



✠ Cape Town Caledonian Society ✠

Established 1881

Reg. No 036-264-NPO

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MAY - JUNE 2014 NEWSLETTER

Scribe: Stuart Munro



This is one of the ways that the Commonwealth Games are being advertised. But if you're thinking of going over to see them you might



find it a bit late to get the best cost of

flight tickets and accommodation – even if you CAN get accommodation! Although the Games start on the 23rd July and end on 3rd August in **Glasgow**, and it seems a long way away, it's really only “just around the corner” – just a couple of weeks away - the Scots ‘couple’ = 2, NOT the South African ‘couple’ = anything from 2+ +! You may remember the details in the Jan/Feb Newsletter about the Queens Baton travelling some 118000 miles (188000Km) around the world taking 288 days from the launch until it finishes its journey at the **Opening Ceremony of the XX Commonwealth Games on 23rd July 2014**. On 9th October 2013 Her Majesty Queen Elizabeth II, as head of the Commonwealth, placed her message to the Commonwealth into the Baton and The Queens Baton Relay was launched.



Well, **Edinburgh** was the first port of call in Scotland for the Baton on Saturday 14 June 2014. It was carried through Edinburgh by over 100 baton-bearers who were nominated in recognition of their contributions to sport, community and youth projects, including representatives from the city's secondary schools. A Gala Classical Concert “**Edinburgh Raises The Baton**” was held at the **Usher Hall** on the evening of

Friday 13th June featuring the Royal Scottish National Orchestra, the Edinburgh Royal Choral Union, and the acclaimed pianist Stephen Hough. The next day the Baton arrived at **Heriot-Watt University**, chosen as the site for Scotland's National Performance Centre for Sport. To celebrate, the Centre hosted sports activities for all the family including Gaelic football, dancing and tennis. Then the relay moved to **Murrayfield Stadium** where it boarded a **tram** to make its way to the city center, taking in **Edinburgh Castle**, where a 21 gun salute at 12:00 noon marked the Queen's official birthday celebrations.

The baton then traveled down the **Royal Mile** to **Holyrood Palace** where it signaled the start of the **City of Edinburgh Council's School Run Event**. This is a unique event encouraging school age children of all abilities to play their part, over a 2.2km route on "Relay Day", through Holyrood Park. Then the Relay reached **Meadowbank Sports Centre and Stadium**, the home of Edinburgh's previous Commonwealth Games, and then took in more of Edinburgh's communities including **Leith**, the **Portobello Promenade** and **Duddingston**, before the Baton was received at the **Royal Commonwealth Pool** where a spectacular diving demonstration was held. To celebrate the end of the Relay, a **Community Concert** was held on Saturday evening at the Ross Band Stand in **Princes Street Gardens**. On Sunday June 15, the Queen's Baton traveled to **South Queensferry**. The Baton then visited all other local authorities in Scotland.



Meanwhile, Cape Town took part in the International Commonwealth Ceilidh on Saturday June 21st in support of the Commonwealth Games.

See below under "International Event" for details.



TIME FOR LAUGH:



**Scottish Jokes
& Humour**



In keeping with the spotlight on Glasgow here's a couple of 'Funnies' from there:

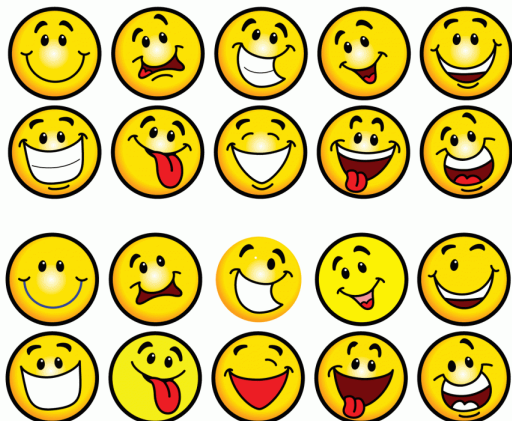
A Glasgow mother took her two children to Loch Katrine and showed them the two great pipes that brought the water down from the Loch to the City of Glasgow. The younger child asked why there were two pipes and the older 'know it all' kid said, ***"Dornt be silly. a body is fur th' hot water an' th' other fur th' brow!"*** (*Don't be silly. One is for the hot water and the other for the cold!*) 👍

Dr Nelson Gray tells of a Glasgow wedding he conducted. The groom, as often happens, was very anxious. Things went fine until after the signing of the legal document when he gave an anguished yelp. ***"Here Minister – which arm does Jeanie take?"*** It had suddenly dawned on him that there was a protocol for the newly married couple when leaving the church and he didn't know it. Dr Gray remembered one of those sentimental wedding traditions and told him, ***"The Bride always leaves the church leaning on the arm nearest her husband's heart."*** It didn't help the panic-stricken groom and he whispered, ***"Jings Mr Gray – what one's that – my heart's in my mouth!"*** 😞

A former national convener of the Church of Scotland's "Temperance and Morals Committee" was on holiday in Newtonmore – at that time it was a favourite holiday resort for ministers. The main concern of the Temperance and Morals Committee was "drink" and "gambling". During a game of golf, while approaching the 18th green, his daughter came rushing out of the clubhouse. ***"Daddy"***, she said, ***"you'll never guess what's happened – Mummy's won the jackpot on the one-armed bandit in the clubhouse!"*** ***"But don't worry; she's not keeping the money - she's buying drinks for everyone!"*** 😊

What's Different?

Can you find the differences in the images on the bottom from the images on the top?



MEMBER'S BIRTHDAYS

The Birthday Boys and Girls for May and June are:

MAY

12th Daniel Offret
14th Rita Robson

JUNE

7th Andrew Hodgson
12th Anne McLeod
25th Jane Mitchell
26th Andrew Robson
27th Louise (Tommi) Offret
28th Heather Hodgson

To all of you who have celebrated Birthdays we hope that you had a wonderful day. To those looking forward to their Birthdays we hope that it will be the special day you've been waiting for. Here's wishing all of you:

“Many Happy Returns of the Day”

“Your Very Own Day of the Year!”



BOILED EGGS – HOW DO YOU LIKE ‘EM?

Exhaustive experimentation shows the simplest way is best for cooking perfectly

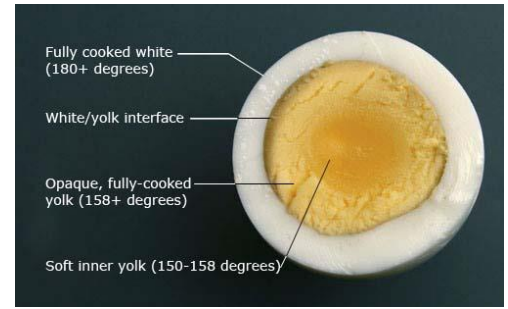


boiled eggs with clean-peeling shells. Put the eggs straight from the fridge into already-boiling water; lower the heat and simmer for six minutes (soft) to 11 minutes (hard); chill and serve. No pricking, no pressure cookers. Bonus advice: *“Serve them in the shell so that if they don't peel well, it's your guests who will feel inadequate.”*

Let's get one thing quickly out of the way: we're cooking eggs straight out of the fridge here. Tempering by letting them sit at room temperature doesn't make much difference, and it takes a long time to do.

For soft boiled eggs: Bring water to a gentle simmer in a medium pot. Gently lower eggs into water with slotted spoon or strainer (do not drop eggs into water, or they might crack). Cook for exactly 6 minutes, then remove eggs with slotted spoon, and serve.

For hard boiled eggs: Bring water to a boil in a large pot. Carefully lower eggs into pot and continue to boil for 30 seconds. Cover tightly, reduce heat to low (water should maintain a bare simmer), and continue cooking for 11 minutes. Serve immediately if serving hot. If serving cold, immediately place eggs in a bowl of ice water and allow to cool for at least 15 minutes before peeling under cool running water. Store in the refrigerator for up to 5 days.



FOOD FOR THOUGHT

MORE of REGINA BRETT “50 Lessons Life Taught Me”

In the March/April Edition we published the first 15 “Lessons” – here are the next 15:

16. Life is too short for long pity parties. Get busy living, or get busy dying.
17. You can get through anything if you stay put in today.
18. A writer writes. If you want to be a writer, write.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: ***“In five years, will this matter?”***
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time: time!

The last 20 will be published in the next newsletter. Please read the last newsletter on our website: www.capetowncaledoniansociety.org.za to see the first 15.



SOMETHING A LITTLE LIGHTER

From “The Pawky Scot” by Graham Moffat, published in 1927- passed on to the scribe by Will Carter.

A Scotsman wishing to join the police force in Birmingham was asked by the Inspector, ***“What would you do to disperse a crowd?”***

“Weel,” replied the Scot, ***“I dinna ken what ye wad dae in Birmingham, but if I were in Aberdeen, I'd pass round the hat.”***



MEMBER'S NEWS

NEW MEMBERS: We received 16 applications to join the Society during the weeks preceding and on the evening of the Soup & Puds and Bingo, Friday 30th May. The applications were presented and considered at the Council Meeting on the 12th June and we are very pleased to welcome the following new Members to the Society:

Mr & Mrs Grant and Nicole Alexander and their children, **Caitlin, Jenna and Callum.**

Mr & Mrs Darryn and Patricia Fisher.

Mr & Mrs David and Lisa-Ann Foley and their children, **Caitlin and Ryan.**

Ms Lesley-Anne Rollins.

Dr Martin Watt.

Mr & Mrs Gavin and Ida Wilson.

Mr Michael Young

We hope that you all will have many, many years of enjoyment with the Society as we all look forward to celebrating the customs, traditions, culture and heritage of Scotland together over the years to come.

We wish **Andrew and Heather Hodgson** a safe trip to the United States of America to attend a business conference and congratulations to them both as they celebrate their Birthdays in the month of June.

We continue to keep **Rose and Duncan MacMillan** in our thoughts and prayers as they both continue to fight illness.

Our **Honorary Piper, Peter Odendaal and his wife, Beth**, will soon be travelling to the UK to spend 6 weeks with family and take the opportunity to travel through England, Scotland and, maybe, even pop over to Ireland. We wish them well and a joyous reunion. Don't forget to bring back many photos.

Our **Honorary Padre, Rev David Gray**, celebrated his Birthday on the 25th June and we wish him all God's Blessings throughout the coming year. We hope that Rosemary and the family spoilt you 'rotten' on the day.

Members of the Society, **Sheila Scott, Trish Meyer, Colleen Rennie and Jacinta & Stuart Munro** are thoroughly enjoying the Scottish Country Dancing Beginners Classes run by **Campbell Tyler**. They encourage anyone who is, or has been, thinking about learning how to **really** dance to sign up for the next Beginners Class. It's fun and gives you much satisfaction while keeping you fit – so give it a go! 😊

Why not contact him at E-mail: campbell@tyler.co.za to book your place.

We were very sad to hear that **Edith McNab** passed away on 7th June. Edith will be remembered by many in the Society. She was an Honorary Life Member and joined the Society nearly 53 years ago, on 18th October 1961. Due to ill health she wasn't able to join in the activities of the Society over the past few years but always kept abreast of what was going on and enjoyed hearing about the various functions and what Members were getting up to. The Society will much poorer for her passing and she is sadly missed and will always be remembered by her family, specifically, Trudy, Geraldine, Esme, Jenni and John and their families. On behalf of the Council and Members of the Society, the Chief and Lady President pass on sincere condolences to the family on the loss of a special lady. Edith lived in Panorama Palms in Panorama and a Memorial Service was held there on Tuesday 17th June.

Margaret Currie continues to feel poorly but is determined to fight whatever it is that's continually 'bugging' her – sometimes she feels fine then other-times she feels really not well. As she says, *"The spirit is strong but the body is weak but I won't allow it to get me down!"* and in the words of the song, *"I'll pick myself up, dust myself off and start all over again..."* We wish you a speedy recovery SOON!



You may remember the story in the January/February 2013 Newsletter about **Margaret's son, Paul Emsley**. Paul was chosen from a short list of five artists to paint the, now, famous portrait of Kate, the Duchess of Cambridge. Margaret reports that Paul will be holding a one-man exhibition of a number of his paintings later this year in one of the most prestigious galleries in London. Congratulations Paul.

We are pleased to report that **Marian Dorrington** is home and is making progress in her recovery.

One of our new young members, **Caitlin Foley**, has been selected to represent Western Province for Highland dancing at the Inter-Provincial Highland Competition (27th July); she'll also be competing at the South African Championships/Nationals (26 July 2014) which are both being held in Johannesburg. Good luck Caitlin – we're all 'rooting' for you – enjoy the experience and have fun.



PAST EVENTS

VISIT OF THE IMMEDIATE PAST FEDERATION CHIEF AND LADY PRESIDENT:

While not, strictly speaking, an 'event' as far as the Society is concerned it was, never-the-less, a real pleasure to welcome Gavin and Ida Wilson to Cape Town on a surprise visit. They spent two weeks here looking around our lovely City, enjoying the weather and scenery and they travelled up the West Coast to Paternoster "just to see what's there." Since their visit to the Western Cape Highland Gathering and their official visit to Cape Town and Pinelands Callies last year they've been hoping to come back and have a 'real' look around to soak up the atmosphere and explore the culinary delights on offer. Well now they've done it and enjoyed every minute. They visited Eddie and Anne Stevenson with Stuart and Jacinta and shared in a Haggis supper together in Eddie and Anne's lovely home. The Cape Town Callies Council meeting in May was graced by their company and it was good to have their interaction, however, they declined the offer to join Stuart and Jacinta and other members of the Society at the second evening of Learning to Dance Scottish Country Dancing, saying that they'd come down to relax, not work up a sweat!

AN EVENING OF FUN AND GAMES WITH SOUP AND PUDS: With about 110 people in the "Dawn Patrol" Moths Shellhole hall in Bergvliet we were somewhat over-subscribed (some of the members of the Shellhole took the opportunity to 'pop in' – and stayed!) but there was much fun had by all. The Soup and Puds went down a treat after we had been royally entertained by "The Entertainers" – two families and one good friend 'made music' by combining bag-pipes, keyboard, chanters, guitars and a side drum to great effect. After everyone had had their fill, including seconds and, sometimes, thirds, Danie Steyn took the floor to call the Bingo, which was great fun. A raffle was held during the evening creating much interest. The Society was much privileged to have a number of applications to join handed in, including two families with children (wonderful – we may even be able to

have a Junior Callies group start up – let's see). All the applications were held (fanned out and upside down) and the Chief of Pinelands Callies was asked to choose one. The object being that the one chosen would receive one full year's free subscription. The winner was Jenna Alexander, the 11 year old young lady that played the pipes during the evening. Congratulations to everyone that won in the raffle and at the Bingo and, of course, Jenna. To those who didn't win but had fun anyway, there WILL be a next time – keep an eye open for details in the future.



DO YOU KNOW HOW?

Letting Go of Destructive Beliefs about Problems

A humorous story tells about a speeding motorist who was caught by radar from a police helicopter. An officer pulled him over and began to issue a traffic ticket. ***“How did you know I was speeding?”*** the frustrated driver asked.

The police officer pointed somberly toward the sky. ***“You mean,”*** asked the motorist, ***“that even He is against me?”***

It's like the man who said, ***“It feels like the whole world is against me...but I know that's not true. Some of the smaller countries are neutral.”***

When we have a problem, it can often feel as if everything in our life is going wrong. We may tend to think that everybody is upset, that nobody cares or that everything is falling apart. I like what psychiatrist Theodore Rubin says: ***“The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem.”***

If having problems feels like a problem to you, it may not be the problems themselves, but the way you think about them that is the problem. Specifically, you may have destructive beliefs about problems, difficulties and hardships. To think more clearly and to get through tough times more effectively, try letting go of these destructive beliefs:

1. Let go of the idea that your problem is PERMANENT. Few troubles last forever. And those few that cannot be solved can usually be managed. Remain hopeful that you will find a way to solve or manage the situation and “all will be well.”
2. Let go of the idea that your problem is PERVASIVE. Don't make your problem bigger than it is. Few problems affect every area of your life. When something is going wrong, it does not mean that everything is going wrong. There is still very much that is good and working well in your life and you don't want to lose focus of that fact.
3. Finally, let go of the idea that your problem is PERSONAL. There is nothing wrong with you because you have a problem. All capable and successful people have plenty of troubles. They have learned to make friends with problems, for difficulties are a normal part of life. If you have problems, it only means one thing: you're still living. And that can be pretty great in itself.

Remember, your problem is **not permanent**, it is **not pervasive** and it does **not personally diminish** who you are. Let go of these three destructive beliefs and you may be amazed at how much better you feel already. In fact, you are on your way to becoming an expert at handling problems.

A message from Steve Goodier, an international writer who shares about living a whole, happy and healthy lifestyle supporting you in all of your life's changes.



SALES PAGE

deVere
SOUTH AFRICA

deVere South Africa – an Authorised Financial Provider in South Africa – is able to advise on, for example:

- UK Pension Changes – How to save your pension and taking control of your pension!
- Understanding UK Death Taxes.
- Increased flexibility over access can be explained and considered.
- Impacts on the NHS, Teachers and Local Government Schemes
- Planning for proposed changes to South Africa/UK double taxation agreement (DTA)

Your scribe had an in-depth discussion with Mr Andrew Michael and should any Member or Friend of the Society have off-shore investments or a UK Pension or, maybe, wish to know more why not call him or his assistant to make an appointment. Also see the attachment with this newsletter.

Andrew Michael: andrew.michael@devere-group.com Mobile: 071 528 6024 Office: 021 831 0900

Mica Townsend: mica.townsend@devere-group.com Mobile: 084 473 3419 Office: 021 831 0900



Staghorn Scottish Outfitting and Hire is owned and run by WILL CARTER at 16 Gabriel Road in Plumstead. Contacts: Tel/Fax: 021 761 4853 Mobile: 082 377 7830 E-mail: staghorn@iafrica.com or have a look at his Website: www.scottishoutfitting.com



ActivPro is a good name for this business solutions organisation specialising in advising on company structures regarding BEE and related information throughout South Africa. Contact; Peter Ross: Mobile: 083 302 3791 or Fax: 086 613 5871 or E-mail: peter@activpro.co.za

Should anyone wish to place an advert in 'The Sales Page' please contact the scribe to discuss the content.



EYECARE:

Some more advice from DR DAVIES OPTOMETRISTS INC. in Grahamstown:

(Please note that, due to the length of the information offered, the print size of the following article has been reduced. It's good as an eye test as well!!)

MEDICATIONS THAT CAN AFFECT THE EYE

The human body consists of various tissues and organs which are closely interconnected and mutually dependent. Overall health or lack of health can play a significant role in the health of the eyes. Similarly, medication prescribed for certain health conditions can affect the eyes. Well targeted medications can be life-saving, and most of them are safe and do not have a major effect on the eyes, but some can have a negative effect on one's vision or eye health over time. **It is important to inform your optometrist if you are taking medication for chronic medical conditions**, as well as to be aware of the side effects these may have on the eyes. Catching these problems early can prevent permanent harmful effects.



Here is a list of common health issues which require medication which may cause problems with the eyes:

ACNE: Certain drugs used to treat severe acne can lead to sensations of grit in the eye, red or burning eyes, temporary distortion of vision, dry eye syndrome and night blindness. Others can make you more vulnerable to cataracts or macular degeneration.

ANTIBIOTICS: Some antibiotics can cause mild redness and itching of the eyes, and can lead to allergic conjunctivitis. Some increase sensitivity to light, and contribute to dry eye syndrome and risk of glaucoma, as well as cataracts and macular degeneration. Many people are allergic to “sulfa drugs”, and the manifestation in the eye could be blurred vision, light sensitivity and sometimes haemorrhages in the eyes. Overuse of antibiotics can disrupt the body’s natural chemistry and fluid balance within the eye.

Whenever taking antibiotics make sure you take probiotics and vitamin C to help avoid some of the side effects on the body.

ANTI-DIURETICS: Anti-diuretics can interfere with the fluid balance of the eyes contributing to glaucoma.

ANTIHISTAMINES: Antihistamines have a drying effect on the eyes in the same way that they have a drying effect on the nose. They can be a contributing cause of cataracts, increased light sensitivity and dry eye syndrome. Antihistamines can be harmful for people with certain types of glaucoma, resulting in blurred vision, redness, halos around lighted objects, and pain.

ANXIETY AND DEPRESSION: Tranquilizers can increase your sensitivity to light, making you more susceptible to cataracts and macular degeneration. Certain medications for anxiety and/or depression may cause the eyes to twitch, while others may lead to dilated pupils, double vision, blurred vision, and dry eyes. These side effects can usually be eliminated by discontinuing the medication.

ARTHRITIS: Medication routinely prescribed for rheumatoid arthritis can cause retinal damage. Corticosteroids are often used to treat arthritis (as well as other chronic conditions) and can increase the risk of glaucoma.

ASTHMA: Nasal steroids, commonly inhaled for asthma are connected to certain types of glaucoma.

BIRTH CONTROL: Oral contraceptives can lead to eye problems by increasing pressure of the fluid around the brain causing headaches, migraines and vision changes. They may contribute to increased light sensitivity, and risk of cataracts and macular degeneration. Contact lens wearers using birth control pills often experience dry eye syndrome.

BLOOD PRESSURE: Blood pressure medications cause the body to excrete excess fluid, which in the eyes means dry eyes, light sensitivity, and sometimes blurred or double vision. Prolonged use can contribute to damage to the retina.

DIABETES: Oral anti-diabetes drugs can make you more vulnerable to cataracts and macular degeneration.

GLAUCOMA: Long-term use of anti-glaucoma drugs can affect macula sensitivity. Periodic macula evaluation is recommended for any patients who are taking antiglaucoma drugs.

HEART CONDITIONS: Some medications for heart conditions increase light sensitivity resulting in symptoms such as halos around objects and sensitivity to glare.

HIGH CHOLESTROL: Medication commonly prescribed for high cholesterol can lead to optic nerve damage and/or glaucoma, and an increased risk of developing cataracts.

HORMONE REPLACEMENT: Oestrogen hormone replacement may cause eye twitching.

INFLAMMATION: Most non-steroidal anti-inflammatory drugs can cause side effects that impact the eyes, including glaucoma, cataracts, dry eyes, and retinal haemorrhages that may result from long term use.

INSOMNIA: Some drugs prescribed for insomnia may cause eye twitching.

MALARIA: Anti-malarial drugs can cause changes in the cornea. Symptoms such as halos around lights, glare and light sensitivity may occur. There is no change in the person's visual acuity. Once the drugs are stopped symptoms disappear. Over time, the use of certain medications may lead to reduced colour vision, blind spots and blurred central vision. People on long-term malaria prophylactic treatment should be monitored regularly.

MUSCLE SPASMS: Gastric antispasmodics, prescribed to stop muscle spasms can lead to optic nerve damage and/or glaucoma, and some can cause the eyes to twitch.

PAIN RELIEF: Overuse of what are considered "harmless" drugs for pain relief can be damaging to the body and eyes. When drugs are used excessively, they can induce light sensitivity, dry eyes, corneal deposits, gastrointestinal tract damage, and even cataracts.

VITAMINS: Excessive use of vitamin A can increase the pressure of fluid around the brain, which in turn can cause swelling of the optic nerve, headache, and visual distortions.

WEIGHT LOSS:

Appetite suppressants may lead to dilated pupils, difficulty focusing the eyes, and difficulty with convergence of the eyes when reading, as well as dry eye syndrome. Some weight loss medications can lead to glaucoma.

At your next visit to your optometrist, be sure to inform him or her about any medication you may be taking, and to ask if you may be at risk for side effects which may impact on your eye health. If you are on chronic medication, it is advisable to have regular eye examinations.



2014-2015 SUBSCRIPTIONS

Subscriptions are now due for the new financial year and an advice has been sent everyone. Please be good enough to pay as soon as possible



INTERNATIONAL EVENT

Over a hundred joined hands at the global 24-hour Commonwealth Ceilidh held on Sat 21 June 2014 at the "Dawn Patrol" Moths Shellhole hall in Bergvliet. Wherever you were in the world, The Commonwealth Ceilidh began at 19.30 on Saturday 21



June in New Zealand, and then followed the time zones to create a 24 hour global ceilidh event to celebrate the Glasgow 2014 Commonwealth Games. Dancing in the Commonwealth Ceilidh was an easy, enjoyable and sociable way to share in the celebrations of Scotland's culture and heritage. The Royal Scottish Country Dance Society (Cape Town Chapter) co-ordinated the event in Cape Town. Unfortunately the tickets were limited and were sold out two weeks before the event. Not to worry though as



Ceilidh's are held every month in Cape Town under the direction of Campbell Tyler. The next Ceilidh will be at Erin Hall in Rondebosch on Friday July 25th at 7.30 for 8. Campbell says, "The programme will be a mix of old favourites and some new dances, as well as an

easy path in for those for whom it is all new. So bring your friends, make up your parties and come and dance the night away." If you would like more information or

want to make a booking please e-mail Campbell at campbell@tyler.co.za. Grateful thanks to Peter McFarlane for the photo, above left, showing the British High Commissioner, Judith Macgregor, dancing with her husband John, as well as members of Cape Town Callies at the Commonwealth Ceilidh





FUTURE EVENTS

Annual General Meeting: The meeting this year is scheduled to be held on Saturday 30th August. Details will be circulated during July and we hope that we will have a good attendance to hear how the Society is fulfilling its aims and to nominate and vote members to Council for the 2014/2015 term of office. This is an important event in the life of any Society - having the opportunity to look over the past and make plans for the future.

Craft Classes: A group of ladies from the Society, and their friends, have now met twice since the Federation Chief's visit to enjoy craft sessions together. They're thoroughly enjoying the creative fun and lots of new ideas that have been shared as well as all the snacks and goodies for all. The next session will be on **Saturday 6th September** and the theme will be "**Spring**". The last session of the year will be on **Saturday 1st November** and will be a **Christmas Workshop**. Both classes are nearly full and numbers are strictly limited to ensure personal attention. So, if you would like to join in please contact **Jacinta Munro** as soon as possible to ensure your place and experience the joy of creating beautiful things.

St Andrew's Nicht is not all that far away – at the end of November – and now is the time to start saving to enjoy this not to be forgotten celebration. Details will be in the newsletters closer to the time.



KINDRED SOCIETY NEWS:

PINELANDS CALEDONIAN SOCIETY:



The Society's Annual General Meeting will be held on Saturday 12th July at 10am in the Church Hall of the Pinelands Presbyterian Church. We wish all members well as they remember the past and contemplate the future.

EAST LONDON CALEDONIAN SOCIETY:



The Annual General Meeting of the Society was held on 18th June and Andrew and Claude Macdonell were re-elected as Chief and Lady President for the 2014/2015 term of office. The Society holds a special function called "**Chairing of the Chief**" to welcome and induct the incoming Chief at the beginning of his term of office. Andrew and Claude are enjoying the sights and sounds of Brazil – we don't know if they're seeing any of the football!

PORT ELIZABETH SCOTTISH ASSOCIATION:



The Port Elizabeth Scottish Association

(Registered Caledonian Society - Founded 1892)
P O Box 5909, Walmer, 6065

In their May Newsletter it was reported that the Association's Annual General Meeting is to be held on Wednesday 16th July 2014 in the Walmer Library situated next to the Walmer Town Hall. We hope that the deliberations during the meeting bring back good memories and exciting discussion regarding the future and particularly the coming year.

FEDERATION OF CALEDONIAN SOCIETIES OF SOUTHERN AFRICA



The 90th Annual Congress of the Federation is to be held in Durban this year from 10 to 12 October 2014.

The Venue: **Blue Waters Hotel, 175 Snell Parade, Durban**

The invitation, to all members of the Society, together with the booking form is at the end of this newsletter. This is an opportunity to meet Caledonians from around Southern Africa and have fun in the sun as well (Although Durban does get cloudy too). Your Chief urges all to make the effort to be there if at all possible.

IRISH SOUTH AFRICAN ASSOCIATION

(Irish: *Comhluar Eireennach An Afric Theas*)

Unfortunately, we have received no news of recent activities.

CAPE WELSH SOCIETY

The Society held its Annual General Meeting during June and Ms Sian Erasmus was re-elected as President of the Society. Congratulations Sian, we hope that this term of office will be as fulfilling as ever. Sian's father, Immediate Past President of the Society, Ian Jones, and her mother are visiting family and friends in Wales and will be away for about three months. We hope they're having a great time in the home of their forefathers.

NEWS FROM SCOTLAND

First chick of the season hatches for Loch Garten osprey, "EJ"



The first chick of the season has arrived at the Loch Garten Osprey Centre in the Highlands. The new arrival was spotted on the nest webcam as it made its first appearance late on Saturday. The chick is the first of three expected to hatch under the watchful eye of veteran female osprey EJ and her partner Odin in the next few days. This year marks EJ's 12th consecutive

season at Loch Garten. At 17 years old, she is one of the most experienced and well-known birds to visit the RSPB reserve. She returned to the Cairngorms two months ago after making the 3,000 mile (4,828km) journey from wintering in West Africa. (18 May 2014)

Abandoned dog "Bolt" finds new home in Inverurie after 550 days



in kennels. A lonely dog who spent over 550 days in kennels has finally found a new home. Bolt the Staffordshire bull terrier was taken in by Nikki and Martin Shaw, of Inverurie, Aberdeenshire, after the Scottish SPCA made a special plea to find him an owner. The staffie had been moved from the charity's Glasgow centre to Drumoak after more than 18

months without an owner. Nikki said: *"We're really pleased to have been able to help Bolt."* She added: *"I'd been looking at the SSPCA's website for months and kept going back to Bolt. Martin and I eventually decided that the time was right for us to re-home a dog and, when we went along to meet him, we both knew he was*

the one for us. He slept for almost two days straight when we first got him home and it was lovely to see him so relaxed. It was as if all the stress of being homeless had finally been lifted from him. It's a shame that staffie's get such a bad reputation when they are actually really good dogs." Scottish SPCA centre assistant Debbie Innes said: *"Everyone here is over the moon that he has finally found his forever home and we just know he is going to be spoiled rotten."*

Glasgow 2014: Commonwealth arts festival line-up announced



The line-up for an arts festival which helps celebrate the Commonwealth Games has been announced. Festival 2014 will run alongside the Glasgow Commonwealth Games. Festival 2014 will feature a wide range of performances across a number of genres as part of the celebrations for the Games. More than 1,000 performances will take place in more

than 100 different locations in Glasgow. The festival will begin on 19 July and end on 3 August when the closing ceremony takes place. Across Glasgow performances will be staged in some of the city's theatres, venues and arts spaces, including the newly refurbished Kelvingrove bandstand. Some performances are scheduled to take place on and around the River Clyde and even on the routes to and from the Games venues themselves. The performers chosen to play at the events are all from Scotland and the Commonwealth nations. A listing of all of the acts set to feature at Festival 2014 is available at the [Glasgow 2014 website](#).



SPECIAL REQUEST

Red Cross War Memorial Childrens Hospital: Based at the Red Cross Memorial Childrens Hospital, Jacinta is the Data Manager for various paediatric research projects under the auspices of the University of Cape Town. Many children pass through the specially built facility attached to the hospital. Many, if not most, are from disadvantaged home backgrounds and have very little that they can call their own. Jacinta is appealing to anyone who feels that they would like to help make the life of these little ones much a much happier one. A donation to this special unit at the hospital of toys, reading and picture books, educational aids, children's clothing (in good condition) and anything else you might have, would go a long way to help achieve this goal. Whatever is received will, and does, go far and wide because it is shared among the children that attend the clinic on a daily, weekly and monthly basis. Jacinta says that she and the staff at the unit know that gifts and donations are very much appreciated by the children (and their parents and guardians) when they see the smiles on the faces of the little ones. Please contact her by e-mail, mobile or phone (details at the top of the newsletter) to make arrangements for delivery or collection. Come on – make a child happy TODAY!!

From the Chief – The Cost of Playing the Pipes: People love the sound of the pipes wherever they hear them, be it in a band leading a parade or entertaining at a function. What can beat the sound of massed pipes and drums at a gathering or

tattoo? The sound of the pipes also has a special place at weddings, celebrations, functions and even funerals because it stirs up the emotions and is never forgotten. But what about the Pipers and their pipes? It's not generally known just how expensive it is to play the bagpipes in both time and money. In order to share their special musical talent many hours of practise and rehearsal are put in to perfect the sound we all love to hear. Then there's the cost of maintaining the bagpipes – the drones, the bags, the reeds, the cords, the chanter etc. The list is extensive. Of course there's the Pipers outfit as well. Have you priced the cost of a kilt, a sporran, a glengarry, or simply hose and flashes as well as a waistcoat, a jacket, a shirt and tie and so on and so on? When something needs to be fixed or replaced it is expensive. Never be shy to support pipers young or old, or pipe bands small or large, or indeed musical groups that include the pipes in cash or kind. In this way you will be assured of the continued tradition of Scottish music through the sound of the pipes in Cape Town.



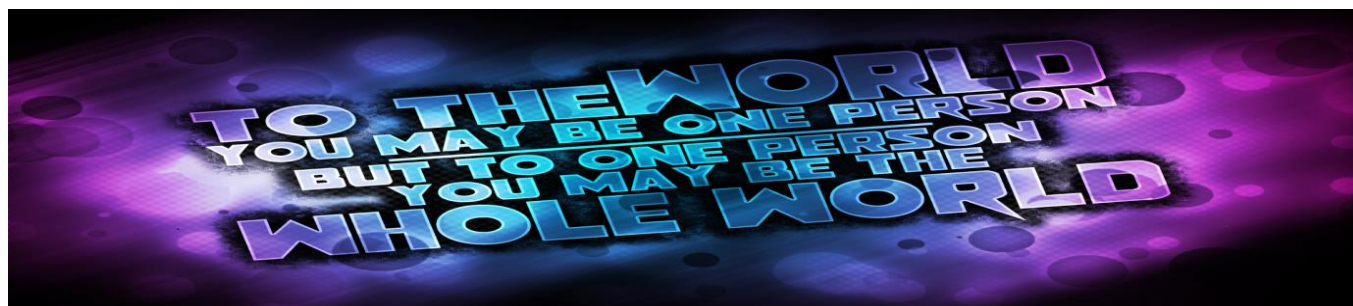
A fine example of support in Scotland is from Brian Gilda. Brian is Chairman and Managing Director of Peoples Ford which has dealerships in Scotland and England.



Those of us who were at St Andrew's Night last year may remember Brian sharing the special connection between Nelson Mandela and Glasgow shortly after Pipe Major Andrew Imrie of Cape Field Artillery Pipes and Drums had piped the "Retreat" in honor of Madiba who passed away a few days earlier. Pictured here is Brian shaking hands with Pipe-Major Ross Walker of the now renamed Peoples Ford Boghall & Bathgate Caledonia Pipe Band.



DID YOU KNOW?



Yours Aye



Invitation to Congress 2014

DURBAN CALEDONIAN SOCIETY FOUNDED 1882 FEDERATED 1922

Chief Alistair Mackenzie 031-312 0772;

macs1046@vodamail.co.za

P.O. Box 51164, Musgrave Road 4062;

Secretary: Elspeth Gray elspethg@mweb.co.za

Treasurer: Margaret Gardner at emgee@itsonline.biz

The 90th Annual Congress of the Federated Caledonian Societies of Southern Africa is to be held at the Blue Waters Hotel, 175 Snell Parade, Durban from Friday 10th October to Sunday, 12th October 2014.

The Durban Society is proud to host this event and the convening committee hopes that it will be an enjoyable few days.

A booking form is attached and it would be appreciated if this could be returned to Margaret Gardner as soon as possible. If you wish to pay by instalments, please contact Margaret.

The Blue Waters Hotel also offers 3 person or 4 person rooms. Please contact Margaret for prices.

There is a shuttle bus service from the King Shaka Airport, Durban to the hotel, which departs every 30 minutes.

The current cost is R80 per person one way. From Blue Waters back to the airport must be booked a full day beforehand.

Alistair MacKenzie

Convenor , Durban Caledonian Society.

6 April 2014

[Congress 2014 Booking Form](#)

DURBAN CALEDONIAN SOCIETY

Convenor: Alistair MacKenzie (031 3120772) e-mail macs1946@vodamail.co.za

Secretary: Elspeth Gray (031 7016160) e-mail elspethg@mweb.co.za

Treasurer: Margaret Gardner (031 7052429) (079 0920358) e-mail emgee@itsonline.biz

Booking form for the 90th Annual Congress of the Federation of Caledonian Societies of Southern Africa to be held at the Blue Waters Hotel, 175 Snell Parade, Durban from 10 to 12 October 2014.

Title: Surname:	Title: Surname:
First Name:	First Name:
Postal Address:	Postal Address:
e-mail address:	e-mail address:
Telephone No:	Telephone No:
Capacity: Delegate/Official/Observer	Delegate/Official/Observer
Society	Society

Booking options

1. Full Congress package (per person)

2. Double room R1,675,00

Single room R1,975,00

3. Non-hotel residents (per person)

Friday Supper & Ceilidh R185,00

Saturday morning tea, business meeting

& buffet lunch R320.00

Saturday Ball R350.00

No. of persons Amount

_____ R_____

_____ R_____

_____ R_____

_____ R_____

_____ R_____

I/we enclose a cheque for R_____

I/we have made an electronic bank deposit and enclose proof of payment.

I/we have made an electronic funds transfer and have sent an sms/e-mail.

Cheques should be drawn in favour of **Durban Caledonian Society**, and direct deposits

made to **Durban Caledonian Society, Nedbank, Argyle Road Branch, Durban**

Account No.1314019465

A minimum deposit of 50% must be paid by 31 August 2014

Please complete the form and return to: **Margaret Gardner, 6 Hugh Gardens, 10 Hilmer Street, New Germany, 3610.**

A refundable key deposit to be paid to hotel on collection of key