



# NORTH COUNTY SCOTS

## *Newsletter*

### December 2010



Volume 6

Issue 12

#### *Openings for Piping Students*



Ages 7 through 14

No experience necessary

Classes held in Vista on  
Monday evenings

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### *President's Message*

The Christmas Party will be on Saturday, December 18, at 2 pm. Everyone should have received an invitation in the mail. Details are reprinted in this newsletter.

Reservation forms for the Burns Dinner on January 22 are in this newsletter. Sign up early and get a discount. The Browne Sisters and George Cavanaugh will be this year's entertainment.

Ida Bruce has had to resign from the board, therefore, we have a position available. She was elected to replace Steven Ghio and to finish his term. Volunteers for this position will serve for 2011 and then be up for re-election. Please contact me if you are interested in participating on the board.

**Mike Hamnquist**

## Tartan of the Month

### - Grant



There are some claims that the Grants were descended from King Alpin, the father of Kenneth Macalpin the first king of Scotland (or at least those parts occupied by the Picts and Scots). Other sources suggest that the name derives from the French "Le Grand" meaning of great stature as it was used originally in Normandy. Lord Strathspey, the clan chief, supports the view that the clan has Viking origins, based on recent research. The family motto at that time was "Tenons ferme" which eventually evolved into the well known clan war cry "Stand Fast Craigellachie" (from a hill near Aviemore where a fire was lit to rally the clan to fight).

A Nottinghamshire land-owner named Le Grand obtained land in Strathspey in the 13th century, founding the powerful clan which spread over Strathspey and the Grampian mountains into Aberdeenshire. The Grants supported Robert the Bruce in the 14th century and John and Randolph de Grant were captured at the Battle of Dunbar in 1296.

The first authenticated chief of the Highland clan was Sir Ian Grant who was Sheriff of Inverness in 1434. In 1493 the Grant lands became the barony of Freuchie and Sir James Grant built a castle there in 1536. Originally called Castle Freuchie it was renamed Castle Grant at the end of the 17th century.

most clans, the Grants had occasional feuds with their neighbours and they joined the Campbells against the Gordons of Huntly in 1594. The Grants were loyal to the crown in the Civil War in the mid-17th century and joined the Marquis of Montrose on his campaign after the Battle of Inverlochy. Grants also gave shelter to the MacGregors during the persecution of that clan as there had been a long history of alliance between the two. Later, the Laird of Grant supported William and Mary and their government and did not get involved in the Jacobite Uprisings of 1715 and 1745 although the Grants of Glenmoriston and others in the clan supported the Stewarts. In 1766 Sir James Grant established Grantown-on-Spey, building mills and factories there.

In the 19th century the 27th chief of Clan Grant had a serious dispute with his brothers and the estates were split up, the Seafield Earldom was lost to the chief of the clan but the line continued with the title Lord Strathspey of Strathspey.

The Gilroy, MacGilroy, Pratt and Suttie families are regarded as septs (sub-branches) of Grant.

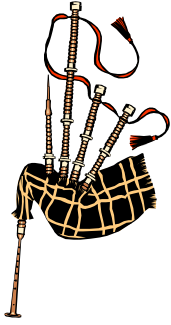
The Grant motto is "Craig Elachie" - "The rock of alarm". Many other sources list the motto as "Stand Fast."

From: <http://www.rampantscotland.com/clans/blclangrant.htm>

The clan crest:



Picture of clan badge from:



## *Pipers Revue*

Cameron Hamnquist participated in the Tuscon Highland Games and placed 2<sup>nd</sup> in the Piobaireachd and 2<sup>nd</sup> in the Strathspey and Reel.

Congratulations!!

## *Traditional Scottish Recipes*

### *Biscuit-topped Shepherd's Pies*

If you don't have ramekins, spoon into an 8-inch square baking dish.

#### **Ingredients:**

- 1 lb lean ground beef (90% lean)
- 1 medium onion, chopped
- 1 celery rib, finely chopped
- 1 pkg. (16 oz) frozen peas and carrots, thawed and drained
- 1 can (15 oz) Italian tomato sauce
- ¼ tsp. pepper
- 1 cup reduced-fat biscuit/baking mix
- 2 Tbsp grated parmesan cheese
- ¼ tsp dried rosemary, crushed
- ½ cup fat-free milk
- 2 Tbsp butter, melted

#### **Method:**

1. In a large nonstick skillet, cook the beef, onion and celery over medium heat until meat is no longer pink; drain. Add the vegetables, tomato sauce and pepper; cook and stir for 5-6 minutes or until heated through. Spoon into six 8-oz ramekins coated with cooking spray; set aside.
2. In a small bowl, combine the biscuit mix, cheese, and rosemary. Stir in milk and butter just until moistened. Spoon dough over meat mixture; place ramekins on a baking sheet. Bake at 425° for 10-12 minutes or until golden brown.

**Nutrition Facts:** 1 serving equals 311 calories, 12 g fat (5 g saturated fat), 59 mg cholesterol, 771 mg sodium, 31 g carbohydrate, 5 g fiber, 22 g protein.

**Diabetic Exchanges:** 2 lean meat, 1 ½ starch, 1 vegetable, 1 fat.

From: *Taste of Home, Healthy Cooking*, Oct/Nov 2010

## *Holiday Party*

December 18, 2010 ~ 2 pm  
Vista Masonic Lodge  
761 Eucalyptus Avenue  
Vista, CA 92084

Please bring a gift if you would like to participate in the gift exchange (average cost of gift should be about \$10). We will have a gift exchange for teens, 13 – 20 and then 21 and over will be for adults.

North County Scots will provide ham, potatoes, and non-alcoholic drinks. This is a potluck so add to the delight by bringing a side dish or hor d'oeuvre to share.

If you have children, 12 or under, please contact Janette at (760) 726-3691 or by e-mail at [janmcl@sbcglobal.net](mailto:janmcl@sbcglobal.net), with their names, ages, and gender; so that she can coordinate with Santa to ensure they get a gift. Please respond with this information by December 8; Santa and his elves need time to prepare.





## *Rabbie Burns Supper*

January 22, 2011

5 pm – 6 pm Cocktails; 6 pm – program begins.

Rancho Carlsbad Recreational Center

5200 El Camino Real, Carlsbad

We are looking for someone to present the toasts and the immortal memory, please contact Janette if you are willing to do either.

Pre-sale ticket prices: (orders must be postmarked by December 31.)

Members                      \$35

Non-members                \$40

After December 31:

Members                      \$40

Non-members                \$45

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Number of tickets:    \_\_\_\_\_ Beef    \_\_\_\_\_ Chicken

                                 \_\_\_\_\_ Fish    \_\_\_\_\_ Vegetarian

Please mail in reservations to:

North County Scots,

P O Box 1953

Vista, CA 92085-1953

*Thank you!*

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