

Health Benefit of Munros

Hikers in American states have various lists — 41 peaks above 4,000 feet in New Hampshire, about the same number in Adirondaks. Many people attempt to collect a life-time list of hiking them all.

A recent interactive article in *The Daily Scotsman* of Edinburgh focuses on 282 peaks in the Highlands exceeding 3000 feet. Collectively these are termed the Munros, for an avid hiker years ago who popularized his quest to top them all.

The National Health Service is this summer promoting the health benefit of such a quest. An example of such a mountain is Buachaille Etive Mor, which is part of the National Park centered in Glen Coe. At 1022 Meters, and 57° N, this mountain experiences weather and terrain like a 10,000 foot mountain in the US.

The variety of Scotland's landscape has a magnetism for outdoors enthusiasts, and often improves the mood of those who immerse themselves in it. The essay quotes 22 year old Ian Park, who lives with OCD and depression. He speaks of the vast variety of beauty in Scotland's hills, and the mental health benefits of immersing oneself in it. He credits his time hiking with relieving and removing depressive feeling.

Likewise, Keith Forsett, author of the self-help book *High and Low: How I Hiked Away from My Depression Across Scotland* agrees. "I visit Scotland's highlands because they're drop dead gorgeous, there is the Wilderness factor, and big mountains. You could be hundreds of miles from anywhere.

Ben Lomond is the southernmost Munro. Though 3195 feet, with spectacular views of Loch Lomond, it has a well graded path to the summit. It is also the most accessible, about 90 minute drive from Glasgow.

Here is a link to Visit Scotland, an information site for tourists: <<https://www.visitscotland.com/see-do/active/walking/munro-bagging/beginners/>>

Our National Poets: Alexander Anderson

Born 1845 in Kirkconnel, he very young became a "surfaceman" on the Great Western Railway, maintaining the road bed. He was a voracious reader, teaching himself several languages. By 1860, he was publishing poems in several regional newspapers. He went on writing and studying literature, and obtained the post of Librarian at Edinburgh University. His style aligns with the "kailyard school" of writing, in which humorous and in Scots "hamely" incidents predominate. One poem in every anthology is, "Cuddle Down," a poem of a parent trying to get restless children to sleep

Scots Names: Jamieson

The name means "Son Of James." There is no direct clan affiliation — seven of Scotland's kings were named James. Because a Jamieson family held the hereditary office Crouner [coroner] of Bute from early 14th century through the 17th, some fanciful authorities show Jamieson as a sept of Stewart; others of Gunn. But the name is too widely attested for those connections to apply generally. Many bearers of the name have distinguished themselves. Robert Jameson [1774-1854] born at Leith became a world renowned professor of Natural History at Edinburgh. John Jamieson [1759-1838] of Glasgow was a preacher who distinguished himself in Latin & Greek, received the honor of Doctor Of Divinity from Princeton, and published "Etymological Dictionary of the Scottish Language" (1808)

Older Scots Tongue Word of the Day

Ding, v. [past tense dang; participle dung

1. To knock, beat, strike, or push suddenly

"he pulled up his sword and dang aff my bonnet

2. Followed by adj.=compel a person or thing;

Walter Scott's "Bride of Lammermuir", "my head is weel nigh dung donnert" [astounded]

3. To defeat, overcome, weary, get the better of.

[phrase] "This dings dinty" = This beats everything.

4. Used in imprecations "The De'il ding your soul"

Also as noun: "A ding on the ear made his head buzz.

SCOTS SITES: THE OLD CATHEDRAL, ST. ANDREWS.



One of the oldest cities in Scotland, St. Andrews was the commercial and intellectual center of the ancient Pictish Kingdom of Fife. Robert the Bruce conducted operations there. The Cathedral, at which John Knox briefly preached, was destroyed during the religious wars of the 17th century. It is easy to reach by train or bus from Edinburgh. There are ample accommodations, as St. Andrews houses one of the UK's premier universities, as well as five top-rated golf courses. The patron saint of Scotland was venerated at this site; and from his name comes the name of our Society.

Brief mention of our annual meeting

Held on Saturday, March 30, 2019 at 3:00 PM at the Steak House Restaurant on the Barre/ Montpelier Rd. About 16 persons present. Elections were held: Pauline Kirkpatrick, President; Tom Kirkpatrick, VP; Cedric Farrow, Treasurer; Kathleen Maillie, Secretary.

The situation of the Quechee Games was discussed. No one had information. The website for last year's game is still up, but has not been updated as of May 15. No event is posted on the site for NH School of Scottish Arts, sponsor for the past two years. Also discussed was staffing a booth at the Loon Mtn games. Pauline has her own booth, but St. Andrews has not held a booth for 3 years. Loon requires advance planning because of tight lodging. We hope to improve our web-site and facebook pages. We have a gorgeous quilted spread from Lynn Murray to raffle. Ticket drawing date Burns Night.

Connect to the St Andrews FaceBook page, of which Bret McLay is the monitor. Go to: <https://www.facebook.com/vtsaintandrews/>. The Society has experimented with a closed group Facebook page for communications among the Officers and Directors. It will be open by invitation. <https://www.facebook.com/groups/575290872653373/> Ask to Friend either or both.

Note: The St. Andrews web site has a short URL, www.SASVT.org which takes you to the same website as the longer version.

KIRKIN OF THE TARTAN.

Sunday, July 21, 2019. 11:00 AM

The custom of wearing tartan costume to church blends highland pageantry and conviviality with the caution observed by clans who by turns were sometimes friends and sometimes rivals. Our event is opportunity for people from all over Vermont to appear in Scottish attire in a hamely country setting, with Scottish piping before and after the service. The service is conducted much as the Reformed Presbyterian Church would have done, although our once a year congregation is not able to generate the haunting unaccompanied harmonies which our better trained ancestors could achieve in the traditional Scottish psalter melodies.



Following the service, we enjoy a fine pot luck picnic on the lawns. Bring your own folding chairs, umbrellas, eating utensils, and one dish (salad, main course, side dish, dessert) to serve 6. Punch or water will be available.

Mosquitoville is at the town line of Barnet and Ryegate, on the historic Bayley Hazen Military Road. Here are 3 approaches. Park beside the church

Directions:

1) From the north via Rte 2. At Danville Green, take Peacham/Groton Rd. S through Peacham Common. At South Peacham, turn east (left). At Harvey's lake, turn south (right) to follow shore line. At second right hand road, a kind of wye, turn up the hill. Church is in about 1 1/2 miles.

2) From Barre/ Montpelier area, take 302 to Groton Village. At the east edge of the village, take steep north [left] on Minard Rd, signed for Peacham. In about 6 miles find Mosquitoville Rd [gravel] on

right. Follow Mosquitoville Rd. east for 3 miles, turn left at cemetery to church. If coming I-91 at Wells River exit, Minard Hill turn is very steep right just before Groton village.

3) Alternative from I-91, use Barnet exit and follow West Barnet Rd. to West Barnet village, and turn left just past Presbyterian Church (about 4 1/2 miles). After village at shore of Harvey's lake, pick up directions from #1 above.

Service begins at 11:00 AM sharp; potluck luncheon will be afterward. Rain or Shine.

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THUMBNAIL COVENANTER HISTORY

Who were the Covenanters? Scotland's Kirk led by John Knox reformed more thoroughly than did the English church in the 16th Century. After the Union of Crowns in 1603, King James VI of Scotland became King James I of England upon death of Queen Elizabeth I. James determined to subdue the Kirk of Scotland and compel it to become Anglican, with bishops. James's son, Charles, so arrogantly pushed those ideas that the English civil wars commenced in 1645. Seeking military support of Scotland, Charles promised to keep the Scots Kirk independent, and signed the Scottish Solemn League & Covenant, which in 1660 his son revoked. Covenanting Scots who rejected the Anglican National Kirk organized the Reformed Presbyterian Church. The church at Mosquitoville was organized by Covenanting Scots who settled in Barnet and Ryegate some 200 years ago. Covenanter worship is a pure Biblically based and meditative Reformed worship without musical instrument other than the human voice, no complicated liturgy, entirely from Scripture.



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SCHEDULE OF Coming EVENTS

- *July 21, Kirkin o'th Tartan, Mosquitoville*
- *Sept 20-22, NH Highland Games, Loon*
- *Mid Sept, Fall Picnic at Murray's*
- *Nov 2, Tartan Ball, Delta Marriot*
- *Jan 25, 2020 Burns' Nicht, Barre*

Bring friends to these events. We have good food, good company, and a great introduction to Scottish heritage and culture.

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