



Issue 1

[Bergen Scottish Society Newsletters](#)

## Bergen Scottish Society presents the First Issue of its newsletter

December 2008

It has finally arrived!

### First Event for 2009

Burn's Supper Saturday 24th January - 19.00, Kjøttbasaren

Our first issue of the BSS Newsletter has finally arrived. Our aim is to keep all our members, and potential members, in regular touch with each other, so feel free to send us your stories that you wish to share. We look forward to hearing from and wish you all a Very Happy Christmas and a Merry New Year!

Celebrating the 250th Anniversary of Robert Burns' birth. Come along and enjoy Haggis, neaps and tatties, some whisky, speeches and Scottish Ceilidh dancing.

Book online at:

[www.bergen-scottish.com/burns.htm](http://www.bergen-scottish.com/burns.htm)

### 2008 Events

January - Burn's Supper: Joe Findlay was back in town to produce the essential ingredient for the 2008 Burns Supper. This year so many orders had streamed in from as far apart as Trondheim, Stavanger, Oslo and Fredrikstad. Solheim Kjøtt kindly allowed Joe to use their premises for two days to make over 250kg of haggis. Once again this proved popular with the local media and a feature on NRK P1 radio programme Norgesglasset was followed up by articles in the Bergen papers.



### Forthcoming Events for 2009

24th January Burns Supper  
27th February Whisky tasting  
18th March AGM  
25th April Spring Ceilidh  
17th May 17. mai parade  
13th June Summer barbeque  
9th September Historical talk  
24th October Autumn ceilidh  
11th November Curling

This year the Burns Supper was organised in partnership with the Bergen branch of Norsk Malt Whisky Lag (NMWL). The dinner was held at Kjøttbasaren, right in the centre of Bergen. Society Chairman and Master of Ceremonies James Hosea opened the evening, and Pipeband leader Chris Jones piped in Joe and one of his Chieftain haggii. David Robertson gave the address to the haggis, and the Immortal Memory was delivered by Craig Morton. After the main course Grendakoret entertained the dinner guests with a trilogy of Burns songs. Joe regaled guests with tales of haggis mating habits and moves by the Scottish Government to protect the now endangered species. Svein Arne Frekhaug toasted the lassies in poetic style, and Cecile Rosenvold quoted extensively Burns in her reply from the lassies. Then it was time to clear away the tables and for June Murison to lead the dancing into the wee small hours. The location, venue, catering were excellent and the staff did a great job. A thoroughly enjoyable night was had by all.



**Tartan Items - Great gifts that can be ordered from the society in our own Bergen Scottish Tartan.**



Tie 200Kr

February - Whisky Tasting: Chris Maile, one of Norway's foremost whisky experts and organiser of the Oslo Malt Whisky Festival, gave a presentation on single malt whiskies and the blending of whisky at the Society's second whisky tasting. The theme was 'The Origin of Flavour' and a whisky 'map' allowed those taking part, a chance to identify an 'unknown' whisky.



March - A.G.M: The Societies' third annual general meeting was held at Kalfarveien. A review of 2007 was presented, the committee was re-elected and an election committee was established. Coffee and cakes were on hand for some after meeting socialising.



April - Spring Ceilidh: An evening of traditional Scottish music and dancing, where participation was a must.

Music was provided by a young Edinburgh ceilidh band The Shandoneers, featuring Emily Carr on fiddle, Andrew Mill on guitar, William Oke on bass and Colin MacGregor on drums. The band played their distinctive blend of ceilidh music with a slight country twang. Bergen's very own bagpipe band were on hand together with eight players from Oslo Caledonian Pipe Band and guest players, Colin Pryde and Brian Alexander to play as Norway's first mass pipes and drums.

May - Constitution Day Parade - 17 mai: The day begun at 07.00 with the pipe band playing a few sets of tunes at Skansen followed by a 17 May breakfast at the chairman's house. The Society then gathered together along with Det Glade Bergen to take part in Bergen's Constitution Day parade. As is now tradition, the Bergen Pipeband was pride of place at the front of the Society. Their version of Nystemten yet again proved a winning combination, and the band did an excellent job keeping their puff going as people in the crowd shouted out for more.





Scarves 220Kr



Women's 225cm fringed sashes 370Kr

Online Shop:

<http://www.bergen-scottish.com/shop/enter.html>

September - Historical Talk: Siri Myrvoll, director of Byantikvaren, gave a fascinating talk to around 20 society members at Nøsteboden on Wednesday 10th September. The talk was entitled 'Stone treasures of Bergen'.



October - Autumn Ceilidh: This year's main was based at the Radisson SAS Hotel Royal, Bryggen and featured the Edinburgh ceilidh band - The Sensational Jimi Shandrix Experience. They were led by accordionist extraordinaire Sandy Brechin, and included a fiddle, base, guitar and drums. Shandrix, as they are known to friends, play at the Edinburgh Fringe Festival each year, and at Edinburgh's official Hogmany celebrations.



The Bergen Pipeband opened the evening and played a number of sets of tunes - both old and new for 25 minutes. The dancing then started with the band talking everyone through the dances before playing each one; dancing took place on a nice big dance floor for everyone to swing around. Around 120 people attended and a fantastic evening was had by all.

November - Curling: Following last year's great success, we will have our second curling evening at Iskaten.

Bergen Pipe Band: The band has been very busy during 2008 and have reached 20 playing members! They have played at a number of society events including the Burn's supper, Whisky tasting, Spring ceilidh, 17 mai and Autumn ceilidh. They have also played at the Tall Ships Race celebrations, supported the Scottish National Youth Orchestra (Camarata Scotland), Pillarguri Festival in Otta, Skjerjehamn - supporting the 'Greenland Whalers' and Herremiddagen - as well as some other smaller events.



#### Members News:

· Wedding Bells (or pipes and drums!) Congratulations to Chris Jones and Marie Birketvedt who have recently announced their engagement to each other.

· Membership Renewal for 2009 Bergen Scottish Society membership for 2009 is now available. Please visit: [http://www.bergen-scottish.com/membership\\_form.htm](http://www.bergen-scottish.com/membership_form.htm) to renew online. Please remember that you must be a paid up member to receive events tickets at member's rates!

· Air service between Kirkwall (Orkney) and Bergen summer 2009. "Loganair" from end of May to end of August 2009 Wednesday and Saturday.

BE 6866 Depart Bergen 1440hrs arrive Kirkwall 1500hrs

BE 6865 Depart Kirkwall 1140hrs arrive Bergen 1400hrs

Tickets are already on sale through [www.flybe.com](http://www.flybe.com) and cost around £135 return

#### Members' profile:

Michael and Olaug Cromie - Chiropractors.

We would like to thank the Bergen Scottish Society for this opportunity to introduce ourselves to you.

We are two Chiropractors who are opening a new Chiropractic clinic at Krambua - Fjøsangerveien 215. We are located on the third floor with lift available should you be unable to manage the steps.

We are a married couple Michael and Olaug who met at Chiropractic college in Bournemouth in England. Michael is originally from Northern Ireland whilst Olaug is from Bergen. We both graduated with a BSc in Chiropractic Sciences and MSc in Chiropractic after 5 years of education.



Olaug Cromie

After graduation Michael was based for three years at a clinic in Edinburgh with Olaug working two years between Glasgow and a clinic in East Lothian in Haddington. Olaug returned to Bergen summer 2006 and began working at Åsane Kiropraktosenter and Michael moved to Bergen at the tail end of 2006 and began working in 2007 between Laguneparken and Fyllingsdalen. We are now looking forward to building our own clinic at Krambua and are pleased to offer a discount price to members of the Bergen Scottish Society should they require our services. Discount of 50Kr from normal prices.



Michael Cromie

Chiropractors commonly treat nerve and musculoskeletal problems i.e. neck, shoulder, back pain, sports injuries plus repetitive strain injuries and others. Nerve conditions such as prolaps/disc and sciatic problems. As well as having good results with headaches, dizziness, and babies suffering from colic.

Should you have any questions or queries regarding Chiropractic or if you're wondering if we can help you please contact us.

[Fjøsanger Kiropraktor klinikk](#), Krambua 3 etg. Fjøsangerveien 215, 5073 Bergen

TLF: 55 01 95 74 Fax: 55 01 95 75 e-mail: [kiropraktorcromie@broadpark.no](mailto:kiropraktorcromie@broadpark.no)



Fjøsanger Kiropraktorkontor

**Recipies: Some Winter favourites!**

**Stovies:**

- 3 lbs tatties (potatoes)
- 1 large onion or 2 small
- 1 lb steak mince or lamb or diced pieces of meat or cheese or vegetables
- 2 ozs beef dripping or lard or butter or olive oil
- 1/2 pint of water
- Meat stock cube or vegetable stoke cube
- Salt to taste, and Pepper
- You don't have to be exact with the quantities!



**Stovies**  
Serve on its own, or with a bowl of fresh green beans or garden peas

Chop the onions into a pot, add fat, and gently cook for 4-5 mins until soft. Add meat, stir into the onions and cook until a light brown. Peel, slice and dice your potatoes as you'd normally do. Hurtle them into the pot with the onions and meat. Chuck in the water, stock, salt, pepper. Bring to the boil and simmer for 30 minutes with the lid on, shoogling (shaking!) or stirring the pot occasionally to make sure it doesn't all stick. Cook until the potatoes are soft (push a table knife through a piece to test). Don't worry if the bottom layer is a bit burnt as this adds to the flavour of the rest.

Mix it all up a little more, if necessary, and serve steaming hot onto plates or bowls. Serves 6 as a meal, 10 as a snack, eat with a fork or spoon. Traditionally serve with milk for some extraordinary reason, or more commonly with beer or whisky. Use oatcakes or French bread to mop up the plate. <http://www.stovies.com/>

**Cranachan:**

**Cranachan with Raspberries and Shortbread**

- Ingredients:**  
Cranachan:
- One pound (500 g) fresh raspberries
  - Half pint of fresh double cream
  - 1 tsp of thick heather honey
  - 1 generous tbs of whisky
  - 1 heaped tbs of toasted oatmeal

- Shortbread:**
- 12 ounces (375g/3 cups) plain flour
  - 4 ounces (125g/1 cup) white rice flour
  - 12 ounces (375g or 3 sticks) slightly salted butter
  - 4 ounces (125g or half cup scant) caster sugar (or fine granulated sugar)

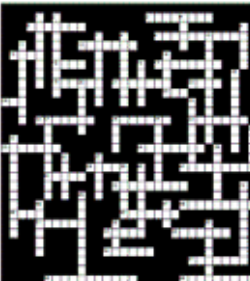
**Method:**

Cranachan: Whisk the cream together with the honey and Whisky. Fold in the toasted oatmeal. Pile on top of fresh raspberries and serve with shortbread biscuits.

Shortbread: Cream the butter and sugar together until pale and fluffy. Work the sifted flour and rice flour into the creamed mixture until it forms a firm paste. Knead it lightly on a well floured board. Roll it out until quite thin and cut biscuit shapes with the cutter of your choice. Using a palette knife, lift the biscuits onto a well buttered baking sheet. Bake on the centre shelf at Gas Mark 5/375F/190C until pale golden in colour. Remove from the oven and sprinkle liberally with caster (fine granulated) sugar while still warm. Lift on to wire tray to cool and firm-up. Store in an airtight tin. [http://www.rampantscotland.com/recipes/bldev\\_recipe\\_cranachan.htm](http://www.rampantscotland.com/recipes/bldev_recipe_cranachan.htm)

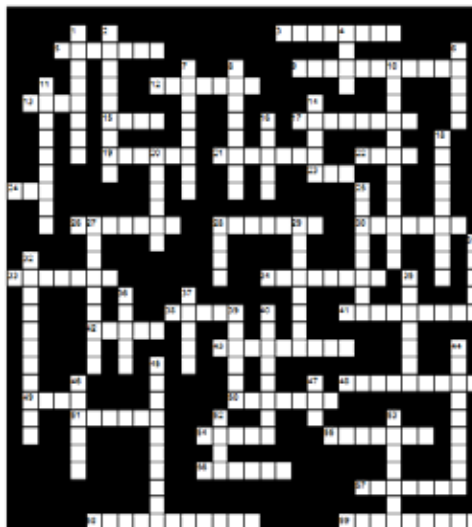


**Cranachan**



[Complete the Crossword Online](#)

**Bergen Scottish Society Crossword Issue 1**



**ACROSS**

- 3 The Queen's Scottish home in the Highlands
- 5 Main town of the Isle of Skye
- 9 Previous 'Super Region' of Scotland
- 12 ... Street - Main street in Edinburgh

**DOWN**

- 1 Region of Scotland that Fort William is located in
- 2 Port on Orkney that connects to Scrabster on the Scottish mainland
- 4 'The Gateway to the Isles'
- 6 Scottish town that shares its name with the capital of Western

- |  |  |
|--|--|
| 13 St. Columba's Island  | Australia  |
| 15 Gaelic version for Norse 'Ness'   | 7 Orkney's Capital   |
| 17 Skye's Whisky   | 8 Gaelic for Charles   |
| 19 The island that is the 'home' of Fingal's Cave                            | 10 A forest fowl who is also a Gaelic folk group               |
| 21 The only place to travel by car ferry from the Scottish mainland          | 11 The real 'Balamory'   |
| Skye   | 14 The Battle of ... - Last battle between Scotland and Norway |
| 22 Scottish North East town meaning Norse for 'Bay'                          | 16 The Scottish Isle most famous for its whiskies              |
| 23 Scotland's ruling political party   | 18 The hat worn by pipers and drummers in the Bergen Pipe Band |
| 24 Tore Andre ... - Played for Brann and Glasgow Rangers                     | 20 Gaelic for 'Welcome'  |
| 26 Ku 'Street' in Edinburgh  | 25 The Scottish 'Broadsword'                                   |
| 28 - upon Tweed - Scottish/English Border town                               | 27 Norsk for The Orkneys                                       |
| 30 Where you would find 'Burn's Cottage'                                     | 28 Argyll and ... - Scottish County                            |
| 33 Scotland's First Minister - Alex ...                                      | 29 Place for the last battle on British soil                   |
| 34 The Queen's palace in Edinburgh   | 31 Gaelic for 'The Isle of Mull'                               |
| 38 Scotland's rugby captain - Mike ...                                       | 32 The battle that the Scot's beat the English at in 1314      |
| 41 Norsk for The Hebrides  | 35 Inverness Caledonian ... - Football Club                    |
| 42 Father of Margaret 'Maid of Norway'                                       | 36 Norsk for Island of Jura                                    |
| 43 Capital of the Highlands  | 37 River running through Glasgow                               |
| 48 The Norse for the Hebrides  | 39 Scotland's premiere Gaelic Rock band                        |
| 49 Lord Ullin's Isle - Norse for 'Wolf Island'                               | 40 Scotland's 'Oil Capital'                                    |
| 50 Site of Scottish Massacre in 1692   | 44 Ferry port on Mull for car ferry from Oban                  |
| 51 Abbreviation for the ferry operator's name for the West Coast of Scotland | 45 Premiere pipers of Scotland - Pipers to Clan Macleod        |
| 54 Scot's word for Kvern   | 46 Scotland's second highest mountain - Ben ...                |
| 55 Home village of the composer of 'Caledonia'                               | 47 The Old Man of ...  |
| 56 Scottish version of 'Hurling'   | 52 Sgian ... - Dagger worn in the kilt hose                    |
| 57 Hunting attendant for fishing, deer stalking etc.                         | 53 A Scottish gathering  |
| 58 Place where Charles Edward Stuart raised his standard                     |  |
| 59 Ferry destination from Fishnish   |  |

Solution for Issue 1 provided in Issue 2 - Good Luck!

If you wish to send in clues and answers for subsequent crosswords, please try to make them appropriate to Scottish/Norwegian subjects and send them to: [chris@bergen-scottish.com](mailto:chris@bergen-scottish.com)

#### Contact Us

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