can only accommodate 50 people in the suite and this event sold out very quickly last year, so send your money in ASAP if you want to attend.** The passes will be sold "first come, first served." Please let me know by email at Beverly987@aol.com if you are interested and send your payment to SASR at PO Box 3972, Glen Allen, VA 23058--you will not be added to the list until your payment is received.

-- Beverly Cochrane

February in History

1st: IMBOLC... The Feast of the goddess Bridget (Brigantia), a universal Celtic fertility day.

4th, 1716: James VIII of Scotland escapes to France, concluding the Jacobite Rising of 1715.

5th, 1840: John Boyd Dunlop, Scottish inventor of the pneumatic tire was born.

1881: Thomas Carlyle, Scottish historian and essayist died.

7th, 1313: Robert the Bruce captures Dumfries. A good time to fly The Rampant Lion? ☺

8th, 1587: Mary Stuart, Queen of Scots, was executed by the English. Another good time to fly The Rampant Lion?

9th, 1292: The 1st Scottish Parliament assembles at Scone.

11th, 1847: Macvey Napier, a Scottish editor of The Encyclopedia Britannica, died.

13th, 1692: The Massacre of Glencoe

20th, 1436: James I of Scotland was assassinated.

1847: Scottish Potato Famine. At Wick, in Caithness, the crowd attempted to prevent the departure of a grain ship but was confronted by soldiers.

24th, 1303: The English invasion of Scotland was annihilated at the Battle of Roslin.

28th, 1912: The Scottish Home Rule Bill, patterned on the Irish model, was introduced in the English Parliament.

29th, 1288: The Scottish Parliament makes it legal for women to propose marriage to men... the beginning of Sadie Hawkin's Day.

-- Gordon D. Duffus

Folk in the Grove Concert

John Turner, 10-time winner of the US National Scottish Fiddling Championship, will perform on **April 29** at Grove Avenue Coffee and Tea Company, 5802 Grove Ave., (corner

of Libbie and Grove). He is featured on twelve recordings and has contributed tracks to more than 70 additional recordings. John has performed throughout the US, Canada, UK, Japan, and the Middle East. He has performed for US Presidents the British royal family and other heads of state and has been featured on many popular radio programs, including "Thistle and Shamrock", "BBC Highland", and "Pebble at Mill One". *This concert will be a sell-out so get your tickets early!* Tickets \$14.00 in advance/\$16.00 at the door. For tickets and info. call 647-7856 or visit www.richmond.folkmusic.org

Haggis targeted in anti-obesity drive

Posted on **01/26/2006 5:25:43 PM PST** by **Angus MacGregor**, London, United Kingdom
24 January 2006 04:32

Scotland's national dish, haggis, has become the latest foodstuff to be targeted as part of a drive to combat growing levels of obesity among British children, prompting outrage among producers.

According to health officials in Scotland, the delicacy -- a sheep's stomach lining stuffed with offal, oatmeal, onions and seasoning -- contains too much fat and salt and should only be given to youngsters once a week.

But the guidance has angered makers of the "love it or hate it" foodstuff, which is traditionally eaten with a tot of whisky on Burn's Night, the annual celebration on January 25 of the life of the legendary Scots poet Robert Burns.

"With good neeps and tatties [turnips and potatoes], there's nothing more nutritious than haggis," said Alan Pirie, of butchers James Pirie and Son, the current holders of the sought-after title "Scottish Haggis Master".

"It's made of all natural ingredients -- there's no rubbish in it at all. To compare it with processed meat like chicken nuggets or hot

dogs is just ridiculous. It's a big knock for us for it to be compared to those."

Haggis was placed on a "restricted" list of foods issued to nurseries, playgroups and childminders as part of a drive by the Scottish Executive in Edinburgh to improve the health of pre-school children under five.

The numbers of obese children in Scotland is twice the British average; 20% of three-and-a-half-year-olds were overweight, 8,6% obese and four percent severely obese in the 2004-05 school year, official statistics show.

Mortality rates among adults, particularly in the densely populated "Central Belt" between Glasgow, in the west, and Edinburgh, in the east, are also among the highest in Europe, mainly through alcohol, smoking and a high-fat diet.

The Scottish Executive, which has made a number of moves to improve the nation's health, including an imminent ban on smoking in public places, insisted haggis was not being outlawed but should be eaten in moderation.

"The nutritional guidelines are intended to give advice on how to provide a balanced diet over a week," said a spokesperson.

Preventing an obesity epidemic in Britain has been the subject of a number of government initiatives in recent years, including improving school dinners in England and Wales with the help of celebrity chef Jamie Oliver. - AFP
<<http://www.freerepublic.com/focus/news/1565843/posts#comment>>



Newsletter Contributions Please!

Please send any articles, music/book reviews, recipes or information on upcoming events (of a Celtic nature) to **Lennie Geipel** at geipel@mac.com or PO Box 2663, Glen Allen VA 23058 by the end of February.