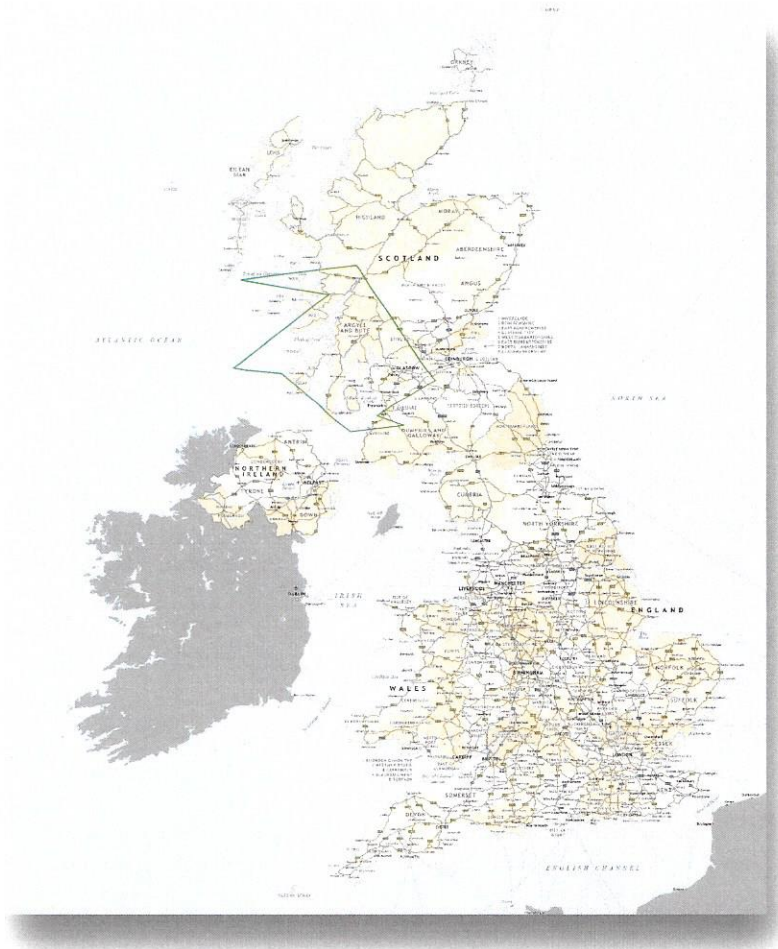


# TODAY'S NEWS

By Anne Greeno

## A Journey Through Scotland

A group of 42 Maritimers travelled through Scotland as part of *Frank and Wendy's Best of Scotland* tour. We visited several castles (and even stayed in one) plus visited cathedrals, Bell's Whisky Distillery and a hunting lodge for tea and biscuits. I'd be remiss if I didn't mention haggis - it's really not all that bad! But seeing the Battlefields of Culloden will always remain in my memory as a time and place in history that shaped the way of life, traditions and identity of New Scotland. Please follow along and see the places we visited and what we learned of the Scottish way of life, their heritage, our heritage.



## Trip Highlights

Royal Yacht Britannia	Edinburgh Castle	Loch Lomond	Isle of Mull
Isle of Iona	Iona Abbey	Glencoe	Glenfinnan Viaduct
Isle of Skye	Scottish Pub Night	Battlefield of Culloden	Whisky Distillery
Prestonfield Dinner	Sheep Dog Farm	Tayport	Airth Castle
Dunvegan Castle	Glamis Castle	Blair Castle	Stirling Castle



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## Introductions

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### Wendy Dunham



### Frank Cameron



**Wendy Dunham** is the owner of Wendy Dunham Travel based in Dartmouth, Nova Scotia. Being in the travel business for 20 years has given her the experience needed to deliver exceptional service to her many clients. Wendy specializes in European travel, including coach tours and cruises.

**Frank Cameron** is currently a radio personality for Seaside FM 105.9 in Eastern Passage, Nova Scotia. Frank has been in the television and radio business for many years and is widely respected for his love of music, it's artists and how music brings people and families together.

**Trafalgar** toured us through Scotland in style. Wendy worked with Trafalgar, and our Tour Director, **Frances O'Doherty**, to put together an itinerary that gave credence to our trips's name - Frank and Wendy's Best of Scotland tour.



## Edinburgh - Royal Yacht Britannia



In typical Scottish fashion, it rained on our first day in Scotland. The visit to the Royal Yacht Britannia was still amazing. The Britannia was built in 1953 and was used for 44 years by the Queen and the royal family for state visits, family holidays and royal honeymoons.

The Britannia is now owned by the Royal Yacht Britannia Trust and is a visitor attraction and event venue. This yacht was, and continues to be, the world's most famous ship.

Most of the ship's five levels are open to the public, including the state apartments. This was the Queen's bedroom which was surprisingly quaint rather than opulent. Prince Phillip's room was across the hall from the Queen's.

Other areas open to the public include the bridge, crews' quarters, the engine room and sun lounges.



Our first meal in Scotland was lunch at the Royal Deck Tea Room. Enjoying sandwiches and scones with jam are Frances, Arlene and Pearl.

H.M.Y. BRITANNIA



A funny thing happened. The waiter brought us the wrong bill. The place was crazy busy, so instead of waiting for a new bill, we paid the one we were given and left the Queen holding the bag!



# Welcome Dinner At Brown's And It Was My Birthday!



## MAINS

### FISH & CHIPS

Line-caught cod fillet in crisp seasoned batter, pea & mint purée, tartare sauce, thick cut chips £12.95

### LOBSTER RISOTTO

Parmesan, chive, lemon, cherry tomato £16.95

### PAN FRIED SEA BASS

On a stew of prawns, mussels, squid, heritage potatoes, tomato, fennel & white wine sauce £14.75

### SLOW COOKED SALTED PORK BELLY

Savoury apple pie, buttered green beans, mash, crackling, red wine jus £14.50

Complement this dish with scallops: £5.95

### BROWNS FISH PIE

Salmon, prawns, scallop, Isle of Man Cheddar mash, garlic, Parmesan, parsley crumb £14.50

### STEAK & GUINNESS PIE

Bubble & squeak, crisp prosciutto ham £12.95

### PORTOBELLO MUSHROOM TART (VE)

Puff pastry filled with portobello & seasonal mushrooms, asparagus & pea shoot salad £11.50

### ROASTED LAMB RUMP

Potato gratin, crushed minted peas, red wine jus £16.95

### HALF ROAST CHICKEN

Lemon, garlic & thyme marinade, fries, Bordelaise sauce £13.50

tomato, fennel & white wine sauce £14.75

Bubble & squeak, crisp prosciutto ham £12.95

HALF ROAST CHICKEN



## City Tour of Edinburgh

### *Edinburgh Castle*

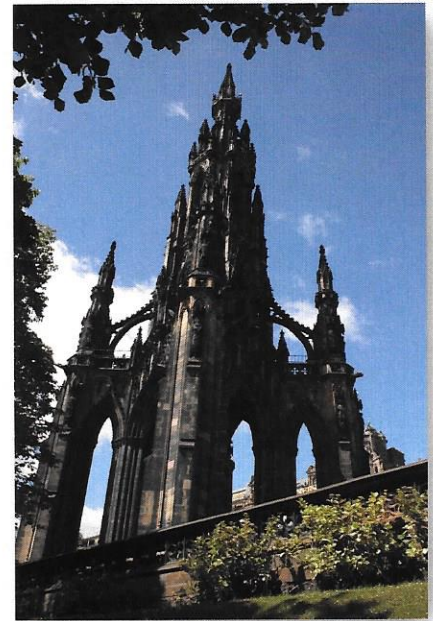
Perched high on Castle Rock, this fortress dates back to 1093. In 1621, King James granted Sir William Alexander land in North America between New England and Newfoundland, called Nova Scotia (New Scotland). The Baronetage of Nova Scotia, created in 1624, had baronets symbolically receive the earth and stone of the land. Since Nova Scotia was far away, the King declared that the ceremony could be held in either the new Province or at the Castle of Edinburgh.



### *Architecture*

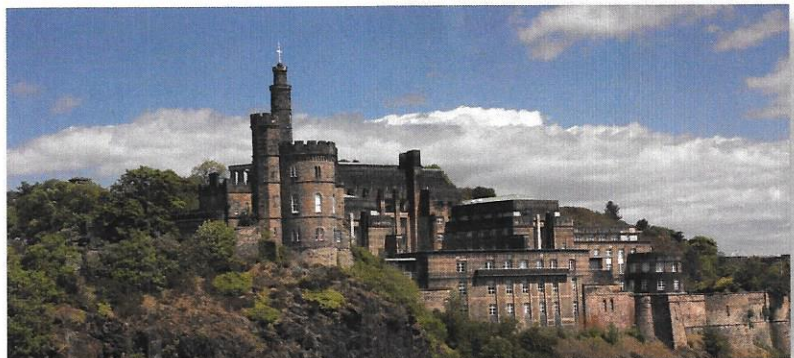
The oldest residential building in Edinburgh is called the **John Knox House**, built in 1490, and is located on the Royal Mile. There is no evidence that Protestant Reformer John Knox actually ever lived in the house.

The **Scott Monument** was built in 1846 and is a Victorian gothic tower honouring author Sir Walter Scott. A marble monument of Scott is located at the base of the monument between the four columns.



### *World Unesco Heritage Site*

The **Old Town** is a World Unesco Heritage site due to its medieval street plan and the reformation era buildings. The Royal Mile is the main artery which runs on a downwards slope from Edinburgh Castle to Holyrood Palace and the Holyrood Abbey.



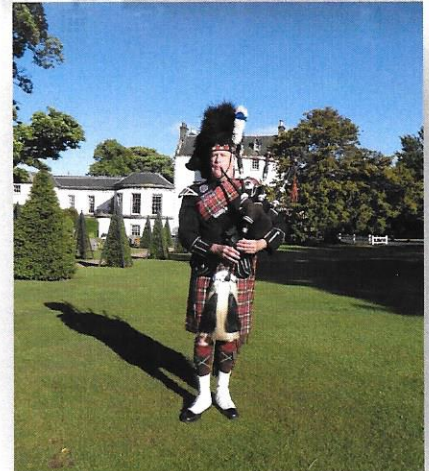


## Taste of Scotland - Prestonfield

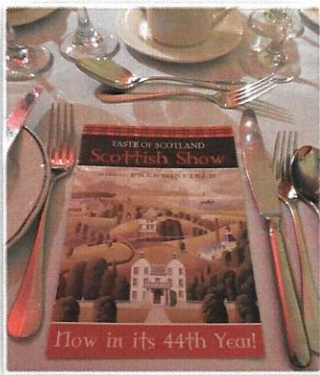


**Prestonfield** was built in 1687 as the home of Sir James Dick, Lord Provost of Edinburgh. The estate includes the mansion, stables and elaborate landscaped parkland. The estate was inherited by Sir Robert Keith Dick, who refurbished the mansion into a grand hotel and restaurant, then turned the stables into the grandest events venue, home to the Taste of Scotland show.

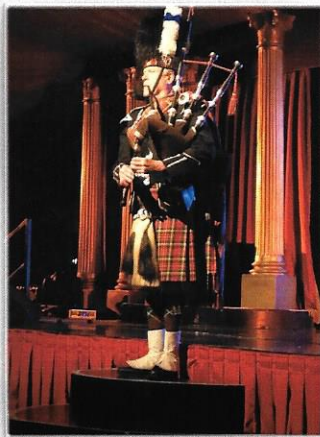
Notable guests to Prestonfield have included Winston Churchill, Margaret Thatcher, Grace Kelly, Sean Connery, Elton John, Catherine Zeta-Jones and clients of Wendy Dunham.



### Haggis



Haggis is a pudding made of sheep's heart, liver and lungs. The Scottish have a tradition of piping in the haggis and then giving it the famous Burns Address, after the Scottish poet, Robert Burns. Burns Day is celebrated each year on January 25th in many countries that have Scottish heritage.



Another ceremony of the haggis, although probably less known, is the haggis hurling competition held in towns throughout Scotland each year. The world record is 217 feet. Oh, and the haggis must be edible after landing.





## Loch Lomond



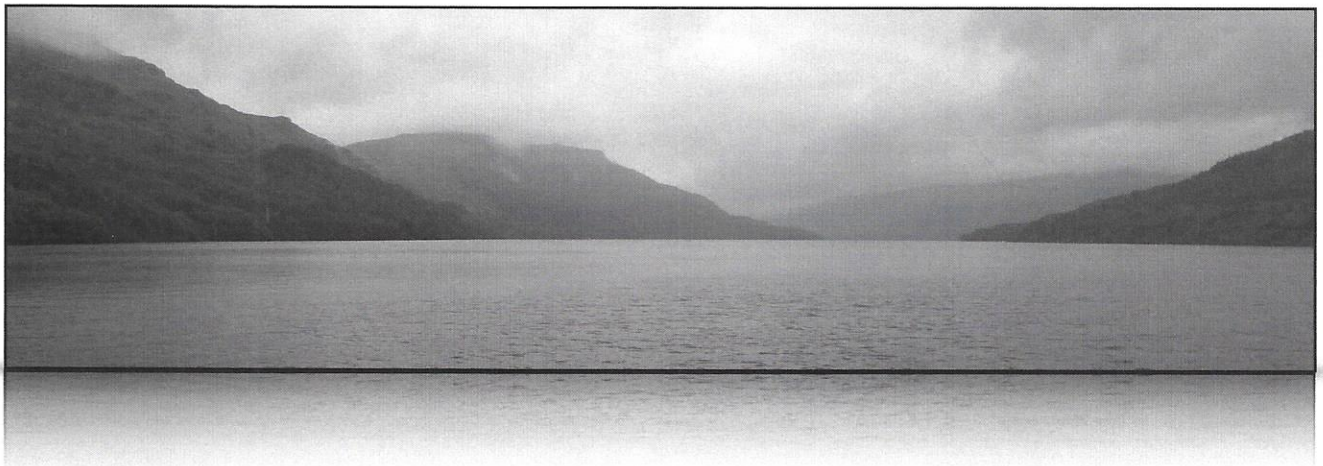
As guests onboard **Cruise Loch Lomond**, the group enjoyed a one hour tour of the famous 24 mile long, 5 mile wide loch (lake). The loch lies on the highland boundary fault, separating the lowlands of Central Scotland and the Highlands, and framed by the Ben Lomond mountain range.

There's another Loch Lomond, located in Santa Cruz County, California, named after the Scotland loch. It also has a mountain range nearby called Ben Lomond, named by Scot John Burns (another famous Scottish Burns) in 1851.

**The Bonnie Banks o' Loch Lomond** is a Scottish song played at the end of each party or gathering. One interpretation of the song is attributed to two Jacobites captured in 1745. One was to die, one to live. The one to die took the "low road", his body being paraded along the main road controlled by the Duke of Cumberland's forces, whereas the one to live would travel along the hilltops, taking longer to get back.



*O ye'll tak' the high road, and I'll tak' the low road,  
And I'll be in Scotland a'fore ye,  
But me and my true love will never meet again,  
On the bonnie, bonnie banks o' Loch Lomond.*





## Oban

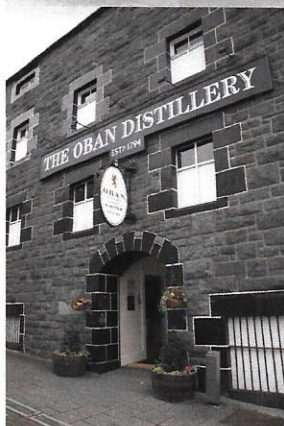
### *Be Still My Heart!*



The seaside town of Oban is busy with fishing, ferries and tourists. The bay is protected by the island of Kerrera, and beyond that the Isle of Mull. To the north is the long low island of Lismore, and the mountains of Ardgorr and Morvern, where my family is from.



Bonnie and I had a great time roaming through the town and walking along it's waterfront. We enjoyed watching the boats go by, sipping wine on the beach, and also meeting people from Montreal and New York who were there on vacation. It's all about getting out there and meeting people!



The **Oban Distillery** opened in 1794. It is the smallest of distilleries in Scotland, described as having a West Highland flavour that falls between the dry, smoky style of the Scottish islands and the lighter, sweeter malts of the Highlands. We dropped in to visit the showroom on our way to McCaig Tower. Built between 1897 and 1902, this monument to the McCaig family was never completed. It sits empty, but with excellent views of the surrounding islands.





## Travelling to the Isles of Mull and Iona



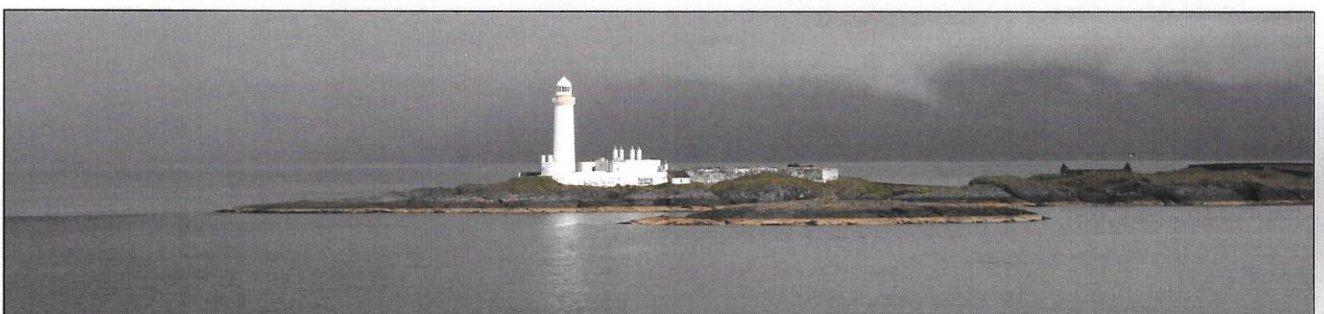
Our destination was the **Isle of Iona**, via the **Isle of Mull**. We took the ferry from Oban to Craignure, Mull, then travelled by coach to Fionnphort, then by ferry to Iona.

**Mull** has been inhabited since 6,500 BC. Travellers can visit the Bronze Age Lochbuie Standing Stone Circle, six remaining castles, and two brochs, Iron Age drystone hollow-walled structures found only in Scotland.

**Iona** is the home of Scottish Christianity. Two famous structures there include the Benedictine Abbey and the Iona Nunnery. The graveyard next to the Abbey is the final resting place of 48 medieval kings of Norway, Ireland, and Scotland, including the eleventh-century king Macbeth of Shakespearean fame.



A journey is not just arriving, it is the adventure along the way. Our group witnessed the day turn from fog and mist to beautiful sunshine that touched the shores of beautiful islands. One of my most memorable sites in Scotland is this lighthouse that had just emerged from the fog as the ferry rolled on by.





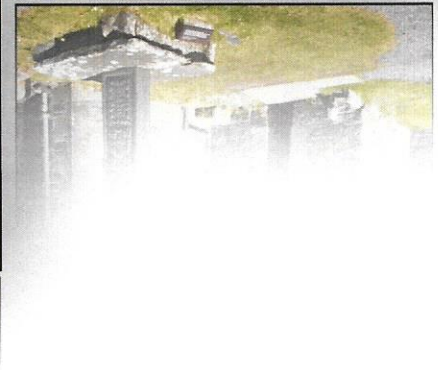
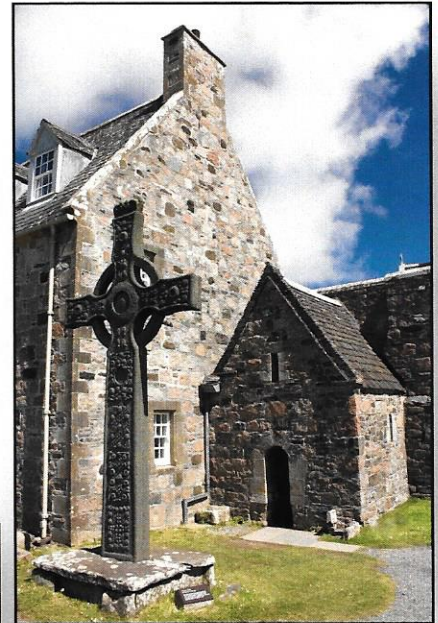
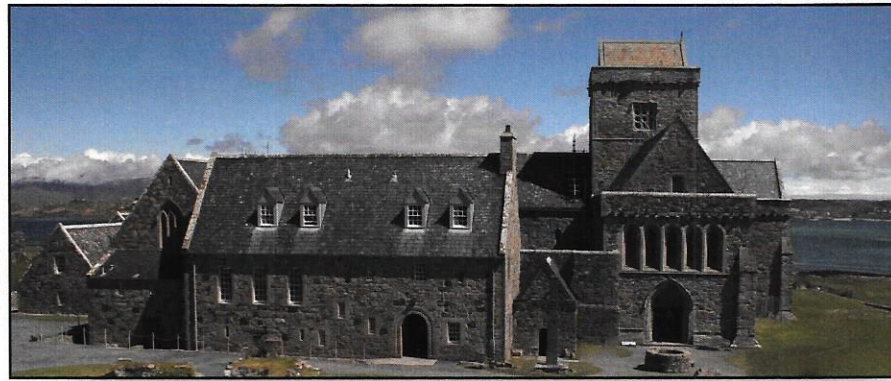
## Isle of Iona

### Benedictine Abbey



The Abbey was first built as a monastery in 563 and was the foundation of a monastic community by St. Columba. In 1203, the Benedictine Order built a new monastery on the destroyed ruins of the original buildings. In the 15th century, all buildings fell into ruins following the Scottish Reformation. The current Abbey was rebuilt starting in 1938.

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### Iona Nunnery

The Iona Nunnery, part of the Augustinian Order, was built at the same time the Benedictine Order was building the Abbey in 1203. It too fell into ruins following the Scottish Reformation. Graves of the some of the early nuns still remain on the site.



FÀILTE GU  
TAIGH CHAILLEACHA-DUBHA Ì

WELCOME TO  
IONA NUNNERY

One of the best preserved medieval nunneries in the British Isles.

Open all year  
Admission is free

Help us to protect the nunnery for future generations. Please do not climb on the walls.

HISTORIC SCOTLAND  
ALBA ANNAHOR

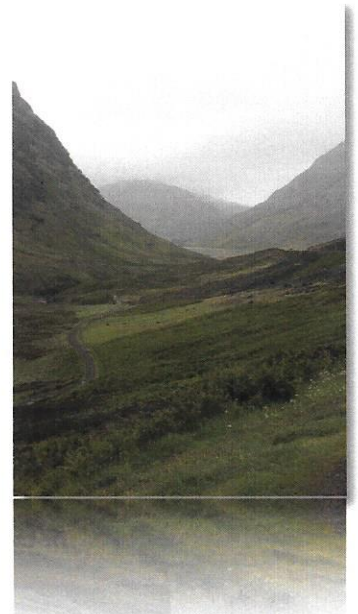
STÈB NUNNERY  
HISTORIC SCOTLAND



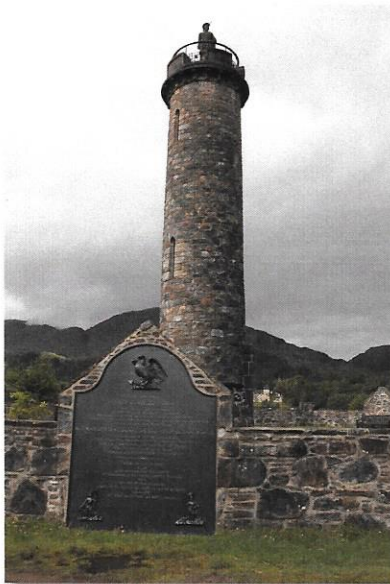
## Glencoe and Glenfinnan

### Glencoe

The **massacre of Glencoe** happened in February, 1692. It is referred to as *Mort Ghlinne Comhann*, or murder of Glen Coe. The massacre began simultaneously in three settlements along the glen - Invercoe, Inverrigan, and Achnacon - where 38 members of the Clan MacDonald of Glencoe were killed by Campbell clan members taken in by the MacDonald's for refuge against the elements. Another 40 MacDonald family members died from exposure after their homes were burned.



### Glenfinnan



It was at Glenfinnan where Bonnie Prince Charlie claimed the Scottish and the English thrones in the name of his father, James Stuart. This claim ended at the Battle of Culloden on April 16, 1746. On September 20, 1746, Charles fled Scotland from Loch nan Uamh, never to set foot in Scotland again. The Prince's Cairn was erected in 1956 by the 1745 Association, a historical society dedicated to the study, recording and preservation of the memories of the Jacobite period.

### Glenfinnan Viaduct

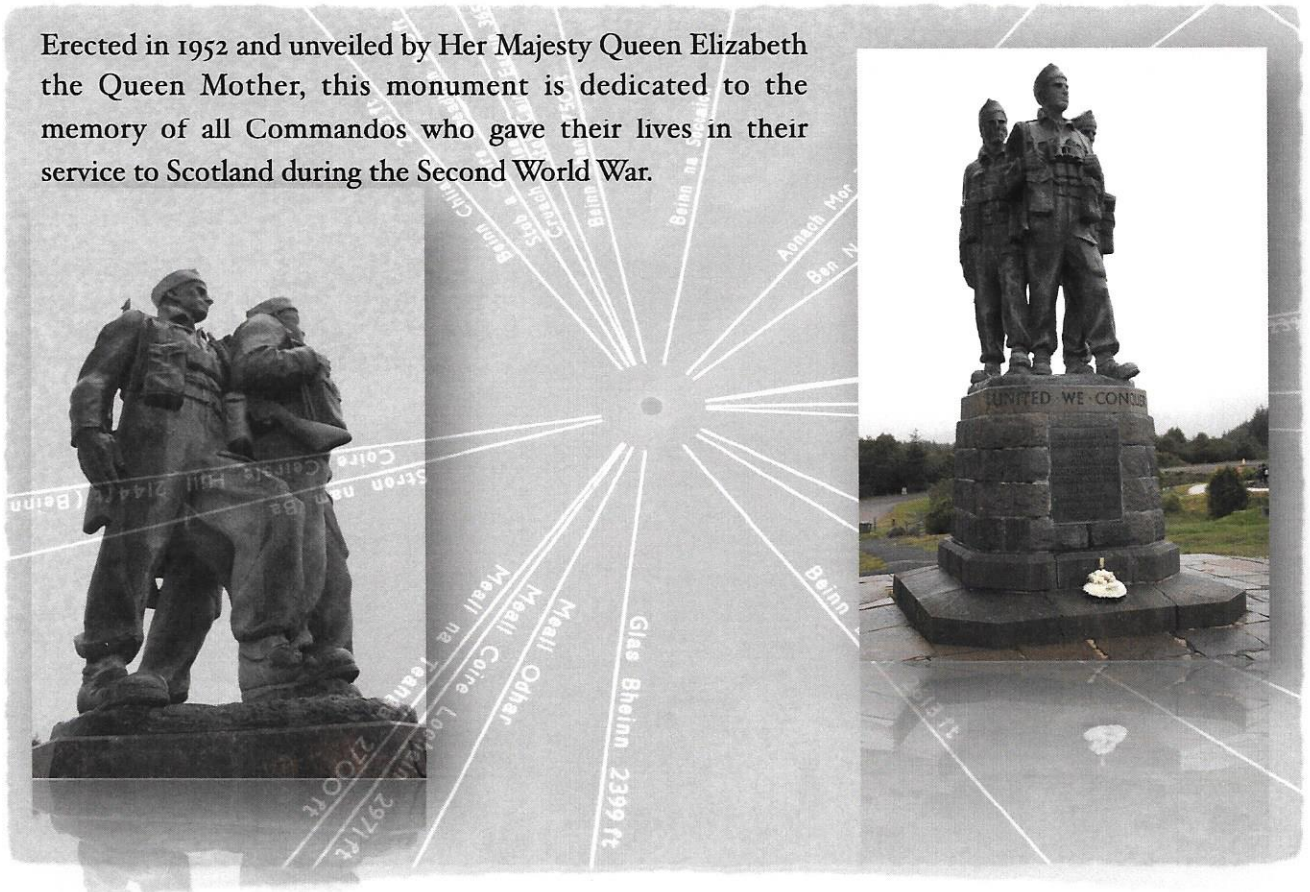
The Glenfinnan Viaduct is a railway viaduct on the West Highland Line in Glenfinnan, Inverness-shire, opened in 1901. The viaduct is 380 metres long and is built from mass concrete, with no metal reinforcements.





## The Commando Memorial

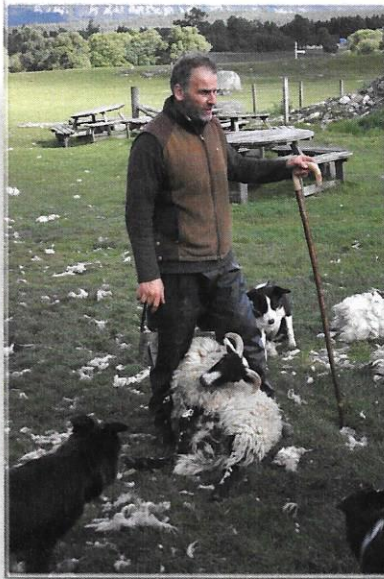
Erected in 1952 and unveiled by Her Majesty Queen Elizabeth the Queen Mother, this monument is dedicated to the memory of all Commandos who gave their lives in their service to Scotland during the Second World War.





## Highland Farm Experience

While in the Scottish Highlands, an optional tour brought us to a working sheep farm. The owner, Neil, opens his farm to tourists to teach them the agility and smartness of his border collies. Their main tasks are to follow Neil's commands through a whistle or single word in rounding up the sheep that could be scattered across many acres.



As part of the demonstration, one of the dogs was instructed to single out a sheep and herd it to Neil. This task was accomplished with ease.

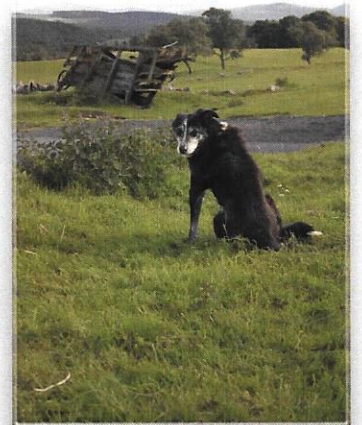
The herd settled down to another part of the pasture, the dogs gathered around the chosen sheep, then Neil demonstrated the art of shearing, all the while keeping the sheep free of distress or pain.



### *The Young and the Old*

The neighbouring farmer loaned Neil his border collie puppies so that we could all have an "awe" moment.

The old guy on the farm was content to sit and survey his land. This guy melted my heart.

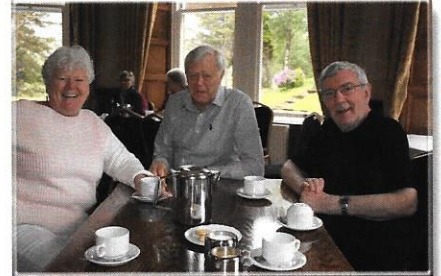




## Isle of Skye

### *Ledgowan Lodge*

On the way to the Isle of Skye, we stopped at Ledgowan Lodge for tea and biscuits. Located in Achnasheen, Wester Ross, Ross-shire, this hotel and restaurant was a wonderful, authentic Scottish house for our coach to pay a visit to. Their location in the highlands is perfect for seeing wildlife, which include stags, hinds, ducks and pheasants. Those who enjoy walking enjoy the 28 hiking trails located nearby.



### *Dunvegan Castle*

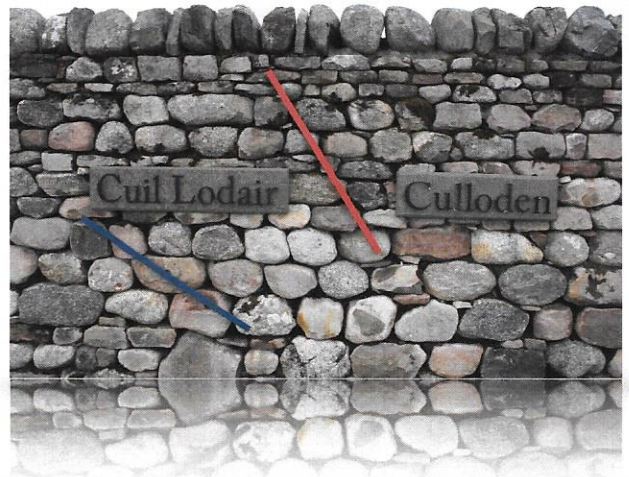
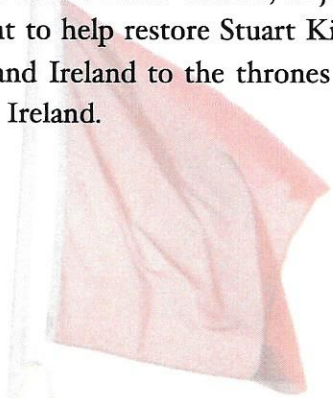


Again, as in true Scottish fashion, it poured rain on the Isle of Skye. But that didn't dampen our spirits when visiting Dunvegan Castle, home of the MacLeod clan. When viewing the MacLeod family tree, Malcolm is the most popular name, with multiple Malcolm's in the same generation.



## Culloden

In 1745, Highlander clansmen were asked by Charles Edward Stuart, a.k.a. Bonnie Prince Charlie, to join the Jacobite movement to help restore Stuart King James II of England and Ireland to the thrones of England, Scotland and Ireland.



Bonnie Prince Charlie's campaign saw a victory at the Battle of Prestonpans. His army then invaded England, however, they did not receive the support of English Jacobites that they needed. They retreated to Scotland, re-supplied and recruited more men. Although subsequent battles were won, it was evident that the Jacobites did not have proper leadership or training. This would prove to be costly.

On April 16, 1746, the Jacobites were defeated at Culloden by loyalist troops commanded by the Duke of Cumberland. Campbell militia assisted the British for the win.

Between 1,500 and 2,000 Jacobites were killed or wounded in the battle that lasted less than one hour. 154 Jacobites and 222 foreign soldiers were taken prisoner.

After the battle, Charles Edward Stuart fled Culloden, making his way towards the Hebrides. He reached Arisaig on the west coast of Scotland on April 20. He then sailed for the island of Benbecula in the Outer Hebrides. From there, he made his way to Stornaway via Scalpay. For the next five months, he criss-crossed the Hebrides, constantly being pursued by Government supporters and always under threat from local lairds who were tempted to take the £30,000 offered for his capture. His most famous movement during this time was his aided escape to the Isle of Skye. On September 19, Stuart reached Borrodale on Loch nan Uamh in Arisaig. Two French ships took him and his men to France. He never returned to Scotland again.





## The National Trust for Scotland



The National Trust for Scotland maintains the preservation of the battlefield so that we can continue to be educated on historical events that guided the way to our destinies. A memorial cairn was erected by Duncan Forbes in 1881, along with grave markers for the various fallen Scottish clans members. The location of the graves of about sixty Government soldiers is unknown.



The battlefield has been inventoried and protected by Historic Scotland under the Historic Environment (Amendment) Act 2011. Artifacts found include pistol balls, pieces of shattered muskets and mortar shells. A recent find of a 1752 silver Thaler coin may assist in finding the graves of the sixty Government soldiers.





## Blair Castle

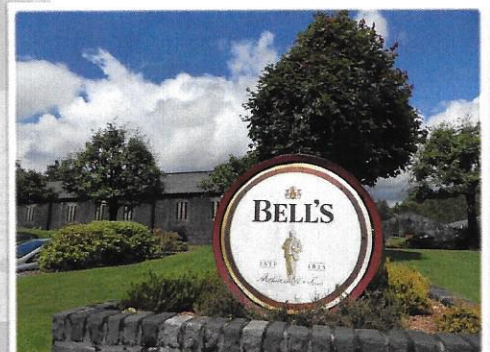


Blair Castle was started in 1269 and is the ancestral home of the Clan Murray. In 1996, it was placed in a charitable trust under Scottish control. Interesting fact: The castle was occupied twice by Bonnie Prince Charlie and his Jacobite army; first in early September, 1745 and then in early February, 1746.



## Blair Athol Distillery

Founded in 1798, the Blair Athol Distillery distills single malt whisky used in Bell's whisky that is aged for 12 years and matured mostly in sherry casks. The plant produces 2.5 million litres of whisky each year. The distillery's original name was Aldour distillery named after it's water source, the Allt Dour.





## Glamis Castle



As the childhood home of the Queen Mother, and birthplace of Princess Margaret, Glamis Castle was built in the 12th century and is steeped in royal history. It was originally built as a hunting lodge, then became a feudal castle, and then, as we know it today, a Renaissance palace.

### *Coronation Exhibition*

We were fortunate enough to visit the castle during the Coronation exhibition. On display were a collection of royal robes, gowns and coronets worn at the coronation of King George VI and Queen Elizabeth, the Queen Mother. Placards and videos moved us back in time 80 years.



Trafalgar Tours

### *Princess Margaret Memorial*

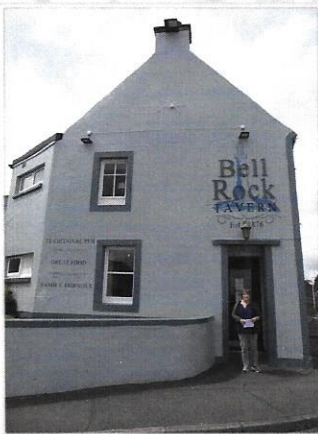
Princess Margaret was in ill health for several years before her death in 2002. The Queen had a memorial placed in her honour just outside the Italian Garden gates.





## Tayport

A major perk in travelling with Wendy Dunham is having the opportunity to experience a personal event with a guest traveller. Since all of us on the trip are Wendy's clients, she is able to customize her trips through the itinerary and also through spontaneous side adventures. This day would be a highlight of the trip for Bonnie Meads. A beautiful town that time has forgotten.



Bonnie's mother used to live in Tayport, just across the river from Dundee. With our coach driver's assistance, Bonnie and I were able to spend a few hours in Tayport looking for two houses that her mother lived in and local taverns that her grandfather socialized in after finishing his day on the docks. Sadly, the houses were no longer there, but we did find two of the taverns.



We met incredible people, including a lady who lived in Tayport for 40 years but wasn't considered a "Tayporter", a local bar owner and patrons attending a wake, a taxi driver who doubled as a tour guide, as well as the local historian, 90-year old



Andy. Andy was so generous to later send Bonnie pictures and information on Tayport for her to include with her memories of the town. Meeting Andy brought the new and old Scotlands together.



## Airth Region

### *Airth Castle - Our Stay For Two Nights*



Just like home - not quite. The castle dates back to the 14th century and was once owned by the family of Robert the Bruce. It is now a hotel and spa, and is a popular venue facility for weddings and conferences. It maintains much of it's original ornateness but has been upgraded with modern conveniences.

### *Torphichen Inn*

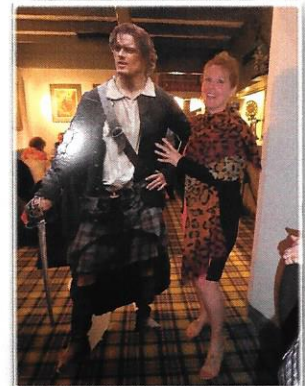
One of the optional experiences we enjoyed was an authentic Scottish pub night, complete with piper, singing, haggis and Jamie Fraser. True Scottish hospitality at its best.



Accompanied by the piper, the owner of the pub entertained us with songs of the region. The food was amazing, starting with the Burns Address and piping in of the haggis ceremony, followed by local, freshly caught salmon, and finishing with homemade cheesecake.



After dinner, a local singer played a small medley of Scottish songs, providing us with a true Scottish pub experience.



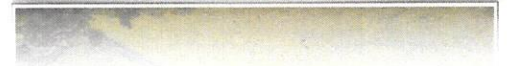


## Stirling Castle

Dating around 1110, Stirling Castle was one of Scotland's most important castles because of its location. It has steep cliffs on three sides, giving it a great defensive position. As well, it is the farthest downstream crossing of the River Forth, giving it an important fortification from the earliest times. Most of the buildings today date between 1490 and 1600, developed for the Stewart kings.



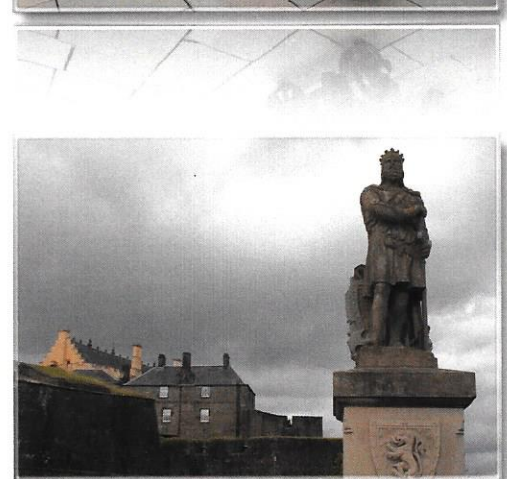
Stirling is both a castle and a palace. It is considered a palace due to its many royal connections. Several Queens and Kings have been crowned here, including Mary, Queen of Scots in 1542.



And of course, there's Bonnie Prince Charlie. He tried unsuccessfully to take the castle in 1746. This was the last of eight major sieges against the castle. Interesting since it's his ancestors that lived there in the 1500's, but it appears he wasn't welcome?

The castle is now under the government's control and has been turned into a museum open to the public. The castle remains the headquarters of the Argyll and Sutherland Highlanders.

The sole surviving unit of the regiment, the Balaclava Company, is garrisoned at Redford Barracks in Edinburgh.





## Fellow Travellers



All too soon it was time to say goodbye to our group. We had an amazing adventure together and made many fond memories. I wish you all good health, and until the next time, **guid cheerio the nou.**

