



Happy Valentine's Day

Scottish Heritage USA

NEWSLETTER FEBRUARY 2024

ISSUE #1-2024

February 14 is dedicated to celebrating love and relationships and is often marked by gift giving and spending quality time with loved ones.

First celebrated in the year 496, Valentines' Day is thought to have originated from a Roman festival called Lupercalia, also known as Lupercal, was a pastoral festival of Ancient Rome observed annually from February 13 through the 15th to purify the city, promoting health and fertility. Lupercalia was also known as *dies Februatatus*, after the purification instruments called februa, the basis for the name of the month – *Februarius*. The festival and its accompanying rites were numerous and involved specific rites, including sacrifice conducted by its priests. It is believed that as part of the celebrations, boys and girls each drew names from a box and would be a couple during the festival – and sometimes get married.

Over time, as with many pagan rites and festivals, the church turned the celebration into a Christian holyday and decided to use it as a day to remember St. Valentine.

As time passed, the day became a holiday celebrating the legend of St. Valentine as the patron saint of lovers.

Scots typically celebrate Valentine's Day traditionally, with the exchange of greeting cards, love messages, and gifts. These cards are known as 'Valentines' in Scotland and are often designed in the shape of a heart and are red in color. It is believed that these cards reflect trust and love.

Children often get involved in Valentine's Day celebrations too, making cards at school and filling them with rhymes and poems.



Another popular tradition in Scotland is searching for a Valentine's date. According to Scottish custom, the first man or woman encountered on February 14 becomes his or her Valentine, and the day is celebrated with them. And, in a blast from the past a popular Valentine's Day game is putting names in a hat and drawing the names to get your date for the day, just like in ancient Rome.

In medieval times, Scots would traditionally present the object of their affection with a Luckenbooth Brooch, which consisted of entwined hearts topped with a crown and takes its name from 'Locking Booths' – the small shops along Edinburgh's Royal Mile that sold jewelry and trinkets.

According to legend, they were first given as a symbol of devotion by Mary, Queen of Scots to Lord Darnley.



Article courtesy of The Scotsman, Claire Schofield and Wikipedia. Pictures courtesy of bing

CONGRATULATIONS TO OUR RAFFLE WINNERS!

Peter Kent from Maryland is the lucky winner of the first prize custom made kilt.

Michelle Hawkins of Charleston, South Carolina is the winner of the beautiful Harris Tweed Purse;



The Weber Grill goes to Robert Premont of East Longmeadow, Massachusetts;



Evelyn Griffin from Miamisburg, Ohio receives the knife set, And;



last but not least, Cindy Scheyer of Seattle Washington is the winner of the Magic Bullet!

LOOKING FOR SCOTTISH HERITAGE AMBASSADORS

Calling all members!

Do you attend any Highland Games? Do you enjoy meeting new people and extolling the virtues of visiting the Home Country? Then we have a job for you.

How would you like to represent Scottish Heritage at a Highland Game near you? All you have to do is call the office and volunteer. We will set you up with brochures and talking points to help **YOU** bring new members into the fold.

This is your society. Every new membership will help to grow our organization and support our charitable endeavors in Scotland and the US.

Email us now and sign up! admin@scottishHeritageusa.org



HOW DID PERTH GET ITS NAME?



This fair city has only been recently known as Perth, having been referred to as St. John's Toun or Saint Johnstoun until the 17th century. The old name was taken from the city's



church which was dedicated to St. John the Baptist. The wider area was known as Perthia and the name was eventually used for the emerging city. The name is derived from the Pictish word for 'wood' or 'copse'.

Answers to This Month's Quiz

- #1. Tea
- #2. A poet
- #3. Charles I
- #4. Joseph Lister
- #5. A fruit similar to a raspberry
- #6. The Bellhaven Brewery
- #7. Malcom IV
- #8. 93rd Southern Highlanders defending Balaclava
- #9. Archibald, 5th Earl of Angus
- #10. 3

Bonus:

She disguised herself as a man and was known as James Barry throughout her career.

RECIPE CORNER

Fyvie Apple Flan

(recipe courtesy Fyvie Castle Tearoom via Scottish Heritage's Piping Hot Cookbook)



This is the most requested recipe of the Tearoom at Fyvie Castle. Perhaps your sweetheart will appreciate this sweet directly from Scotland on Valentine's Day!



Pie Shell:

2 cups all-purpose flour
2 Tbs shortening
1 Stick butter

2 Tbs cold water, or as needed

Filling:

3 eggs
1 egg yolk
Grated rind & juice of 2 large lemons
8 oz granulated sugar
2 oz butter, melted
4 large baking apples



Preheat oven to 400°



- Pie shell:
1. Cut or rub the shortening into the flour until the mixture resembles breadcrumbs.
 2. Add sufficient water only to hold the dough together.
 3. Roll out and line a flan tin with a loose bottom.
 4. Chill at least 30 minutes.
 5. Prick and bake for 5 to 7 minutes. Reduce the oven heat to 350°.

- Filling:
1. Break eggs into bowl and add the grated lemon rind and juice, sugar and melted butter
 2. Peel and grate the apples into the mixture-mix well
 3. Fill prepared flan tin.
 4. Bake for 30 to 40 minutes until firm and brown. Serve hot or cold.

WELCOME TO OUR NEW ADMINISTRATOR

Scottish Heritage USA is pleased to announce the appointment of Susan Bryant Thomas of Pinehurst, North Carolina as our new Administrator. Ms. Thomas brings over thirty years of experience in senior leadership positions with non-profit organizations as well as private sector businesses in the Southeast and on the West coast. She served as Sr. Vice President with the Hilton Head Island-Bluffton Chamber of Commerce & Visitors Bureau in South Carolina for seventeen of those years, as well as most recently as Chief Marketing Officer with Visit Huntington Beach in Southern California.

“On behalf of the board of Scottish Heritage USA, I’m delighted to welcome someone with Susan’s strategic capabilities and extensive management skills to work with us as we continue to evolve and grow our resources in support of Scottish traditions and culture,” according to President Peter McC. Wilson.

“While I have big shoes to fill with Eileen Helton’s retirement, I am tremendously excited to engage with our board, members, and partners in developing and executing plans for innovative, sustainable projects that foster Scottish education, history, crafts and culture,” stated Ms. Thomas. “In a warmly personal way, I feel happy when I think of my Roberts and Livingston ancestors, who are undoubtedly smiling somewhere in the heavens that one of their descendants has taken on this work with Scottish Heritage USA.”



Susan Bryant Thomas



LEAP YEAR FOLKLORE & WHY WE ADD A DAY IN FEBRUARY

We get a lovely leap year bonus in 2024 – an extra day on Thursday, February 29. Ever wonder why? It's Earth's official catch-up day, as annually our planet takes almost six hours longer to circle around the sun than the 365 days in our calendar year. Thus, every four years we add a 24-hour day.

After a mere century without leap day, summer wouldn't start until mid-July according to NASA Educational Technology Specialist Lyle Tavernier.

Most folks born on February 29 are happy to announce their birth dates only every four years, as in the proud mother who announces "my son will be 20 on his fifth birthday" or a friend born the same year as you who gleefully points out they are celebrating their 15th birthday while you turn sixty. Not only is February the rarest birth month (7% of the US population celebrates a February birthday), but there's only a 1 in 1,461 chance of being born on leap day, according to natal websites.

People born on February 29 are called leaplings or leapers. Some adult leaplings have been known to ask for a child's discount when out and about on their birth dates. And while it's perfectly acceptable for American and European women to propose to their sweethearts nowadays, it was almost unheard of a century ago. Tradition stated only a fellow could do the proposing, with the only caveat being on leap days. Both laws and traditions dating as far back as 1,600 years ago allowed women to do the proposing on February 29. The custom has also been attributed to St. Bridget, who is said to have complained to St. Patrick that women had to wait too long for their suitor to pop the question. According to legend, Queen Margaret of Scotland enacted a law setting fines for men who turned down marriage proposals from women during a leap year.

But there were caveats. Scottish women who planned to propose wore "a red petticoat visible" to their intended, "perhaps to give them fair warning," according to travel publication *Lonely Planet*.



SCOTTISH KNOWLEDGE QUIZ

1. What was the main cargo of the *Cutty Sark* ?
2. What is a 'makar'?
3. Who was the last monarch to be born in Scotland?
4. Who performed the first antiseptic operation in Scotland?
5. What is a tayberry?
6. What is the oldest brewery in Scotland?
7. Which King of Scotland was known as 'the Maiden'?
8. What was the Thin Red Line?
9. Who was known as 'Bell-the-Cat'?
10. How many husbands did Mary, Queen of Scots have?

Bonus: How did Miranda Barry achieve her ambition to become a surgeon ?

Follow us on Facebook - Use the link:
facebook.com/ScottishHeritageUSA



Instagram
too



SCAN ME

Become a member: Visit our website.

