



THE SALTIRE



1884

The St. Andrew-Caledonian Society of Calgary

1912

Society Budget Meeting

The Society's 2015 Budget Meeting will be held at the Rosedale Community Centre, 901-11 Ave N.W , on Saturday, 20 September at 7:30pm. Items to be brought before the membership are: request for recognition of the Gaelic Language Special Group and Proposed Society Budget for 2015. The meeting will be followed, at about 8:00pm, by a Scottish Country dance with music provided by Mercat Cross. The dances for the evening are: Lady Catherine Bruce's Reel, Postie's Jig, Shiftin' Bobbins, Mary's Wedding, Black Donald, Cumberland Reel, Rogue's Reel, the Circassian Circle Ceilidh dance and, if there is extra time, another dance or two. A light buffet will be supplied. This event is free to members and \$10 for guests. *Ann van der Wal*



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Contents:

- Budget Meeting
- St Andrew's Ball
- Bannockburn Bar-B-Que
- Robert the Bruce
- Golf Tournament
- Scottish Country dancing
- Society Choir

St. Andrew's Ball 2014

The Society's 131st St Andrew's Ball will be held on Saturday, 29 November 2014 at MacEwan Hall Ballroom, University of Calgary. The reception begins at 5:30pm with cash bar and all attendees are asked to be seated by 6:25pm. The event features a three course dinner with a main course option of Pan Seared Chicken, Oven Baked Salmon or Sirloin Steak (please select in advance). Those who would like a vegetarian entrée and those with food allergies should contact Robert Henderson roberthenderson@yahoo.com 403-245-5514. Tickets are \$65 and are available from: Margot Aftergood, margotaftergood@shaw.ca, 403-286-5775; Janyn Bertram, janyn_bertram@hotmail.com, 403-585-3842; Donna Gillespie, donnagil@telus.net, 403-247-6285; Sheree Iffla, shereeffle@gmail.com, 403-279-2350, and; Barrie Purvis, mycarrahunt@yahoo.com, 403-686-6455. The band for the evening is Mercat Cross and the dances are: Gay Gordon's, Woo'd and Married and A', Saltire Society Reel, Lady Catherine Bruce's Reel, The Silver Tassie, Postie's Jig, General Stuart's Reel, Glasgow Highlanders, Shiftin' Bobbins, Scottish Waltz, The Dashing White Sergeant, Culla Bay, Corn Rigs, Catch the Wind, Jean Martin of Aberdeen, Black Donald, Mairi's Wedding, Alltshellach, De'il Amang the Tailors and, the Last Waltz.



Bannockburn Bar-B-Que 2014

The Society sponsored this event at the Mount Pleasant Community Hall on Saturday, 28 June to celebrate the 700th anniversary of Robert the Bruce and the Scots' defeat of Edward II at Bannockburn. Seventy Society members and their friend came out for a day of games, food and dancing. The day was fine and the events featured gender and age specific categories in the egg and spoon race with outstanding competitors, the three legged race where one pair ran away with the top place, bean bag toss with some very skillful styles, and finally, the tug of war where the piping group took all comers. Members brought salads and desserts while the Society supplied hamburgers, hot dogs, vegetarian burgers, buns, plates and all the fixings. A special thanks goes out to Spence XX and XXX who efficiently ran the kitchen. They had come to represent the Foothills Highland Games, saw that we needed help and were made members for the remainder of the year. The evening continued with Scottish Coun-

try dancing to the music of Glen Morin with the evening closing at 10:00pm. A special thanks goes out to Donna Gillespie, Doreen Herdman, Ann van der Wal, Debby Henderson, Don, Josh & Garrett Fraser, and all those who helped out. We look forward to next year's event.



Robert the Bruce Rededication

Thirty members of the Society turned out for the rededication of the statue of Robert the Bruce at the Southern Alberta Jubilee Auditorium on Sunday, 29 June. The statue had been sponsored by Eric Harvie, was first unveiled in 1966, and

the Burns Club organized this rededication on the 700th anniversary of the Battle of Bannockburn. The Calgary City Police Pipe Band played on the Burns Club choir and Jim McLaughlin recited a poem, to be found on the website, com-



posed specially for the occasion. Also present were members of the Harvie family and the Clan Bruce Commissioner, Reid Fisher. Afterwards, a reception was held in the foyer to the sounds of Glen Morin in their new Society golf shirts.

16th Annual St. Andrew- Caledonian Society Golf Tournament

The 2014 Golf Tournament was held on Saturday 9th August, at the Carstairs Golf Club. We were very fortunate with the weather yet again, and had a lovely afternoon in the low 20's with no wind, no bugs and pretty much perfect golfing conditions. A small, but enthusiastic group of 24 golfers of varying levels set out to conquer the course which was in very good condition considering the rain that had fallen in the days prior to the tournament. Overall, everyone seemed to have a good time, based on the laughter on the course, and talk in the clubhouse. The golf course was a great fit for our group – not too much water, and not too difficult, but enough of a challenge to make it interesting. The dinner was very good with a buffet, carved beef and homemade pie.

Special thanks to friends of the Society Ian & Sandi Mackay who donated extra funds to sponsor the sand and water draws (players who landed in a designated bunker, or landed in the water on hole 12) which helped spread the prizes over more players. Thanks also to Shauna Marshall who provided can holders and a set of tees to all participants. The main prize winners are listed below, although everyone who participated came home with something.



The main prize winners were
 Lowest Scoring teams: Carol Johnson, Andrew Joo and Bruce Fedirchuk (lowest back nine) and Neil Herdman, Chris Herdman and Alisdair Clyne
 Team that had the most fun: Jane Forbes, Caitlin McCoy, Lisa Doyle
 Men's Longest Drive : Mike McCauley
 Ladies Longest Drive: Shelly Azzopardi
 Closest to pin: Bruce Fedirchuk
 Longest Putt: Lisa Doyle
 Sand Draw: Robert Azzopardi
 Water Draw: Sheena Marshall

Well done to the prize winners and we look forward to seeing you all again next year. *Doreen Herdman*

Malt Whisky to Beat Cancer?

It sounds like a malt whisky connoisseur's dream - research that suggests that as a single malt whisky contains more ellagic acid than red wine, it is an effective "free radical scavenger" that "absorbs" or "eats up" rogue cells that occur in the body during eating. As such, it can help to reduce the chances of developing cancer. Of course, the research was

produced by an independent consultant to the global drinks industry, so Cancer Research UK has cast doubt on the findings. They point to data documenting the link between excessive alcohol and the increased risk of some cancers - and that ellagic acid can also be found in soft fruits. Oh well, nice try...

Rampant Scotland

Scottish Country Dancing

The Society's Scottish Country dancing group will be starting up again on Tuesday, 16 September at the Confederation Park 55+ Activity Centre, 2212—13th Street NW, 7:30-9:30pm. The group welcomes all new beginners and is an introduction to Scotland's social dancing. The cost of lessons is part of your Society membership.



Piping & Drumming

A new class for those interested in learning to play the pipes or drums will be starting on Saturday, 6 September at 9:00am in the Mount Royal University area. The class is open to anyone who pre-registers by contacting Robert Henderson at robhenderso@yahoo.com or 403-245-5514. The initial class will cover equipment requirements and cost, class structure and future playing opportunities. Lessons and notes are free, and previous musical experience is not necessary.



Celebrating Scottish Culture in Calgary for over a century

Society Gaelic Choir

The Gaelic choir will be resuming practices September 12, at 7pm at Robert McClure United Church (5510 - 26 Avenue NE). We are ac-

cepting new members. Bring your enthusiasm (and some note reading

skills are helpful although not essential). We sing in Gaelic and English and have many performances around Calgary and area throughout the year, which runs September through June. Call Margot Aftergood for more information 403-689-4493.



Member Benefits

Benefits of Society membership include:

- reduced rates for pipers at your function,
- 10% discount on purchases at the Highland Scottish Gift Shoppe,
- Free entry to the Foothills Highland Games,
- Free entry to the Calgary Highland Games,
- Free entry to the Canmore Highland Games.
- Free entry to the Foothills Highland Games,
- \$2.00 reduction in the regular adult admission to the Globe Theatre 617—8th Avenue SW.

Members should consider renewing for several years to avoid missing any activities or events.

**The St. Andrew-Caledonian Society
Of Calgary**

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