



NORTH COUNTY SCOTS

Newsletter

November 2009



Volume 5

Issue 11

President's Message

Openings for Piping Students



Ages 7 through 14

No experience necessary

Classes held in Vista on
Monday evenings

For more information call
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Or E-mail:
CNaismith@aol.com

For background
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Naismith

Go to:
Vortexstreetmusic.com

We held our second Harvest Festival on October 24. We catered the event from El Pollo Loco and had plenty of food. Thanks to Janette for bringing the desserts. We played games and each child present received a goody bag filled with Halloween treats. Attendance was light, so we hope to see more members at this event next year. Please let us know what caused your absence; bad date, late advertising, etc., so that we can improve this event for you.

The annual "Kirk'n of th' Tartan" services will be held this year on November 22. The annual service has its origin dating back to the early 1700's with a blessing of the clan tartans and desire to preserve Scottish traditions within Christianity. Services at the Oceanside Presbyterian Church (located at El Camino Real and Fire Mountain) will begin at 10 a.m. A showing of the Clans bearing kilts, etc. are included and your presence is requested at least 15 minutes prior to the service (9:45 a.m.) to register and receive participation instructions. Come enjoy the piping, Scottish vocals and call of the Clans. Following church services, a reception will be held in the fellowship hall with treats of a Scottish nature. See you there!

To make our newsletter more interesting, we would like to know your clan affiliation. Then we will know what tartans to highlight in the newsletter.

You can send your clan affiliation to Cherie McGruer (our new newsletter editor) at cherie.mcgruer@cox.net.

We wish everyone a Happy Thanksgiving!

Mike Hamnquist, President

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PRESIDENT

Mike Hamnquist
(760) 758-8096

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(760) 726-3691

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TREASURER

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(760) 745-6633

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(619) 425-3454

NEWSLETTER

Cherie McGruer
(619) 425-3454

PUBLICITY

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(928) 345-0682

MEMBER AT LARGE

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(619) 300-5461

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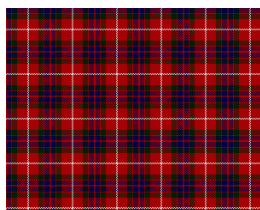
MISSION STATEMENT

Dedicated to all things Scottish!

The stated goal of the North County Scots, as a non-profit organization, is to sponsor Scottish oriented youth activities and find pleasure in activities with other Scottish Associations and friends.

Tartan of the Month

Fraser



The name Fraser originated in Anjou in France (originally de Frisselle, de Freselière or de Fresel). They settled first in Tweeddale and Lothian, the name becoming Fraissier (strawberry bearer) with the flower of the *fraise* or strawberry as part of their armorial bearings. The earliest record of the name in Scotland is Sir Simon

Frasee (sic) who held lands of Keith in East Lothian. A later member of the family was Sir Simon, "The Scottish Patriot" who was a supporter of William Wallace and defeated an English army at Roslin. Later, Sir Alexander Fraser married the sister of King Robert the Bruce and another Fraser founded the town of Fraserburgh. In 1375, a marriage to the daughter of the earl of Ross gave them lands in Buchan which became the main seat of the family.

The Lovat Frasers appear in the 15th century around Beaulieu. In 1544 the Lovat Frasers fought the "Battle of the Shirts" on the shores of Loch Lochy against the MacDonalDs of Moidart - only five Frasers and eight MacDonalDs survived.

Simon, the 11th Lord Lovat, was executed at Tower Hill in London in 1747 after participating in the [Jacobite Uprising](#). In 1757 the 12th Lord Lovat raised 1,800 Frasers Highlanders for military service in America. Simon Christopher the 15th Lord Lovat served in the Scots Guards and was an outstanding Commando leader in World War II. Fraser is the 23rd most common name in Scotland - but is one of the 6th most common around Inverness.

Septs (sub-branches) of the Frasers include Bissett / Mackim / Simon / Brewster / Mackimmie / Simpson / Cowie / Macsimon / Sims / Frew / Mactavish / Syme / Frizell / Oliver / Twaddle Macgruer / Sim / Tweedie.

The motto of the clan is



"All my hope is in God."

The motto of the Frasers of Lovat is:



"I am ready."

Information from RampantScotland.com

Traditional Scottish Recipes

- Apple Butterscotch Pie

Butterscotch is a brittle sweet (candy) made from sugar and butter which has long been popular. This pie is not brittle - but it's just as tasty and has meringue on top! Try it for your Thanksgiving dessert.

Ingredients:

A 22cm/9" pastry lined flan case
Eating apples to fill the flan case completely
3 ounces (100g or scant ½ cup) demerara (light brown) sugar
4 ounces (125g or two-thirds cup) granulated sugar
2 tablespoons plum jam
2 level tablespoons flour
2 tablespoons cream
3 eggs (one complete and two egg whites)
Small pinch of salt

Method:

You can use a ready-prepared pastry flan case or make your own (see the Flan Case recipe page). Thinly slice the apples and fill the case completely.

Beat together one egg and one tablespoon of cream. Mix this with the brown sugar, flour and pinch of salt. Spread this mixture over the apples and bake in a preheated oven at 220C/425F/Gas mark 7 for ten minutes. Then reduce the heat to 180C/350F/Gas mark 4 for a further 20 minutes or so, until the apples are soft.

Make a meringue topping by placing two egg whites in a dry bowl and beat with an electric whisk until firm peaks form. Add the white sugar gradually, beating constantly until the mixture is thick and glossy and all the sugar has dissolved. Spread the plum jam over the apple and then spoon the meringue over the filling. Swirl into peaks with a fork or flat-bladed knife. Bake for a further 20 minutes or so until the meringue is lightly golden. Serve cold.

- Flan Case

A flan case can form the basis of many desserts and pies, filled with fruit to meringues.

Ingredients:

8 ounces (250g or two cups) plain flour
4 ounces (125g or one stick) butter
2 tablespoons caster (fine granulated) sugar
1 egg yolk
1 tablespoon iced water
Butter to brush onto the flan tin
Dried beans or rice to fill the flan

Method:

Preheat the oven to 180C/350F/Gas Mark 4. Brush a deep, 22cm/9" flan tin with melted butter. Sift flour into a large bowl and add the butter. Rub the butter into the flour for about three minutes until the mixture is fine and crumbly, then stir in the sugar. Add the egg yolk and water and mix to a soft dough. Press into a ball.

Roll the pastry between two sheets of plastic wrap until it is large enough to cover the base and side of the buttered tin. Trim off any excess and prick the pastry evenly with a fork. Place the pastry-lined tin, covered with clingfilm (plastic wrap) in a refrigerator for about 20 minutes.

Cut a sheet of greaseproof paper (vegetable parchment or waxed paper) large enough to cover the pastry-lined tin. Spread a layer of dried beans or rice evenly over the paper. Bake in the pre-heated oven for 35 minutes. When the flan case is baked, discard the paper, beans and rice.



Coming Events

November 22, 2009

Kirkin O' Th' Tartan

See President's Message



North County Scots Holiday Party
December 12, 2009 ~ 2 pm ~ Vista Masonic Lodge
Please bring a gift if you would like to participate in the gift exchange (average cost of gift should be \$10).

This will be a potluck, add to the delight by bringing a side dish or hor d'oeuvre to share. If you have children please contact Janette with their names and ages so that she can coordinate with Santa to ensure they get a gift.

Rabbie Burns Supper

January 23, 2010 ~ 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

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A Scots boy came home from school and told his mother he had been given a part in the school play. "Wonderful," says the mother, "What part is it?" The boy says "I play the part of the Scottish husband!" The mother scowls and says: "Go back and tell your teacher you want a speaking part."

A young Scottish lad and lass were sitting on a low stone wall, holding hands, gazing out over the loch. For several minutes they sat silently.

Then finally the girl looked at the boy and said, "A penny for your thoughts, Angus."

"Well, uh, I was thinkin'...perhaps it's about time for a wee kiss."

The girl blushed, then leaned over and kissed him lightly on the cheek.

Then he blushed. The two turned once again to gaze out over the loch.

Minutes passed and the girl spoke again. "Another penny for your

thoughts, Angus." "Well, uh, I was thinkin' perhaps it's noo time about time for a wee cuddle."

The girl blushed, then leaned over and cuddled him for a few seconds.

Then he blushed. Then the two turned once again to gaze out over the loch.

After a while, she again said, "Another penny for your thoughts, Angus."

"Well, uh, I was thinkin' perhaps it's about time you let me put my hand on your leg."

The girl blushed, then took his hand and put it on her knee. Then he blushed. The the two turned once again to gaze out over the lock before the girl spoke again.

"Another penny for your thoughts, Angus."

The young man glanced down with a furled brow. "Well,noo," he said, "my thoughts are a wee bit more serious this time."

"Really?" said the lass in a whisper, filled with anticipation.

"Aye," said the lad, nodding.

The girl looked away in shyness, began to blush, and bit her lip in anticipation of the ultimate request.

Then he said, "Dae ye nae think it's about time ye paid me the first three pennies?"

