



Print Post Approved
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Royal Caledonian Society of South Australia Inc
379 King William Street, Adelaide, S.A. 5000

August 1996
Ph: (08) 231 5268

A WORD FROM OUR WORTHY CHIEF

Various Scottish functions have managed to keep our flag flying allowing for myself and Robin being away for 7 weeks overseas. The successful Champion of Champion Championship at the Velodrome over Easter, Anzac Day ceremonies. Church services for Tartan Sunday and the Bi-Centenary of Robert Burns to name but a few.

Thank you to Junior Chieftain Ann Calver, Secretary/Treasurer Barbara Medhurst, and all others who managed the Society's affairs whilst I was away.

The hiring of the Hall, which provides valuable income is causing some concern. Line dancing ceased as we were unable to give them continuity of use and the 379 Club Saturday night dance has also ceased. So every endeavour must be made to maximise the hiring of the Hall, if we are to continue the excellent repayment rate we are making of the debt.

Socially it is disappointing the low numbers of members who attend functions at the Hall. I hope Members will support the Grand Highland Ball at the Norwood Redlegs Club on Saturday 28th September.

Following the retirement of Dame Roma Mitchell AC, DBE as Governor of South Australia, Her Excellency relinquished being the Patron of our Society. An appropriate letter was forwarded to Dame Roma and the subject of Patron will be discussed at the next Council meeting.

I look forward to greeting Members at the Annual General Meeting to be held on 30th August, 1996 at 7.30 pm in the Clubrooms.

Good health to you all. As Aye

Lennox Pawson JP
Chief

VALE

Sincere sympathy is extended to the family of the late **BASIL HOYLE**. Basil was very well known within the Scottish Community for his support of the many organisations within the 'umbrella' of the Scottish Associations.

MEMBERS ARE REMINDED

OF THE

ANNUAL GENERAL MEETING

TO BE HELD ON

FRIDAY, 30TH AUGUST, 1996

AT 7.30 PM

IN THE CLUBROOMS

YOUR ATTENDANCE WILL BE VALUED

BASKET SUPPER



*1993 Bushing Festival, McLaren Vale, McKays Winery.
L-R: A. Nicoll, Stephen Hoyle, Des Ross
and the late Basil Hoyle*

AROUND THE CLANS!

CONGRATULATIONS - go to

- Director Christina Cockerill and her husband Graham, their daughter Heather McDonald and her husband Bruce, on the recent arrival of Lachlan Stuart McDonald, a grandson and son respectively.
- Andrew and Fiona Pawson on their recent wedding.
- The State Committee of Highland Dancing on the successful staging of the Champion of Champion Championships held in Adelaide at Easter time. If you didn't get to see this you missed a very spectacular event.
- All the local dancers that competed, Congratulations on your efforts.
- Mrs Heather Sayers (former Bairns Class Instructor) on being accepted to the World Wide Judges Panel of Highland Dancing by the Scottish Official Board of Highland Dancing recently.

GET WELL WISHES - go to

- Past Chief Marian Johnson in St Margarets at Semaphore.
- Scott McFarlane, son of Past Chief Jeff McFarlane, in the Women's and Children's Hospital following an appendix operation.
- Director Ann Miller - having a hip replacement operation in mid August.
- Chief - headaches from ???!!!!
- to anyone who has had the flu (whichever variety you caught – and aren't there enough going around?)

BON VOYAGE - Hope the holiday weather is fine and a fun time is had by

- Director Tom Hunter and his wife Ethel as they prepare to depart for Scotland mid August.
- John and Margaret Minney heading off to the USA shortly.
- June and Arthur Laws as they visit the Greek islands of Samos, Patmos, Rhodes and Santorini, and while on Rhodes will take a day trip to Lindos. This is a beautiful ancient town officially designated an archaeological site, thus ensuring its intact preservation. Other places to be visited are Ephesus on the mainland of Turkey, home of the cult of the goddess Artemis before Christianity became dominant. The longest time, however, will be spent on Crete which has many places of interest to be seen, before departing for Avignon in Provence for two weeks. then it will be Bonnie Scotland for the next two months. (This information is an update on the last Newsletter).

WELCOME HOME to our other happy wanderers

- the Pawsons and Wickhams. Whilst in Scotland our Chief and wife Robin visited an old member, Jim Hamilton. Jim wishes to be remembered to all and he tells us he's 85 years young! Must be the summer weather. Jim used to render in his inimitable way Robert Burns "Address to the Haggis" at Society functions.

SYMPATHY

- Our sympathy is also extended to Pat and Barry Markwick and to Mrs Robin Pawson (wife of Chief Lennox Pawson) on the recent death of Pat's son and Robin's nephew, Phillip Donnell in Sydney.
- Our sympathies are extended to the family of the late James Wallace Carlyle (Jim) who passed away 25th July at F.M.C. Jim was a member back in the late 50's and son Brian was taught the Pipes by the late Jock Cook.

Roselee Kossatz - Ed'

AN ODE TO THE DUNBLAIN MASSACRE

*Dear freen's our hearts are sare,
Your loss there is no reason,
Why your wee bairns must bear the cost,
We pray for your salvation.*

*The folks that left and live down under,
Away from Scoti'as shore,
The heinous crime against you all,
Dear freen's we all abhor.*

*Each day as the sun comes up and the sun goes down,
We Scots will ne'er forget,
The horrors of that tragic day,
With solemn sad regret.*

*There is no cure for a broken heart,
Only time can ease the pain,
Take heart dear freen's,
We love you all.*

Halleluiah, Amen.

W.H. PATERSON
20th March, 1996.

The Royal Caledonian Society and the Scottish Associations of S.A. Inc. forwarded our sympathy and contributions to the families and town of Dunblain.

**PROFILE ON NOMINEES
TO BE DIRECTORS OF THE SOCIETY**

ROBERT (BOB) MCGREGOR

Bob joined the Royal Caledonian Society Pipes & Drums Band from the Railway Institute Band in approximately 1970 as a Piper. Since then he has worked his way up to his current rank of Pipe Major in the 'Royal Cales'. Bob also tutors the bagpipes at Scotch and Seymour Colleges weekly.

ROSELEE KOSSATZ

Roselee first became involved with the Society when her two daughters, Nadia and Stefanie began attending the Bairns Dancing Class in 1987. Since then Roselee has supported and been involved in the Society in many areas – including the Catering Committee (she was one of the founding members) and is currently the Editor of the Society's newsletter "*The Caledonian*" (having had this duty for the last 2-3 years). Roselee also assists at the Wednesday night dances (for approx. 3 years) making many friends along the way. She still attends Bairns Class with her daughters on a Friday night and can be found at most Society functions.

BAIRNS CLASS REPORT

The Bairns Class joined with the Southside School of Highland Dancing at Scotch College on a recent windy, rainy day to form a guard of honour at the wedding of Miss Fiona Hann (daughter of Mrs Lyn Hann, Bairns Class Instructor and President of the State Committee of Highland Dancing) to Mr Andrew Pawson (son of our Chief Lennox and Mrs Robin Pawson). Despite the very chilly weather the bride looked lovely, and, of course, the groom handsome. We extend our congratulations to the lucky couple.

The Bairns Class was also represented at the Society's Burns Supper, and the display was very well received by all in attendance. There are between 25-30 children at classes on Friday nights and all seem to enjoy the Scottish culture and traditions of friendliness and fun.

The results of the 'Cale' competition held in May will be published in the next newsletter.

**Ann Calver
Bairns Director**

**Caledonian
Society**

**TRASH
&
TREASURE**

**Sunday
8th September
at
Metro Drive-in,
Oaklands Road,
Warradale**

WE NEED YOUR HELP !!!!!!!!!

TRASH & TREASURE

At last we have a date!!! — Sunday 8th September at Metro Drive-in, Oaklands Road, Warradale. Gates open at 6.30 am for buying/selling to begin at 8.00 am.

- If you have something to get rid of (and we don't mean partners or kids, no matter how great the temptation)
- either,
 1. Leave at the hall by Saturday 7th September
or
 2. Phone
 - Northern Suburbs
 - Southern Suburbs
 - Eastern Suburbs - Lennox Pawson 379 1949
 - Western Suburbs
- Volunteers to help "man" the stall would be appreciated - Contact Chief Lennox Pawson on 379 1949.
- Profits will help the Society.



A Touch



of Tartan Concert

WHEN	Saturday, 31st August 1996
WHERE	Woodville Town Hall, Woodville Road Woodville
TIME	7.30 pm SHARP
COST	\$5.00 admission. Children free when accompanied by a paying adult.

Refreshments will be available at interval. N.B. there will be no supper. This is a fund raiser for the State Committee of Highland Dancing, so come along and support the dancers, and see them do things other than the Highland Fling, etc.

VICE-REGAL RECEPTION

THE JOINT COMMONWEALTH SOCIETIES COUNCIL IN S.A.

A reception will be held on Tuesday, 24th September at 5.30 pm to 7.30 pm at the Hilton Hotel, Victoria Square, Adelaide to welcome our newly appointed Governor, His Excellency Sir Eric Neal, AC, CVO and Lady Neal.

Tickets will be available from the Secretary, Mrs Barbara Medhurst at a cost of \$20.00 per head. Ticket sales close 17th September for catering purposes.

STRATHALBYN CALEDONIAN SOCIETY DINNER

WHEN	Saturday, October 12th, 1996
TIME	7 pm for 7.30 pm
WHERE	Strathalbyn RSL Hall, High Street Strathalbyn
COST	\$15.00 per head 3 course meal + haggis, tea/coffee BYO drinks and glass.

PRIOR PURCHASE of the tickets is **ESSENTIAL** for catering purposes.

For further information and/or tickets please contact Chief Barry Caspers ph: 085 363 015 or Secretary Bob Love ph: 085 363 684.

Please Note: the post office box for the Strathalbyn Caledonian Society is C/- Box 201.

OUR WHISKY TASTING NIGHT

Keep **Friday 11th October 1996** — 7.30 for 8 pm free for a whisky tasting, to be conducted in our Hall.

We have arranged sponsorship through Lionel Simpson (SA) Pty Ltd, the biggest distributors of malt whiskies in Australia.

6 malts will be tasted on the night including: *Glen Turren, Bunnchabin, Macallan, Tamdhu.*

The tasted malts will be available for sale at a very special price for that night only.

COST \$20.00 per head, including supper.

Tickets are available from Christine and Greg Gordon, phone 326 5792. Book early as the tickets sell fast.

JOINT COMMONWEALTH SOCIETIES COUNCIL IN S.A. REPORT

Our Chief, accompanied by his wife, Robin, attended a morning reception at the Adelaide Town Hall hosted by the Lord Mayor of Adelaide, Mr Henry Ninio and Mrs Ninio on Friday 8th March in honour of Commonwealth Day. Representatives of all organisations associated with the Joint Commonwealth Society Council were present.

Then on Monday 13th March, at a late afternoon reception at Wyatt Hall, Pultney Grammar School, our Chief, along with other leaders of Commonwealth Societies were presented to Her Excellency, the Honourable Dame Roma Mitchell AC, DBE, Governor of S.A. It is pleasing to report that 15 Members of our Society attended and supported our Chief at this function, namely, Past Chief Marian Johnson, Reg Laught, Jean Gardiner, Any and Mary Nesbitt, John and Margaret Minney, Ann and Wally Wickham, Marjorie Burns, Barbara Medhurst, Geoff and Barbara Holden, Greg and Christine Gordon. Greg was the official piper to conduct Her Excellency into the Reception. No function is complete without the Scottish influence!

Very favourable comments were made by a number of people regarding our gold name badges. Have you ordered one yet? If not, see our Chief or ring the office on 231 5268 and order one!!

**ADELAIDE HIGHLAND GAMES INC.
- CELTIC FAIR**

WHEN Sunday 17th November
TIME from 11 am
WHERE Sacred Heart College Oval

This year the Society will be operating the bar and BBQ stalls at the Celtic Fair.

Volunteers are required : the more the merrier as a "roster" could be operated and give everyone an opportunity to enjoy the Fair.

Another way of helping is to give a cash donation for the purchase of BBQ requirements.

Past Chief Jeff McFarlane (phone 356 1080) is in charge of bar facilities and Chief Lennox Pawson (phone 379 1949) is in charge of the "barbie". Both would welcome your phone call with offers of assistance.

If the wether is kind the financial reward to the Society will be of immense value.

LET'S HEAR FROM YOU NOW!! AND GIVE THESE 'GENTS' COME ASSISTANCE AS THEY ATTEMPT TO RAISE SOME MONEY TO KEEP THE SOCIETY AFLOAT.

SOCIAL REPORT

BURNS SUPPER Approx. 60 people attended the Burns Supper held in the Hall recently, where Dr Gordon Greig gave a very entertaining speech in his own inimitable style. We were also entertained by Mrs Isabelle Greig, Mr Tom Hunter, the Adelaide Celts (Broadsword team), the Bairns Class and a mini Pipes & Drum Band.

MUSIC HALL SHOW Numbers were again down but an enjoyable night was had by all.

SQUARE DANCE We are having a dance on **24th August** so bring the kids, your friends, do something different and have a lot of fun. And if you don't want to dance come along and watch.

AGM

Don't forget the Society's AGM
on **Friday, 30th August.**

7.30 pm start and a Basket Supper to close.

SCOTTISH HAGGIS

Procure the large stomach-bag of a sheep, also one of the smaller bags called "King's Hood", together with the pluck, which is the lights, liver and heart. The bags must be well washed, first in cold water, then plunged in boiling water and scraped. Great care must be taken of the large bag; let it lie and soak in cold water, with a little salt, all night. Wash also the pluck. You will now boil the small bag along with the pluck; in boiling, leave the windpipe attached and let the end of it hang over the edge of the pot. so that impurities may pass freely out. Boil for 1½ hours and take the whole from the pot. When cold, cut away the windpipe and any bits of skin or gristle that seem improper. Grate a quarter of the liver (not using the remainder for the haggis) and mince the heart, lights and small bag very small, along with ½ lb. of beef suet. Mix all this mince with 2 small teacupfuls of oatmeal, previously dried before the fire, black and Jamaica pepper and salt; also add ½ pint of the liquor in which the pluck was boiled, or beef gravy. Stir all together into a consistency. Then take the large bag, which has been thoroughly cleaned, and put the mince into it. Fill it only a little more than half full, in order to leave room for the meal and meat to expand. If crammed too full it will burst in boiling. Sew up the bag with a needle and thread. The haggis is now complete. Put it in a pot with boiling water and prick it occasionally with a large needle, as it swells, to allow the air to escape. If the bag appears thin, tie a cloth outside the skin. There should be a plate beneath it, to prevent it sticking to the bottom of the pot. Boil it for 3 hours. Serve in a napkin on a dish, without garnish or gravy, it being sufficiently rich in itself.

NEW MEMBERS

On behalf of the Chief, Directors and Members a very warm welcome is extended to the following new members

Corporate

Ray Read, John Freebairn, Graham Hunter,
M. Dunstone and P. Dunstone

Associate

B. Zacharive JP, A. Joyce, A.L. Evans

THE HIGHLAND DIRK



1784

An effigy of a Knight in Ardchattan Priory (Loch Etive, Argyll) carved in stone in 1502 wears the distinctive Highland dagger, the Dirk. Unlike other European daggers the Dirk has a single edge and thus a heavier blade and can be used for the cut as well as the thrust, being pointed, unlike the Goorka Kukri designed and balanced for the blow alone. For the same reason, no cross-hilt was required yet the haunches of the pommel were nevertheless distinctive, arresting the forward movement of the wielders fist on forward impact, in the point advancing manner, just as the pommel projected to prevent the weapon falling from his grip. Very early dirks show the grip tapering upwards to accommodate very precisely the maximum angle of finger grip. It is not accidental that by the early 19th Century the Highland Regimental Dirk was a perfectly balanced battle-designed short sword and dagger combined.

Traditionally the grip surface of the pommel must not be smooth, so knotwork interlacing, then basketwork carving was characteristic of the weapon. In some cases detailed carving took its place. Much time and trouble was expended in our Thistle master carving which went to produce the unique hilt which we have supposed suitable. The pommel cap, the guard mount, the scabbard locket and point virelle were designed and chased by the finest exponent of repousse art in Scotland today. The custom of kissing the steel is not peculiarly Scottish in origin. In many Military forces the salute by officers and cavalry troopers represents just that. For five hundred years the oath of fealty or any other for that matter, given by a Highlander was sealed by the kissing of his Dirk.



1884

Be part of the initial Noarlunga Games fundraiser and join us for a

CEILIDH
(a fun night for the whole family)

Everyone welcome!!

Join in the raffles, lucky spot prizes, entertainment, good music, dancing, games and anything else that comes to mind.

Prize for the best tartan outfit and prize for the worst or loudest tartan outfit.

Bar on site with prices cheap enough to turn you to drink! 

WHEN? 7.30 Saturday 10 August 1996

WHERE? Noarlunga Community Arts Centre
22 Gawler Street, Port Noarlunga

COST? \$5 Adult \$2 children (over 3)

Bring a basket for communal supper

BOOK A PARTY OF 20 AND RECEIVE 10% DISCOUNT.

For individual & table bookings phone:

Lyn Hann 384 4529
Pauline Robey 326 0142
Sue Matthews 370 5790

WHISKY MALT or GRAIN

BARLEY

MALTING

The barley is moistened and germinated. The enzyme *diastase* is released during germination. Diastase is required to convert starch into sugar.

DRYING

Germination is stopped by percolating hot air and smoke (peat reek) up through the malted grain.

MASHING

The dried malt is ground and hot water added. The soluble starch is converted into a sugary liquid (wort).

FERMENTATION

The wort is cooled and a measured amount of yeast is added. Sugar is converted to alcohol in a weak mixture called wash.

DISTILLATION

The wash is distilled in pot stills

MATURATION

The spirit is placed into oak casks generally for a minimum of 8 years, and up to 25 years.

BLENDING

BOTTLING

Single Malt

CEREALS

Barley, Maize etc

COOKING

The unmalted cereals are cooked under steam pressure to burst the starch cells.

MASHING

The cooked cereal has some malted barley added to it to provide the diastase required for converting the starchy liquid into sugary liquid (wort).

FERMENTATION

The wort is cooled and a measured amount of yeast is added. Sugar is converted to alcohol in a weak mixture called wash.

DISTILLATION

The wash is distilled in patent (Coffey) stills

MATURATION

The spirit is placed into oak casks generally for 4 or 5 years.

BLENDING

BOTTLING

Deluxe Blend

BOTTLING

Standard Blend

GOLD NAME BADGES

By now you may have seen a few members wearing a very attractive, easy to read personal name badge. This badge proudly identifies you as a member of the Society and assists in getting to know the names of members. Contact the Secretary, Barbara Medhurst or Chief Lennox Pawson. Cost is \$10.00

BOTTLE DRIVE

As a fundraiser, which will be put aside to buy paint for the repainting of the building, Council Members will call and collect your empty cans and bottles.

So don't put them out with the "wheelie bin", telephone the office and leave your name and address for collection of cans and bottles.

NEWSLETTER ARTICLES

Newsletter articles can be left in the mail slot by the front doors, or tell the Editor, Members of Council, the Secretary, Treasurer or leave on the notice board.

The *Caledonian* is a quarterly newsletter. All financial members of the R.C.S. receive a FREE copy posted to their home address.

ADVERTISING IN THE CALEDONIAN

Rates are very reasonable. Circulation 250 copies.

\$50	"	"	"	A4 full page
\$30	"	"	"	A4 half page
\$20	"	"	"	A4 quarter page
\$10	"	"	"	small line ads (up to 6 lines)

FOIL TRANSFERS FOR CARS, ETC.

Be a proud member of the Society and affix one of our new transfers to your car window. Let the wider community see us. These are available from the shop (Janine - Coverbind Services) or from the Secretary's office on a Wednesday. Cost \$3.00

BEQUESTS AND WILLS

If you would like more information about how to make a bequest please write to the Chief or Secretary at 379 King William Street, Adelaide, 5000.

SOCIAL PROGRAMME 1995/1996

AUGUST

- Sat 24th **SQUARE DANCE** \$5 Adult, \$2 child.
Basket Supper
- Fri 30th **ANNUAL GENERAL MEETING**
7.30 pm Basket Supper

SEPTEMBER

- Sat 28th **GRAND HIGHLAND BALL** 8 pm
Redlegs Club. Further details to follow.
Joint fundraising venture for Society and Pipe Band. \$25 per head

OCTOBER

- Fri 11th **MALT WHISKY TASTING** \$20 per head
including supper - more details in another section of this newsletter.

- Fri. 18th **BAIRNS CLASS** Term 4

- Fri 25th **HALLOWEEN**

NOVEMBER

- Sat 2nd **JOHN MARTIN'S PAGEANT**
Breakfast and lunch

- Fri. 15th **BAIRNS PRESENTATION NIGHT**

- Sat 30th **ST. ANDREW'S DAY SUPPER DANCE**

DECEMBER

- Sun 1st St Andrew's Church Service

- Tues 31st **HOGMANAY**

HOW!

Cloud Howe by Lewis Grassie Gibbon Lond. Jarrolds, 1933.

This is an early 20th century novel about a Scottish country town, Howe and its minister Robert Colquhoun and his wife Chris and son Ewan.

It seems that not only Royalty and politicians live in "Gold fish bowls" but also ministers of religion.

The book does not leave out the many fabrications of gossip which wound around the minister and his wife.

This book is one of a trilogy, of which the first was Sunset Song about Chris Guthrie and her son Ewan. Chris was previously married to Ewan Tavendale who died in the War in France. His son was Ewan.

Clouds by day" — "A pillar of cloud by day and a pillar of fire by night ..."

"They had hung in the sky since the coming of man, set there by God for the standards of men, clouds and the shining standards of rain, the hosts of heaven for our standard by night". (p.135).

The book's chapter headings are "Cirrus, Cumulus, Stratus, and Nimbus".

It is an interesting study of Scottish village life. Gibbon's style of writing is almost lyrical, especially when he is describing scenery.

Do read it. A copy is available for loan to members. Contact Director Marjorie Burns on Wednesdays to borrow it.

FIRST OF ALL by TONY BROOKS

In our December issue of *The Caledonian*, we published a review of First of all by Tony Brooks 1995. This is the biography of Catherine Helen Spence, first Australian woman writer, born near Melrose, Scotland in 1825 and died in South Australia in 1910. Here is another review of this book!

Catherine Helen Spence lived with her parents and two sisters in poverty in the early hard days of South Australia. She and her mother ran a School for children. Seeing the wretched poverty of many in South Australia she became an advocate for the rights of the poor. She took an active part in establishing Institutions for the Destitute children, adopting some orphans herself, although she never married. Here we have a traditional role of woman caring for children. However success was only possible with the help of influential men.

She wrote articles for the *South Australian*, Adelaide newspaper and the *Argus*, Melbourne, newspaper. Her first book *Clara Morrison* was published in 1854.

When money was lacking, a rice diet sustained the family, rice being cheap and nourishing. Somehow the new colony managed to exist even when the men went to the Victorian Gold Rush. The women then not only looked after their children, but also ran the whole community. A magnificent effort, perhaps equalled by the war effort for the more recent 1939-1945 war.

Catherine toured England and Scotland, where she was concerned about social conditions as well as meeting writers and Prime Minister Gladstone. It was unusual that this forceful red headed woman was accepted by her contemporary men.

First of All is written like a novel, in conversational style. It gives an unadorned picture of Adelaide, South Australia, particularly of the poverty in the evolving colony. It is not a book for the faint hearted.

Now we have 3 books available to members of the Society:

1. Brooks, Tony First of All Adel. 1995
2. Gibbon, Lewis Grassie Cloud Howe. Lond. Jarrolds 1933
3. Auld, Robert Campbell MacCombie The Burns we Love N.Y. and Ayr. 1929.

M.R. Burns, Director, Librarian and Historian

TOURIST'S PRAYER

with compliments of
PETER GULLICK of Insight Tours

Heavenly Father look down on us your humble, obedient tourist servants who are doomed to travel this earth, taking photographs, mailing postcards, buying souvenirs and walking around in drip-dry underwear.

We beseech you, Lord, to see that our plane is not delayed, our luggage is not lost and our overweight baggage goes unnoticed.

Protect us from surly and unscrupulous taxi drivers and porters; and also unlicensed, English speaking guides.

Give us this day divine guidance in the selection of our hotels that we may find our reservation honoured, our rooms made up and hot water running from the faucets.

We pray that the telephones work and that the operators speak our tongue, and that there is no mail waiting from our children which would force us to cancel the rest of our trip.

Lead us, dear Lord, to good, inexpensive restaurants where the food is superb, the waiter friendly and the wine included in the price of the meal.

Give us the wisdom to tip correctly in currencies we do not understand. Forgive us for undertipping out of ignorance and overtipping out of fear. Make the natives love us for what we are and not for what we can contribute to their worldly goods.

Grant us the strength to visit the museums, cathedrals, and palaces the castles listed as "musts" in the guidebooks, and if perchance, we skip an historic monument to take a nap after lunch, have mercy on us, for our flesh is weak.

(This part of the prayer is for the husbands)

Dear God, keep our wives from shopping sprees and protect them from "bargains" they don't need or can't afford. Lead them not into temptation for they know not what they do.

(This part of the prayer is for the wives)

Almighty Father, keep our husbands from looking at foreign women and comparing them to us. Sae them from making fools of themselves in cafes and nightclubs. Above all, do not forgive them their trespasses, for they know exactly what they do.

(Together)

And when our voyage is over and we return to our loved ones, grant us the favour of finding someone who will look at our home movies and listen to our stories, so our lives as tourists will not have been in vain.

Amen.

THE PRESSURES OF DRINKING

DR SANJIVA WIJESINHA

During my schooldays, one of my pals had a delightful old aunt who, we noticed, used to help herself to a generous tot of brandy each evening — 'Because,' she took great pains to explain to us, 'it's good for my blood pressure.'

This daily dram of alcohol didn't do the old lady any harm since she is still alive, in full possession of her faculties and able, at the ripe old age of 92, to defeat me at Scrabble.

As far as blood pressure is concerned, however, is alcohol helpful or harmful?

This is a question that has lately been the subject of some serious medical research. From what we know at present, the facts are that, in the short term, a drink of alcohol causes a modest fall in blood pressure, mainly due to the dilating effect it has on our blood vessels. Continued consumption of more than two portions (about 20 to 25 grammes of alcohol) per day, however, results in a sustained increase in our blood pressure.

It was a French army surgeon, Dr Lian, who, during World War One, noticed the increased prevalence of high blood pressure, or hypertension, in soldiers who drank more than two litres of wine per day. Over the years, this association between alcohol consumption and high blood pressure has subsequently been proved to occur in various ethnic groups by over forty separate research studies.

In some populations, it was noticed that people who drank one portion (about 10 grammes) or less of alcohol per day had lower blood pressure than those who drank more, or who abstained

completely; however, other studies in other populations noted that even those who drank an average of one portion per day had higher than normal blood pressures.

Whether one's drink is beer, spirits or wine appears to make no difference as far as the effect on pressure is concerned — the more one drinks, the more one's pressure rises, with a possible 'maximum' effect coming on when one reaches seven drinks per day.

The blood pressure raising action of alcohol is known to be greater the fatter and older one gets — and possibly also in those who are by nature introverted or under excessive stress. The risk of alcohol-induced high blood pressure is greater in people who consume a lot of salt and in those with a low level of physical fitness. In fact, alcohol has been deemed responsible for elevated blood pressure in about one-third of hypertensive males. Since women in most societies drink less, on average, than men, only a few cases of pressure in women can be blamed on alcohol, but the fact remains that women who drink heavily are as prone to high blood pressure as heavy drinking males.

The interesting thing is that alcohol-induced high blood pressure comes on within a few days of excessive intake and recedes within a few days of abstinence. Those who indulge in a grand binge only during the weekend usually have higher blood pressures on Monday and progressively lower pressures during the rest of the week — until Saturday comes round again and

they indulge in another pressure-raising bout of boozing once more!

To balance the long term bad effect of excess alcohol on blood pressure, there are certain beneficial effects of small amounts of alcohol on factors like blood cholesterol and blood clotting. Many research studies have shown that people who regularly consume a few millilitres of alcohol each day (like my friend's nonagenarian aunt) have a lower rate of coronary heart disease.

Since there are no benefits to be gained from taking more than one or two drinks a day, it stands to reason that people who regularly drink more than this should reduce their consumption, even if their blood pressure at present is normal. For those who do have alcohol-induced high blood pressure, cutting down on their intake of booze will reduce their blood pressure significantly within a few days.

While there is no health-related reason to advocate total abstinence for people who pursue their enjoyment of alcohol in a reasonable and controlled manner, those who drink to excess would be strongly advised to cut back on their level of drinking.

In fact, anybody who has high blood pressure should reflect on his or her drinking habits and if the average intake is more than one small drink a day, this should be cut down. The blood pressure almost certainly will improve. Even if it does not, the liver, heart, brain and other organs will certainly be protected from the many evil consequences of excessive alcohol intake.

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HALLOWEEN

Saturday 29th October
8 pm.

3 Piece band

Prizes for Fancy Dress

Basket Supper

Admission : Members \$ 8.00

Visitors \$10.00

Children \$ 2.00

379 King William St
Adelaide



ROYAL CALEDONIAN SOCIETY

SQUARE DANCE

24TH AUGUST - 8 P.M.

CALLER - BARRY MARKWICK

MAKE UP A PARTY AND COME AND JOIN IN THE FUN

BASKET SUPPER

BAR FACILITIES AVAILABLE

ADULTS - \$5.00

CHILDREN - \$2.00

379 KING WILLIAM STREET, ADELAIDE

PHONE: 2315268

OR

PHONE: 2979815