



THE SEANACHIE

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AUGUST 2014



THE GAMES AFOOT! There is still plenty of time to enjoy the Greatest Scottish Show on Earth!

John Dewing

Highland games are events held throughout the year in Scotland and other countries as a way of celebrating Scottish and Celtic culture and heritage, especially that of the Scottish Highlands. Certain aspects of the games are so well known as to have become emblematic of



Scotland, such as the bagpipes, the kilt, and the heavy events, especially the caber toss. While centered on competitions in piping and drumming, dancing, and Scottish heavy athletics, the games also include entertainment and exhibits related to other aspects of Scottish and Gaelic culture.

The Cowal Highland Gathering, better known as the Cowal Games, held in Dunoon, Scotland, every August, is the largest Highland games in the world, attracting around 3,500 competitors and somewhere in the region of 23,000 spectators from around the globe. Worldwide, however, it is exceeded in terms of spectators by two gatherings in the United States: the estimated 30,000 that attend Grandfather Mountain in North Carolina and the even larger gathering—the largest in the Northern Hemisphere—that has taken place every year since 1865 hosted by the Caledonian Club of San Francisco. This event is currently held on Labor Day weekend in Pleasanton, California. ([Wikipedia](#))



Locally the SBSS has a booth each year at Ardenwood and Pleasanton. SBSS'rs attend Games throughout the year; Woodland, Monterey, Dixon and others

Come enjoy a respite at the [Pleasanton Games](#), August 30th and 31st, in your SBSS booth. Enjoy talking to other members and the public. Take a break and sit and join us in a bottle of water. Even consider volunteering for a shift in the booth. We need to have volunteers in the booth, our 'port from the storm', for without the volunteers we can't have the booth.

There are still openings both Saturday and Sunday. It is a two hour shift that allows for easy conversation and mostly helping people find their tartan. If your first time manning the booth, then let Chief Nathan know. He and his wife Lyn will be around all day and will help out. See Games list bottom pg3 for dates.



2014 SOUTH BAY
SCOTTISH SOCIETY
BOARD

Chief

Nathan Irvine
408.448.5707
chief@southbayscots.org

Deputy Chief

Dorrie Scherer
408.243.6247
deputy-chief@southbayscots.org

Sennachie

Larry Salter
408.274.3970
sennachie@southbayscots.org

Steward / Membership

Frank Cameron
650.941.0214
steward@southbayscots.org

Scribe

Robert Anderson
650.969.2841
scribe@southbayscots.org

Gov-at-Large

Lynn Irvine
408.448.5707
gov-at-large.a@southbayscots.org

Gov-at-Large

Marjorie Coakley
408.859.3322
gov-at-large.b@southbayscots.org

Gov-at-Large

Basil Rhodes
408.867.3978
gov-at-large.c@southbayscots.org



CAN YOU HELP THE SBSS?

Andy McFarlin

The SBSS needs one or more of our members to help by providing either storage space or a facility to store our "STUFF".

For many years Frank Cameron, Our Steward, has graciously provided storage space for our assorted equipment used at our Games booth, General Meetings, Burns Night, etc. We need to find a new "home" for our "stuff" by the end of the year. The need is for approximately 150 cu.ft.

Please give this plea some serious thought as this is critical to our functioning organization. For further information please contact Frank Cameron or Chief Nathan Irvine.

Many thanks for your consideration.



SBSS EVENTS ON-LINE

John Dewing

Check out upcoming events, pictures, general info and more on the webpage and Facebook pages.

[Website](http://www.southbayscots.org) www.southbayscots.org
[Facebook](#) South Bay Scottish Society
[Merchandise](http://www.zazzle.com/sbscots+gifts) http://www.zazzle.com/sbscots+gifts

SEANACHIE PUBLICATION INFORMATION

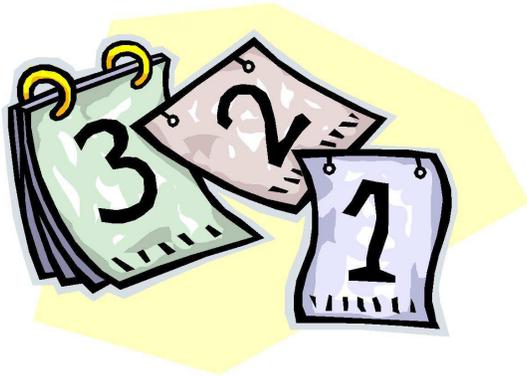
Submit all materials to:

newsletter@southbayscots.org

The email account is checked on a weekly basis, well I try :)

Note: All material becomes the property of the South Bay Scottish Society. Newsletter content is decided upon by the Board of Governors, representing the membership of the South Bay Scottish Society.





CALENDAR OF EVENTS

- 19 Movie Night – Rob Roy
7:00pm
Round Table Pizza Parlor
1400 Campbell Ave, Campbell, CA
- 21 Chief’s Picnic
11:30am – 5:00pm
Wildwood Park
Saratoga, CA [map](#)

AUGUST

- 6 SBSS Board of Governors Meeting
7:00pm
Mountain Mike’s Pizza Parlor
301 E. Hamilton Ave.
Campbell, CA
[map](#)
- 15 Movie Night – John Muir
7:00pm
Round Table Pizza Parlor
1400 Campbell Ave, Campbell, CA
[map](#)
- 30,31 Pleasanton Highland Games
Alameda County Fairgrounds
4501 Pleasanton Ave.
Pleasanton, CA [map](#)

OCTOBER

- 1 SBSS Board of Governors Meeting
7:00pm
Mountain Mike’s Pizza Parlor
301 E. Hamilton Ave, Campbell, CA
- 17 Movie Night – The Smallest Show
7:00pm On Earth
Round Table Pizza Parlor
1400 Campbell Ave, Campbell, CA
- 24 SBSS General Meeting
Samhain/Halloween Party
7:00pm
Potluck Dinner, entertainment
West Valley, San Jose Public Library
1243 San Thomas Aquino Rd,
San Jose, CA
[map](#)

SEPTEMBER

- 3 SBSS Board of Governors Meeting
7:00pm
Mountain Mike’s Pizza Parlor
301 E. Hamilton Ave, Campbell, CA

NOVEMBER

- 28 Begin Xmas in the Park

DECEMBER

- 5 Toys for Tots

HIGHLAND GAMES

HERE IS A PARTIAL LIST OF UPCOMING SCOTTISH HIGHLAND GAMES

MONTEREY

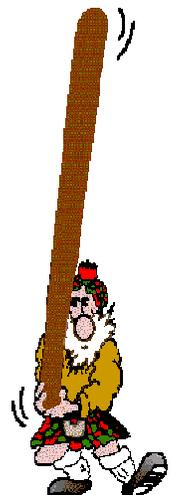
Aug 2 & 3 - [Scottish Games & Celtic Festival](#) [Monterey County Fairgrounds](#)

PLEASANTON

Aug 30 & 31 – [Scottish Gathering & Games](#) [Alameda County Fairgrounds](#)

DIXON

Sep 27 - [Dixon Scottish Games](#) [Dixon Fairgrounds](#)



CHIEF'S PICNIC

What: The Chief's Picnic – Come and bring a friend (or two). Picnic, barbeque, fun, games, (and you will enjoy yourself).

When: Sunday, September 21st, 11am – 5pm.

Where: [Wildwood Park](#), 20764 4th St., Saratoga

The park has a beautiful setting, situated alongside a flowing creek with beautiful shaded lawn, picnic tables and BBQ areas, a sand volleyball court on grassy glen that is perfect for picnics. Perhaps best of all, it is next to *Saratoga Creek* with tall eucalyptus and sycamore trees, so there's no shortage of shade on warm days. If you haven't been there recently, they have added new play equipment for children along with water play in a sandbox area for Scottish Sand Castles!



Barbeque, [bangers](#), condiments, buns, soft drinks and desert furnished by the SBSS.

Bring a potluck dish to share and any special stuff to barbeque to your own diet preferences.

Darts, horseshoes, bingo and other games.

There are play structures for the younger ones.

Bring a prize gift for bingo.

Come and plan to have a great day

Friends are more than welcome, of course.

A little help - we are looking to borrow a badminton and/or croquet set for the Chief's Picnic. If you can help, please contact Chief Nathan. Any other game suggestions please pass on to the Chief.

[map](#)

ANNUAL GOLF TOURNAMENT - MAY 17TH 2014

Bob Anderson



Once again a small but determined squad of S.B.S.S. golfers braved the beautiful weather and uncrowded links of [Blackberry Farm Golf Course](#) in Cupertino for nine holes of friendly competition.

The two foursomes covered nearly every square inch of the nine hole course, looking for their balls no doubt, but getting great exercise and having a lot of fun. When the final counting was done the honors and prizes went to Dorrie Scherer for first place, Lori Daley and Bob Anderson tied for second and Bob Lowe took the third place. Refreshments were had afterward at Paul and Eddies pub just down the road.



SOUTH BAY SCOTTISH SOCIETY GENERAL MEETING MINUTES

San Jose Public Library, West Valley Branch
Friday, April 11th, 2014

Minutes of the April General Meeting

7:00 p.m. Members and friends arrived, socialized and enjoyed an outstanding pot-luck dinner

7:59 p.m. Quorum Verified - Sennachie Larry Salter - (4 voting officers plus 5% of current membership)

Call Meeting to Order - Chief - Nathan Irvine
Communications from the Scribe - Bob Anderson - none
Approval of Apr. 11th, 2014 General Meeting Minutes as printed – Neal McGill moved to approve, Lynn Irvine 2nd, all in favor

Stewards Report & Membership- Frank Cameron, Frank handed out copies of the accounting of the last quarter and explained details of same. We now have 61 members, 18 members did not renew

Additions to the Agenda: Introduction of Lynn Irvine, our new Governor at Large who has replaced Linda Findley-Salter for the remainder of her term. Apology offered for moving up the tee time for the Mini-Golf Tournament as it was not successfully communicated to all participants.

The necessity of locating a place to store the S.B.S.S. property and equipment

Approval of the Agenda: Bob Anderson moved to approve and Fr. Basil Rhodes seconded, all in favor

COMMITTEE REPORTS:

Newsletter - Nathan: We need a volunteer to write an article covering this General Meeting

Website and Facebook - John Dewing and Nathan Irvine - All editorial contributions need to be submitted ASAP

Membership Interface and Welcoming Committee - Marjorie Coakley - absent

Movie Night - Frank Cameron - We will be screening "The Hill" this month

NEW BUSINESS:

The Board of Governors is in the process of **revising the S.B.S.S. bylaws** and expects to have the amendments ready for ratification at the next General

Meeting, this will include an amendment that requests each member to pledge one time slot at a Society event during the year

Burn's Night Committee - is now being formed and volunteers are needed

Pleasanton Scottish Games, Aug. 31- Sept 1 - Volunteers are needed to staff our booth so a sign-up sheet was passed around but slots are still open

Storage site for S.B.S.S. gear - The minimum cost for public storage is \$756.00 yearly, the equivalent of 42 annual dues, too expensive for our budget.

Refreshments - Neal McGill suggested that we include more diet drinks in future General Meeting beverage selections

REPORTS & ANNOUNCEMENTS:

Chief's Picnic - Wildwood Park, Saratoga, 11:00 a.m. to 5:00 p.m. Sept. 21st, entertainment/games will be darts and horse shoes

Pleasanton Games Aug. 31-Sept. 1, 2014 - Coordinator is Chief Nathan Irvine

NEXT GENERAL MEETING:

Oct. 24th 2014 at The West Valley Branch San Jose Library 7:00 PM, entertainment will be a Halloween Costume party with games and contests.

ADJOURNMENT:

Frank Cameron moved to adjourn and Lyn Irvine seconded the motion, all in favor

ENTERTAINMENT:

Harpist Extraordinaire, Barbary Grant - Played and sang wonderful Celtic and Gaelic airs and melodies, educated us about the instrument, the music and answered all of our questions

SBSS
FACEBOOK
COVER
PICTURE
Recognize it?



GENERAL MEMBERSHIP MEETING JULY 11, 2014

Lyn Irvine



**Andy McFarlin &
Barbary Grant**

After a nice summer potluck of BBQ chicken and many varieties of salads, we had a brief general meeting. The chief, Nathan Irvine informed the members that the Board of Governors are revising the bylaws and should have the amendments ready for ratification at the next General Meeting. It will be fairly brief to go over the changes.

Also discussed was that Frank Cameron will not continue on as the Steward. That will leave the Steward's position and a Governor at Large position open for the coming year. Any one interested in either position, please call any of the current Board Members to talk about what each of the positions require of you. Since Frank has been housing all of our society's chattels (boxes of supplies and tents), we will need to find them a new home for them. If we chose a public storage unit, the cheapest is \$63 per month, \$756 yearly, or the equivalent of 42 annual dues. If anyone is able to house

the chattel, please contact Chief Nathan Irvine.

The Pleasanton Games are coming up August 30th and 31st (see page 1). It was announced that it is time to put together the Burns Night committee. If interested, please contact Chief Nathan. The committee will need to meet before the end of summer to set a date and book the hall. If you have any suggestions for the website or Facebook page, please contact John Dewing (newsletter@southbayscots.org). Lastly, it's almost time for the Chief's Picnic (see pg13). Come and enjoy.

After the meeting portion of the night, we enjoyed the haunting harp music of [Barbary Grant](#). She played and sang wonderful Celtic and Gaelic airs and melodies, educated us about the instrument, the music and answered all of our questions. If you missed the opportunity to hear her, Barbary does play at both El Camino and Stanford hospitals.

CELTIC HARP MUSIC IN THE CANCER CENTER

During her performance at the SBSS General Meeting, Barbary Grant talked about her participation in a program to bring live music in to local hospitals for the benefit of the patients. Below is a short article about the program by [Marion Silverbear](#):

Studies from all over the world are showing the positive effect music has on patients dealing with serious health issues. This article focuses specifically on harp music and shares some anecdotes by our own hospital musicians who play harp in live situations.

Harp music provides obvious medical benefits: it helps the person to relax thereby decreasing heart rate and blood pressure and increasing oxygenation. According to Christine Magnussen ([WINGS Cancer Foundation](#)), the harp... "is a distinctive instrument for therapy in that the full pitch range of the harp can vibrate throughout the body. The instrument's rich tonal vibrations can create an atmosphere of comfort and relaxation by helping to reduce blood pressure, increase oxygenation, reduce fatigue, lower cortisol levels, and promote the production of endorphins to ease emotional and muscle tension. During cancer treatment, it can help to ease nausea and anxiety."

A recent study conducted by [The International Harp Therapy Program](#) indicates that, "after listening to therapeutic harp music, 91% of 200 patients experienced relief of anxiety, and 72% reported a



reduction of pain." Harps are now being seen in cancer center waiting areas, infusion rooms and radiation treatment.

Another study conducted at Massachusetts General Hospital Cancer Center showed most listeners responding (70-90% depending on category) found the live harp music both calming and relaxing. A small percentage had a negative response having to do with the religious association with harps and angels. The study also showed a significant number (38%) of respondents feeling energized from the harp music. Many of the nurses and other staff reported significant relaxation for themselves. (The Harp Therapy Journal, Fall 2004)

We are fortunate to have harpers with a wide repertoire who are able to play both lively and soothing songs ranging from ancient Celtic airs to classical, jazz, folk and modern pop songs. This is commented on frequently by listeners, surprised to hear their favorite uplifting songs played on harp as illustrated in this anecdote from Verlene Schermer: "A man in a wheel chair watches me play from about 10 feet away. I notice during 'What a Wonderful World' that he is wiping tears from his eyes, and also during 'Fields of Gold.' Then he wheels past me, and I think he is going into a clinic, but he stops another 10 feet away the other direction and turns to listen some more. After playing a number of songs -- a mix of traditional Celtic, folk songs, and popular songs, I stand up to stretch. He says, 'Thank you -- you brightened my day!' I ask him if he has any favorite songs he'd like me to play. He says, 'You've already played many of them!' It is notable paradox and a common experience that while he cries during two of the songs, he describes the music as 'brightening' his day."

Here's an anecdote from Pamela Bowen that shows a different type of music and listener: "I had an encounter with a Tibetan patient who quietly listened to the music. I could feel his gaze and his presence right there with me as I played. I played several Middle Eastern tunes I thought he might enjoy. Looking up, I saw that he had brought his feet up into a yoga position. Our eyes met, he quietly smiled and nodded."

EVERY SCHOOL NEEDS A PIPE BAND: FAIR PLAY FOR PIPES

John Dewing

Please check out the video and Facebook page. It is good to see a focused effort to help carry on Scottish culture in Scotland to all who are interested. The video is amazing.

<http://www.youtube.com/watch?v=I7Cpi0sBlaA&feature=youtu.be>

<https://www.facebook.com/FairPlayforPipes/info>

About:

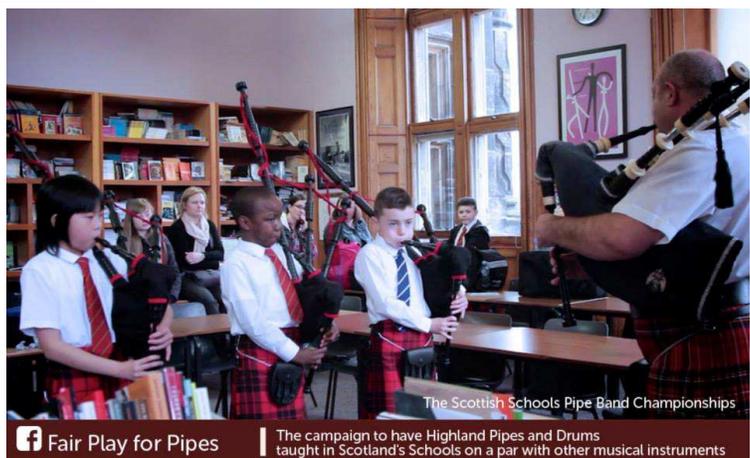
Welcome to our campaign to have Highland Pipes and Drums taught in Scotland's Schools on a par with other musical instruments

Description:

Most children at state schools in Scotland do not have the opportunity to learn piping and drumming as part of their curriculum in the way they can learn other musical instruments.

Most children at independent schools do. But this is not about class - it's about culture.

Why should young people in Scotland not be able to learn piping and drumming at school - but they can learn the piccolo or glockenspiel? We want education authorities to stop discriminating against our national instrument and give FAIR PLAY FOR PIPES.



GENERAL MEMBERSHIP MEETING ... AND MORE

John Dewing



Halloween Party 2013

A chill is in the air, winter approaches, are you planning for it??? The SBSS is. The October General Meeting, on the 24th, is also the SBSS [Halloween](#) / [Samhain](#) Party. It will spooktastically be at the Community Room of the West Valley, San Jose Public Library from 7pm – 10pm.

For all those who had such a great time last year, come and have at least as much fun again, probably more. First time? Come and see why they keep coming back. We will have our potluck dinner followed by a short business meeting and then the entertainment begins with all sorts of games and contests (and of course prizes).

Come in costume, but you don't have to

Just Come!

A SCOTTISH WARMING PAN

Submitted by Andy McFarlin

Many a decent Scottish house could not afford a set of warming pans. It was common to get a serving-lass to warm-up the bed. The tale is told of a minister, visiting at a hospitable manse, who found that the serving-lass had fallen asleep in his bed. He showed his appreciation by exclaiming 'Manse o Kirkpottie, ye've wined me weel and dined me weel but this is the heicht o hospitality'

All from "Scots Proverbs and Rhymes"

Selected and compiled by

Forbes Macgregor

Gordon Wright Pub. Co.

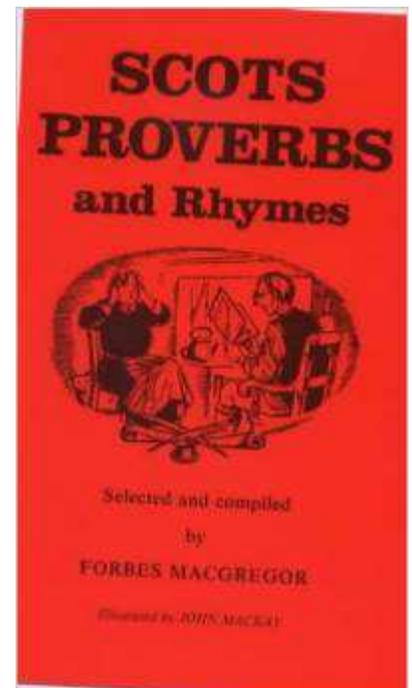
Edinburgh, Scotland, 1986

[Amazon](#)

This proverb recalls a certain golf course, "Players are requested not to pick up lost balls until they have stopped rolling."

Do as the coo o Forfar did.

A women put a newly brewed tub of beer on the doorstep to cool. It was all drunk by a passing cow whose owner was taken to law by the "browster wife". However, the Forfar magistrates found for the cow-keeper on the grounds that the cow had not sat down to drink but had taken a deoch-an-doruis, or door drink (parting drink) which was always 'on the House'.



FLYING SCOTSMAN WITH THE PBFSCO

Chief Nathan Irvine



Happy Wife, Happy Life –
Chief Nathan & Lyn Irvine

The Pleasanton - Blairgowrie - Fergus Sister City Organization or the [PBFSCO](#) sponsored the annual Flying Scotsman train ride round-trip from Sunol through Niles Canyon on Sunday, May 4th.

We met at the Sunol train station by 10 A.M. to be piped on board for a prompt 10:15 departure.

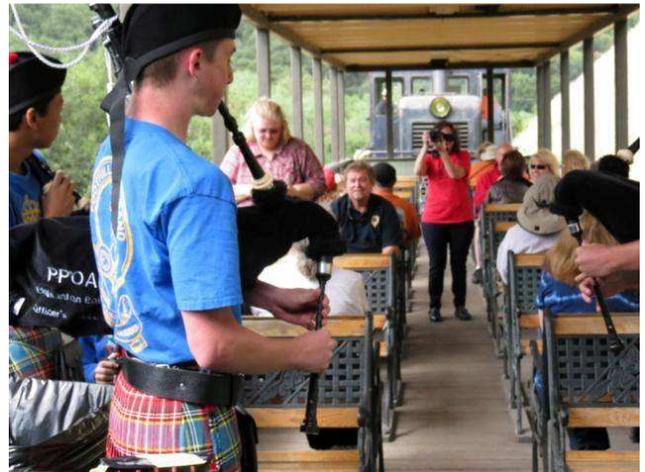
Largely the Flying Scotsman" [Niles Canyon train ride](#) is a unique experience and vastly entertaining.

Thanks go out to the PBFSCO's plaid tidings for inviting the members of the SBSS and being gracious hosts. This year, during the trip the President - Karen

Burton-Lind, walked though the train cars, passing out snacks such as licorice and pretzel sticks. After the approximately one and a half hour ride, at least a dozen South Bay Members gathered with the PBFSCO for a picnic in park across from the train station continuing the Scottish comradeship.



Our conductor with the golden throat narrated our tour with area & RR history



The Sound of Sweet Bagpipes down the line with Lyn, Nathan, Juliana Silverman and Michelle Barbour



SBSS MINI GOLF TOURNAMENT

Bob Anderson

This year's Mini Golf Tournament, June 21st, 2014 not only enjoyed perfect weather but a fine turnout at [Golfland](#) in Sunnyvale. We doubled our turnout of the last few years and the competition level rose as well. This year first place was shared by Andrew Whitten and James Buchanan, second honors went to Nathan Irvine and third place to Zack Anderson. Awards ceremony, prizes and refreshments followed later at the Duke of Edinburgh in Cupertino.

ELVIS ROOTS LEAD TO SCOTLAND

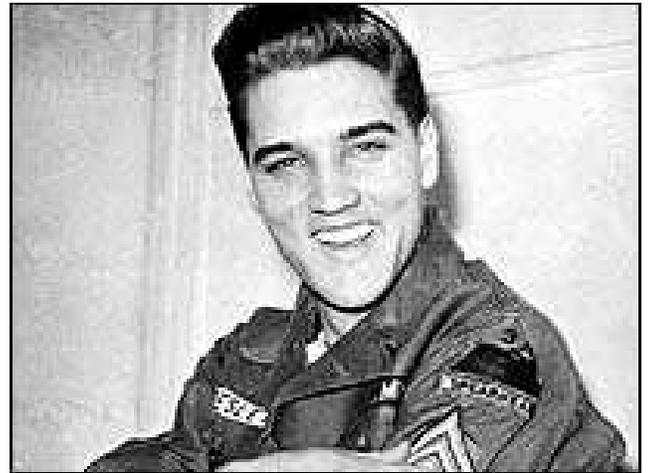
<http://www.bbc.com/news/scotland/>

Elvis Presley's roots can be traced back to a village in Aberdeenshire, according to a Scottish author. Allan Morrison, from Greenock, said he had discovered that the musical icon's ancestors lived in Lonmay in the 1700s. "I am an Elvis fan myself so it has been a joy to trace back their past and establish that the Presleys were of Scottish origin," he said.

Scotland was also the location for The King's only visit to the UK, a brief landing at Prestwick Airport in 1960. Mr. Morrison said the first Presley in America was a man called Andrew Presley who arrived in North Carolina in 1745. The 61-year-old said records showed that his father, also Andrew, married Elspeth Leg in Lonmay in 1713. The Presley roots in America could be traced right up to 1933, when Elvis's parents married. The singer was born two years later.

Mr. Morrison said he started looking into the Presley ancestry in 1998 after hearing rumors that he had Scottish links. "I was able to trace his family tree - and when it got back to Lonmay it was like striking gold," he said. He discovered that most of the Presley's living in Scotland during the 18th and 19th centuries could be found in Aberdeenshire. They were based in Lonmay and the nearby villages of New Deer, Old Deer and Tarves. His as yet unpublished book, *The Presley Prophecy*, covers the adventures of Andrew Presley during the Jacobite rebellion.

Paul Downie, a spokesman for Scotland's 40-year-old Elvis Touch Fan Club, said the news would delight Elvis fans. "For years fan have thought there was a connection with Presley and Scotland and I have always thought his roots came from the Aberdeenshire area," he said. "I would think fans will want to visit Scotland and Lonmay - I imagine there will be an upsurge." Ian Dunlop, chief executive of Aberdeen and Grampian Tourist Board's chief executive, said it would be great news if the claims were true. "He is an enduring icon more than a quarter century after his death and we would be delighted to welcome Elvis fans here to Aberdeen and Grampian to search out his roots," he said.



Elvis Presley visited Scotland briefly in 1960

UP AND COMING WITH THE SBSS

John Dewing

Here are some up and coming events that will be reported on in the next newsletter.

It is not to soon to plan on attending and enjoying these events.



[St. Andrews Day](#),
November 18th

[Xmas in the Park](#),
November 28th – January 1st



[Toys for Tots](#) Dinner,
December 5th

[Burns Supper](#),
January





SBSS MOVIE NIGHT



Please Note New Location this year:

Round Table Pizza Parlor
1400 Campbell Ave
Campbell, CA 95008

[map](#)



Three more movies to view! A naturalists story, a Scottish highlanders story and three eccentric senior citizens running a movie theater story.

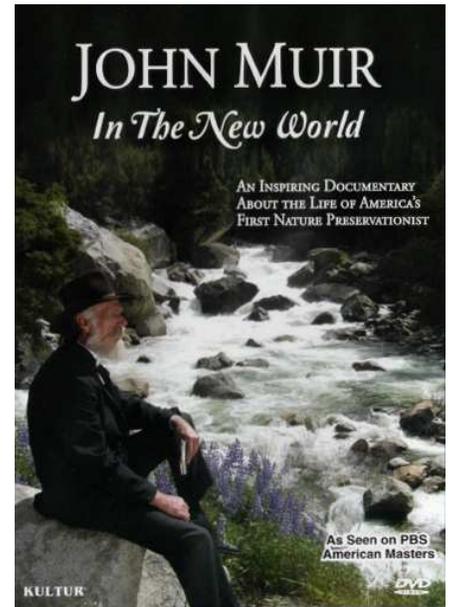
Aug 15th



John Muir – In the New World

Preservationist, naturalist, author, explorer, activist, scientist, farmer, John Muir was all these things and more. This documentary delves into Muir's life with reenactments filmed in the majestic landscapes he visited.

[more](#)



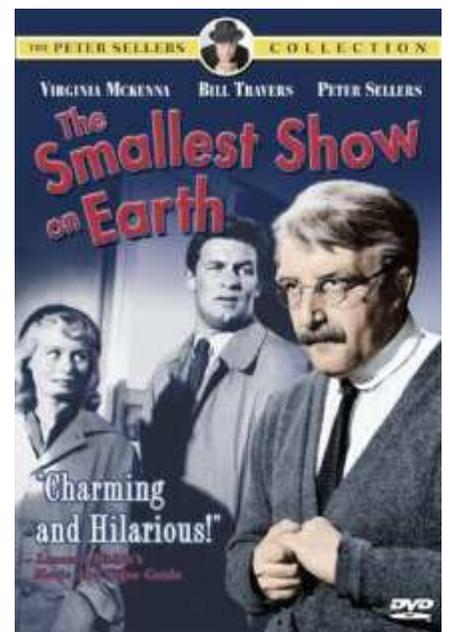
Sept 19th



Rob Roy

In the highlands of Scotland in the 1700s, Rob Roy tries to lead his small town to a better future, by borrowing money from the local nobility to buy cattle to herd to market. When the money is stolen, Rob is forced into a Robin Hood lifestyle to defend his family and honor.

[more](#)



Oct 17th



The Smallest Show on Earth

A young couple inherits a debt-ridden old movie theater, appropriately nicknamed "The Flea Pit," and the three eccentric senior citizens who work there.

[more](#)

A nominal donation is requested to help defray the cost of our annual permit to show these films publically.

SOUTH BAY SCOTTISH SOCIETY MEMBERSHIP APPLICATION OR RENEWAL FORM

Please complete this form and return it with your check, made out to: **SBSS**

Mail to: SBSS Membership, 490 Cherry Avenue, Los Altos, CA 94022-1618

Questions: Frank Cameron (650)941-0214 or membership@southbayscots.org

Membership Dues: Individual and Immediate Household - \$18 annually Jan-Dec

Save \$15 by prepaying membership dues for 5 years for \$75

New members joining between Jan 1st and Mar 31st, \$18 thru Dec 31st

New Members after Apr 1st pay \$1.50 per month thru Dec

Continuing members, Annual renewal paid between Jan 1st and Mar 31st, \$18 thru Dec

Continuing members renewing between Apr 1st and Jun 30th, late dues \$24 thru Dec.

Members not renewing before Jul 1st will no longer be carried as members.

Name: _____ Phone: () _____

Address: _____ Membership: New Renewal

City, State, Zip: _____ Birthday mm/dd: ____/____/____

Email: _____ Date: ____/____/____

Would you be willing to help on any Committee?

- | | | | |
|---------------------------------------|--|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Fund Raising | <input type="checkbox"/> Membership | <input type="checkbox"/> Website | <input type="checkbox"/> Nominating |
| <input type="checkbox"/> Publicity | <input type="checkbox"/> Social Events | <input type="checkbox"/> Newsletter | <input type="checkbox"/> Historian |
| <input type="checkbox"/> Bylaws | <input type="checkbox"/> Activities | <input type="checkbox"/> Budget | <input type="checkbox"/> SBSS Booth |

The purpose of the South Bay Scottish Society is to stimulate and sustain an interest in Scotland; to provide education regarding its history, traditions and culture; to bring together people of Scottish heritage; to promote good will between its members and the general public; and to perform such charitable good works as may be reasonable and appropriate.

South Bay Scottish Society
490 Cherry Avenue
Los Altos, CA 94022-1618
membership@southbayscots.org

www.southbayscots.org

