



CLAN ROSS

Association of Canada,
Inc.
Founded 1960

David C. Ross of Ross, Chief

WINTER ISSUE
FEBRUARY, 2010

An Cìrean Cèann Cinnidh



Photo: ART

The Family of our Chief, David Ross of Ross & Balnagown at The Gathering, Holyrood Park, Edinburgh, July 25, 2009. From Left: Lady Eileen Ross, daughter Ailie, Chief David Ross, daughter Fiona, grandson Calum, son Hugh, Daughter-in-Law Jennifer.

THE CLAN ROSS ASSOCIATION OF CANADA, INC.

Motto: *Spem successus alit* (Success nourishes hope)
Gaelic name: Clann Aindrias (Clan Andrew)
Crest: A hand holding a garland of juniper, proper
Badge: Juniper
Pipe Music: The Earl of Ross March

Septs: (according to Scottish Kith & Kin/Chief of Clan Ross)

Anderson	Denoon	Gear	MacCulloch	Taggart
Andison	Denune	Gillanders	MacLulich	Tullo
Andrew/s	Dingwall	Hagart	MacTaggart	Tulloch
Corbet/tt	Duthie	Haggart	MacTear	Tyre
Crow/e	Fair	MacAndrew	MacTier	Vass
Croy	Gair	MacCullie	MacTire	Wass

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Andrew Ross Thibodeau

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STANDARD OF CHIEF DAVID CAMPBELL ROSS

PRESIDENT'S MESSAGE, WINTER NEWSLETTER, 2010

Happy 50th Anniversary, Clan Ross Association of Canada! 2010 is a time to celebrate, and we are thrilled to offer our members and their extended family and friends two wonderful events to consider.

THE NATIONAL BI-ANNUAL GATHERING, JULY 16-18, IN NIAGARA FALLS, ONTARIO.

Do you enjoy - - - meeting new people? Exploring Canada's rich history? Great Scenery? Tasty Food? Friendly People? Celtic Entertainment?

Then come and join your fellow Clan Ross members from across Canada and the USA in beautiful **Niagara Falls**.

Friday evening we will have a fun Ceilidh with entertainment by "The Gaels" folk group Their appearance at the 2006 Gathering was such a hit that our membership wanted them to return! I have been blessed to be married to this group's fiddler for 12 years!

Saturday will be a Bus Tour led by an experienced Niagara Park's guide, taking us to the key sites of the War of 1812. Interesting historical tours will be combined with the opportunity to see the stunning beauty of the Niagara Gorge and explore the quaint shops of Canada's most beautiful town, Niagara-on-the-Lake. The tour will run from 9am to 5pm. In the evening, we will take in the excitement of Niagara's night life with a Dinner Buffet and Magic show with the incredible Greg Frewin.

Sunday will include brunch, our AGM, and a wealth of optional activities to help you explore the history, vineyards, scenery, shopping, and entertainment offered by Canada's tourism capital, Niagara Falls!

The registration form for this event is on page 9 of the newsletter. Please complete and submit by June 15th.

In addition, page 10 has the invoice for your 2010 dues. Your quick payment of your 2010 dues is greatly appreciated. Please detach that invoice and submit your cheque. Both forms are also available on <http://www.greatclanross.org>.



Andrew and Lizz Thibodeau with their daughters Isla (left) and Torry (right) at the Ross tent, at the Fergus Scottish Festival, August, 2009.

PRESIDENT'S MESSAGE, Cont'd:

FERGUS SCOTTISH FESTIVAL, August 13-15, 2010. Ross is the Honoured Clan!

I have already made note of a few Clans-people who are joining us on the Saturday evening for a special celebratory meal at the Holiday Inn in Guelph. Mark this date in your calendar! I will be doing a promotional email in the spring with further details. To register for the dinner, please email or call me by July 31st. If you are looking for accommodation, I recommend this Inn. Please call them at 519-836-0231. Don't miss the big clan parade on the Saturday at noon!

Last week, long time Clan member Jack Ross invited me for lunch at his Mississauga home. Jack has been a member since the 1960's and recalls going to meetings with our founder, Dr. John Ross. Jack came to Canada from Scotland in the early 1950's. He showed me a wonderful power point show on Burn's poem, "Tam O'Shanter". As we chatted over a quiche, I marveled how my participation in the Clan had again provided me an opportunity to meet a very interesting person. To all of you, I really encourage you to participate this summer in one of our events and meet the interesting people that make up our association. You will create bonds of friendship that will stretch across the continent. See you this summer!

Andrew Ross Thibodeau

THE CELTIC CURSE

Compiled by Doug Ross from Several Sources

In an email on April 4, 2006, to a Scottish pal from Alabama who has his doctors befuddled over his several "blood disorders", I discussed the possibility of posting this article. I had discovered several stories pertaining to medical research papers about something called the mysterious "Celtic Curse" (among other things). Without becoming excessively hypochondriacal about the matter, it appeared to me that I had developed symptoms of every ailment and disease found in the Highlands. It was at this point that I wondered if my friend would like to trade ailments with me. All joking aside, there are indeed carriers of gene mutations for the "Celtic Curse" . . . and those at highest risk of being carriers invariably have Celtic ancestors. The consequences can be disastrous and unforgiving.

First, let us identify the people who might be afflicted with these mutations . . . i.e. the Celts. In prehistoric times, according to all evidence, these warlike, muscular, red-haired nomads came from the steppes of central Russia after separation from their even more ancient hominid origins. By 500 BC they were living in northeastern France, southwestern Germany, and Bohemia. The Celts, who were also called Gauls, continued to migrate in all directions. Only on the fringe of Europe (Brittany, Norway, the Isle of Man, Wales, Ireland and the Scottish Highlands) did the Celts manage to keep their distinctive traits and languages. Traces of Celtic culture still survive in folklore there and in the Breton, Manx, Welsh, Erse, and Gaelic languages.

The "Celtic Gene Mutation" may also be called the "Viking Gene", but modern medical scientists identify the problem as hereditary haemochromatosis, also known as "iron overload disease". The excess iron is deposited in the liver, the pancreas, the heart and the pituitary gland, causing a number of symptoms. These include a bronzed skin pigmentation, diabetes, liver enlargement, arthritis, heart failure and Dupuytren's contracture. Researchers already know that the number of cases increased with latitude.

The symptoms usually show up between 40 and 60 years of age but can rarely occur during the teens (and shorten life considerably in either case). For these individuals, taking iron tablets without a doctor's advice can be dangerous. Even iron-enriched cereals or bread can be devastating in active cases. In this biological equivalent of rusting, toxic levels of iron accumulate in the vital body organs

causing chronic fatigue, diabetes, early menopause, impotence, infertility, arthritis/joint replacement, heart disease, hypothyroidism, liver cirrhosis (with or without a history of alcohol consumption), liver cancer, or premature death. With early detection and appropriate treatment, **all of these problems can be completely avoided**. Blood Tests can identify serum iron/ferritin, total iron binding capacity, and DNA testing by PCR. [Standard treatment is by the act of giving blood or, as medieval as it may sound, by employing leeches for bloodletting, which forces the body to use up the iron that it has stored in the various organs of the body.]

A quick review of the literature shows other conditions related to haemochromatosis, such as multiple sclerosis, osteoporosis, cystic fibrosis (CF), some breast cancer genes, seborrheic dermatitis and melanoma are all associated with Celts. We should never forget our Celtic past, and how its inheritance continues to affect us to this day. "The blood is strong." Perhaps this is one Highland icon or characteristic which is unwelcome when compared to many more favourable ones, but knowledge is power.

Scotland's five medical schools are joining forces in a £4.4m project examining genetic diseases. This ground-breaking Genetic Health Initiative is being funded by the Scottish Executive. In December of 2004, Dr. Blair Smith of Aberdeen University stated, "It's the next exciting step following the mapping of the Human Genome and will put Scotland at the forefront of medical research."

Some Internet References:

<http://www.medic8.com/healthguide/articles/haemachromatosis.html>

<http://www.ms-society.ie/msnews/issue58/19celticgene.htm>

<http://news.bbc.co.uk/1/hi/health/692382.stm>

<http://www.Tain.net.au/tain36/cov36.htm>

<http://www.medicalnewstoday.com/medicalnews.php?newsid=26548>

http://news.bbc.co.uk/2/hi/uk_news/scotland/4119539.stm

POSTSCRIPT: Both my friend's final email and my response were dated Tuesday, April 4, 2006. This article was posted on the Clan Ross - Canada website on Saturday, April 8, the same day that my young pal died at 9:00 AM aged 62. His brother said that he was the youngest of his parent's children. He was at their home on Friday, and his Mother reported that he was "being his jovial self". My friend is survived by his wife, three sons and 6 grandchildren (including triplets).

FLOWERS OF THE FOREST

Cited from www.Greatclanross.org and www.davidross.org

Scottish Author David R. Ross tragically passed away on 2nd January 2010.

A reprint of what is published on his website, www.davidross.org.

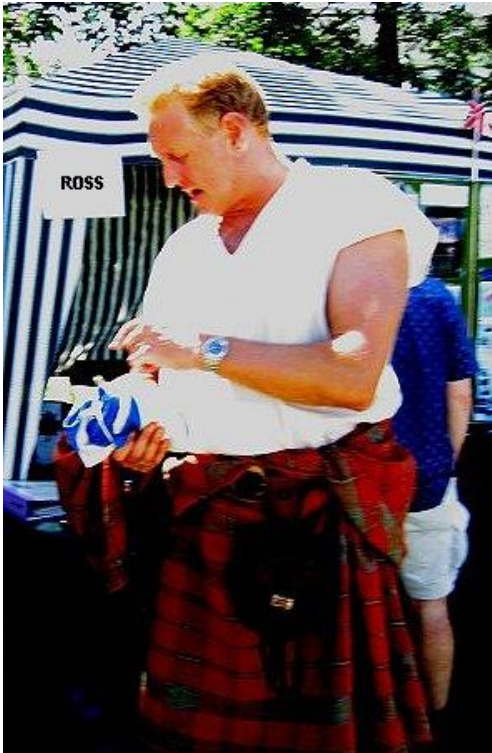
Scotland has lost one of her finest sons. He was a giant of a man in so many more ways than his physical stature. No man loved his country more and he made sure everybody knew it with an incredible passion for both its history and its future. He had so much more he wanted to do, so many plans. We can never replace his presence, knowledge and friendship but through his books, words and actions he left a legacy that continues to inspire thousands of people to acknowledge who we are as a nation and to share in his dreams. It now falls on us to carry these dreams forward.

Sleep well Big Davie - we will not let you down.

DAVID ROSS BIO:

David Robertson Ross is a patriotic Scot who loves his country and its people. He is passionate about the rich tapestry of Scottish history. David is a writer and historian who has specialised in the great Scottish hero Sir William Wallace. Although Wallace and the Wallace Society take up a great deal of David's time, he still manages to write about Scotland and her historical past with a poignancy and touch of humour.

David is known as the 'Biker Writer' because of his other love; motorcycles.



He tours the length and breadth of the country on his trusty motorcycle, seeking out obscure facts and places of interest. He then collates them in his own unique way to become the books that people read and love. In his books, David is very descriptive with his narration and you almost feel you are with him on his journey.

In the year 2005, David set off on an amazing adventure that would see him walk from Robroyston in Glasgow to the English capital city of London. Why would anyone want to do that you may ask? The reason behind the great trek was Sir William Wallace. In 1305, Wallace had been betrayed and captured at Robroyston, then marched to London to face a mock trial and barbaric execution.

David Ross thought that on the 700 th anniversary of this event, Scotland should honour her hero and bring his spirit home to the land of his birth. The preparation for such an event took many months and indeed years of planning.

David Ross is one of the few people in Scotland who could have achieved this tremendous ovation for a man loved by Scots.

(Photo of David Ross at Ross tent, Fergus, ON, by JDR.)

From Clan Ross President, Andrew:

I have been blessed to meet David Ross twice at the Fergus Scottish Festival. His books are fantastic and his presentations were inspiring. He proudly wore his red Ross tartan and did our Clan proud as he held the place of honour on stage at the Festival. He will be missed. Looking for a great read ... I recommend his books, available on his site.

NORMA MARION TENER

Submitted by Anne Tener and Barb Fletcher

After a long life of lively curiosity and dedication to social justice, Norma died at the Hospice of the Royal Jubilee Hospital, Victoria, October 7. In her eighty-five years, Norma studied (B.A. in philosophy and psychology from UBC; M. Ed. in social animation from St. Francis Xavier), travelled on four continents, was actively involved in many volunteer roles, and pursued her interests in music, handwork and genealogy. She is survived by daughters Anne and Loma (Brian Toller), grandchildren

Jessie (Denny) Scarlett, Gaelyn (Sean) Scarlett, Angie (Mark) Ruffo, Nick, Robin & Alec Toller, and four great grandchildren. Anne Tener, ttatener@hotmail.com



Norma did most of the legwork with the City of Victoria regarding the restoration of the Ross Bench in Victoria. She was responsible for organizing the first Clan Ross annual meeting held in Victoria and also helped Dorothy organize the second Clan Ross annual meeting held in Victoria.

Ross Chair

UPCOMING EVENTS

From: <http://www.greatclanross.org>

February 20, 2010: Winnipeg, MB. 17th Annual Winnipeg Scottish Festival. Convention Centre. Website: <http://www.winnipegscottishfestival.org/>

April 10, 2010: Hoffman Estates, IL. 6th Annual Heartland International Tattoo Music & Dance Festival USA. Sears Centre Arena. Contact Jacki or Jennifer at 1-815-758-1263

May 22, 2010: Courtenay, BC. 15th Annual Comox Valley Highland Games at Lewis Park. Info: (250)338-0363. Website : <http://www.cvhq.org/>

May 22 - 23, 2010: Victoria, BC. 147th Victoria Highland Games & Celtic Fest, Bullen Park in Esquimalt (250)598-1531 evenings and (250)598-8961 daytime. Website: <http://www.victoriahighlandgames.com/>

June 5-6, 2010: North Bay, ON. Celtfest in Champlain Park. Website: <http://www.celtfest.org/>

June 12 - 13, 2010: Hamilton, ON. 19th Annual International Military Tattoo 7:30 PM & 2:30 PM respectively at Copps Coliseum (905)523-1753. Website: <http://www.canadianmilitarytattoo.ca//>

June 12, 2010: Georgetown, ON. 35th Georgetown Highland Games at the Gathering Place. Website: http://www.georgetownhighlandgames.com/index.php?title=Main_Page

June 19, 2010: Squamish, BC. BC Legion Highland Gathering. For further information visit Website: <http://www.highlandgathering.ca/>

June 19, 2010: Squamish, BC. BC Legion Highland Gathering. For further information visit Website: <http://www.highlandgathering.ca/>

June 26, 2010: Cobourg, ON. 45th Annual Cobourg Highland Games Festival. Donegan Park, D'Arcy Street South. Website: <http://www.cobourghighlandgames.ca/>

June 26, 2010: Coquitlam, BC. 79th British Columbia Highland Games and Scottish Festival. Percy Perry Stadium (formerly Coquitlam Town Centre Stadium). Held on last Saturday every June. Phone: 604-263-9111. Website: <http://www.bchighlandgames.com/>

2011: Nova Scotia. International Gathering of the Clans & Celts. [The Federation of Scottish Clans in Nova Scotia website](#) will be carrying information about this event.

July 1 - 8, 2010: Halifax, NS. The Royal Nova Scotia International Tattoo. Halifax Metro Centre. Tickets: Phone 902-451-1221. Website: <http://www.nstatattoo.ca/site2/index.php>

July 2 - 4, 2010: Kincardine, ON. 11th annual Kincardine Scottish Festival & Highland Games. Victoria Park. Toll Free: 888-232-7952. Website: <http://kincardinescottishfestival.ca/>

July 4-11, 2010: Antigonish, NS. - 147th Antigonish Highland Games. Columbus Field. Phone: 902-863-4275. Website: <http://www.antigonishhighlandgames.ca/>

July 10, 2010: Haliburton Village, ON. Haliburton Highland Games at Head Lake Park 705-457-3543. Website: <http://www.haliburtonhighlandgames.com/>

July 16 - 17, 2010: Cambridge, ON. 34th Annual Cambridge Highland Games at Churchill Park. Phone: 519-241-4906. Website: <http://www.cambridgehighlandgames.org/>

**July 16-18, 2010: Niagara Falls, ON. 50th Anniversary Gathering of the Clan Ross Association of Canada, Inc. Host Hotel: Best Western Fallsview. Come prepared for fun, food, entertainment and interesting historical tours. See the clan newsletter and [our Clan Ross Canada website](#) for registration information:
<http://www.greatclanross.org/cra~can5a12010INTRO.html>**

CEUD MILE FAILTE

A hundred thousand welcomes to our new members

Karen & Colin Ross, London, ON
Judy & Bob Parks, Cambridge Station, NS



CLAN ROSS CANADA – NATIONAL GATHERING NIAGARA FALLS, ONTARIO JULY 16-18, 2010

Friday, July 16th, 7 pm: Scottish Ceilidh at the Best Western Fallsview, Niagara Falls.

Celebration of 50 years of Clan Ross. Enjoy the foot-tapping Scottish music of "The Gaels" folk group. Cash bar with free snacks.

Saturday, July 17th – All Day Bus Tour: On the Frontier of the War of 1812.

A bus tour visiting key sites from the War of 1812 while taking in the stunning beauty of the Niagara Gorge & River, the Falls, and the scenic neighbouring towns and villages. The trip will depart the Inn at 9am and return at 5pm. The tour fee includes lunch, the bus, a professional tour guide joining us for the day, and entrance fees into the sites! Itinerary: **Old Fort Erie for a tour and battle demonstration, Lunch at Betty's in Chippewa, General Brock Monument & the Queenston Heights Battlefield, The Gorge & Whirlpool, ending with exploring the beautiful town of Niagara-on-the-Lake.**

Evening: Greg Frewin Magic Show. Buffet at 6:30pm, Show 8 to 10 pm. \$60 per person includes tax, tip, and non-alcohol drinks.

Sunday July 18th– Brunch, the AGM

Brunch at the Ramada Inn, followed by the National Annual General Meeting. Brunch 9am to 10:30am, AGM till noon.

Optional Events that day in Niagara and area.

Clan Ross Host Hotel – Best Western Fallsview Inn, 6289 Fallsview Boulevard, Niagara Falls, L2G 3V7

For Reservations call 866-475-0004 and tell them you are part of the Clan Ross National Gathering. Rooms are \$139 + \$10/day parking. The hotel has an excellent restaurant, pools, and will host our Friday and Sunday events.

Saturday Evening: www.gregfrewintheatre.com

CLAN ROSS ASSOCIATION OF CANADA INC

INVOICE

\$15.00 MEMBERSHIP FEE FOR 2010 NOW DUE *

January 1, 2010

Member(s):

Your Telephone: _____ Email: _____

Please complete the above information and send a cheque for \$15.00 payable to **Clan Ross Association of Canada Inc.**, to:

**LIZZ THIBODEAU, MEMBERSHIP CHAIR
910 DEARNESS DRIVE,
LONDON, ON
N6E 1N5**

*If there is an address sticker above with the year 2008 or 2009, your membership fees for 2010 are now due. **If the address sticker reads 2010, thank you for submitting your dues.**

