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Electric Scotland's Weekly Newsletter for June 23rd, 2017

To see what we've added to the Electric Scotland site view our What's New page at:
<http://www.electricscotland.com/whatsnew.htm>

To see what we've added to the Electric Canadian site view our What's New page at:
<http://www.electriccanadian.com/whatsnew.htm>

For the latest news from Scotland see our ScotNews feed at:
<http://www.electricscotland.com/>

Electric Scotland News

Got a bit of good news in that one of my pension providers, Zurich, has sold my pension to Rothesay Life. That means that I can now get my pension paid directly into my Canadian bank rather than receiving a monthly cheque. When I talked to them on the phone the chap I spoke to said they had received many requests for changing from cheque to bank transfer and he couldn't understand why a company such as Zurich couldn't provide that facility.

Our video Introduction to this newsletter can be viewed at:
<https://youtu.be/cWJB5slsCOg>

Scottish News from this weeks newspapers

Note that this is a selection and more can be read in our ScotNews feed on our index page where we list news from the past 1-2 weeks. I am partly doing this to build an archive of modern news from and about Scotland as all the newsletters are archived and also indexed on Google and other search engines. I might also add that in newspapers such as the Guardian, Scotsman, Courier, etc. you will find many comments which can be just as interesting as the news story itself and of course you can also add your own comments if you wish.

Why you should manage your energy and not your time.

When our workloads increase, many of us decide to up our number of working hours. But harnessing moments of 'unfocus' might be the key to getting more done in less time.

Read more at:
<http://www.bbc.com/capital/story/20170612-why-you-should-manage-your-energy-not-your-time>

Scottish food watchdog wants revolution on food sales

Food Standards Scotland (FSS) commissioned a report which calls for radical steps on the way food is displayed and promoted.

Read more at:
<http://www.bbc.com/news/uk-scotland-40296747>

The story of the Hillman Imp

MARKETED as a Scottish rival to the legendary Austin Mini, the Hillman Imp enjoyed a brief moment in the sun.

Read more at:
<http://www.scotsman.com/heritage/people-places/linwood-no-more-the-story-of-the-hillman-imp-1-4477421>

Crawford Falconer talks to Giles Dilnot about Brexit and Trade

Falconer, the former New Zealand Trade Ambassador to the WTO, calls Brexit an enormous opportunity. Listen to this interview here.

Read more at:

<https://soundcloud.com/legatum-institute/crawford-falconer>

Nicola Sturgeon and Ruth Davidson share a lift and make amends

The stunt was for a special tribute episode of Channel 4's The Last Leg, marking a year since the death of MP Jo Cox.

View this video at:

<http://www.scotsman.com/news/politics/nicola-sturgeon/nicola-sturgeon-and-ruth-davidson-share-a-lift-and-make-amends-1-4479240>

How to survive on a remote Scottish island with just your husband

There is no room for cabin fever on the island of Soay, a tiny blotch of land off Skye, where Robert and Anne Cholawo make up two thirds of its population.

Read more at:

<http://www.scotsman.com/news/how-to-survive-on-a-remote-scottish-island-with-just-your-husband-1-4357074>

Clan Crests explained: MacGregor

CENTRED around the head of a lion topped with an antique crown, the MacGregor Clan Crest is one of Scotland's more regal-looking clan emblems

Read more at:

<http://www.scotsman.com/news/clan-crests-explained-macgregor-1-4480024>

A break from the jurisdiction of the European Court is a must

As the formal Brexit negotiations get underway, the Government must grapple with pressing questions about EU citizens' rights and the future role of the Court of Justice of the European Union (CJEU) in our domestic affairs

Read more at:

<http://brexitcentral.com/brexit-clean-break-jurisdiction-european-court/>

David Davis and EU rule out soft Brexit

David Davis and the EU slammed the door on any prospect of a soft Brexit

Read more at:

<http://www.telegraph.co.uk/news/2017/06/19/david-davis-eu-rule-soft-brexit-day-one-negotiations/>

Why won't so many in the media ask questions of the EU?

For a year many in the media have recycled old tired materials from the referendum.

Read more at:

<http://johnredwoodsdiary.com/2017/06/20/why-wont-some-many-in-the-media-ask-questions-of-the-eu/>

Space flight bill could create thriving hub in Scotland

A space flight bill to be included in the Queen's Speech could see Scotland become a thriving hub for the industry, according to the secretary of state for Scotland.

Read more at:

<http://www.scotsman.com/news/transport/space-flight-bill-could-create-thriving-hub-in-scotland-1-4480635>

Report proposes sweeping reforms of Scottish Parliament

A report has proposed sweeping reforms of the Scottish Parliament to improve the effectiveness

Read more at:

<http://www.scotsman.com/news/report-proposes-sweeping-reforms-of-scottish-parliament-1-4480685>

Scottish potato exporters eyeing new market in Kenya

Scottish seed potato growers may have another export market in the future following successful growing trials in Kenya.

Read more at:

<http://www.scotsman.com/business/companies/farming/scottish-potato-exporters-eyeing-new-market-in-kenya-1-4480551>

Humanity must head to the stars to survive
By Stephen Hawking

Read more at:

<https://www.thecourier.co.uk/news/uk-world/453053/humanity-must-head-to-the-stars-to-survive-stephen-hawking/>

Robots, Drones, Aeroponics and Hyrdoponics
How science is improving agriculture by Tony Trewavas in Think Scotland

Read more at:

http://www.thinkscotland.org/thinkbusiness/articles.html?read_full=13200

Alcohol-linked deaths 54% higher in Scotland
An average of 22 people a week died from alcohol-related causes in Scotland in 2015, figures show. The figure is 54% higher than in England and Wales.

Read more at:

<http://www.bbc.com/news/uk-scotland-40347942>

Blood testing for golf
About bloody time says Greg Norman

Read more at:

<http://www.scotsman.com/sport/golf/blood-testing-for-golf-about-bloody-time-says-greg-norman-1-4481498>

The mystery of Scotland's 5,000-year-old stone balls
More than 400 of them have been found, mostly in Scotland at sites such as Skara Brae in Orkney and Fyvie in Aberdeenshire. But no one really knows what these small, carved stone balls were used for.

Read more at:

<http://www.scotsman.com/heritage/people-places/the-mystery-of-scotland-s-5-000-year-old-stone-balls-1-4480288>

Scotland's first indoor vertical farm to start up in autumn
Scotland's first full-scale indoor vertical farm is being built at the James Hutton Institute near Dundee

Read more at:

<http://www.scotsman.com/future-scotland/tech/scotland-s-first-indoor-vertical-farm-to-start-up-in-autumn-1-4482333>

HMS Queen Elizabeth prepares to sail from Rosyth dockyard
The flight deck of HMS Queen Elizabeth is 70 metres wide and 280 metres long enough space for three football pitches.

Read more at:

<http://www.scotsman.com/news/politics/hms-queen-elizabeth-prepares-to-sail-from-rosyth-dockyard-1-4482746>

Hill fort hotspots in UK and Ireland mapped for first time in online atlas
Scotland is home to majority of 4,000 sites on database but many are not on hills and are not really forts, say researchers

Read more at:

<https://www.theguardian.com/science/2017/jun/22/hillforts-uk-ireland-mapped-first-time-online-database-atlas>

Electric Canadian

I Am Indigenous

From across this land, the people you are about to meet see a brighter future for all Canadians. Their personal journeys and stories are different, but are all connected by heritage and pride. As Canada marks a historical occasion, their roots and culture go well beyond 150 years. For them, this is a time to look back, and to also look forward. They are trailblazers, innovators, leaders and deeply proud to be Indigenous.

To learn more visit: <http://www.cbc.ca/news2/interactives/i-am-indigenous-2017/>

Canadian Historical Review

I've added the first two volumes for this magazine and have added the contents pages from them so you can see if any of the articles are of interest.

See this page at: <http://www.electriccanadian.com/history/review.htm>

Conrad Black

I've always had a lot of time for Conrad Black and so as he writes from Canada on a number of issues of interest from around the world I'm intending to include links to his writings for you to view. This week we have

Great Again

<http://www.conradblack.com/1307/great-again>

Electric Scotland

The Forfar Directory and Year Book

A most interesting publication with lots of wee stories and articles. I have now added the 1911 edition which you can read at: <http://www.electricscotland.com/history/forfar/direct/> and here are a couple of wee items from it...

THE GOLF GIRL

She said: "I am a-weary;
I cannot make my bed.
Nor help with the preserving.
Nor dust my room" she said.

And, leaping from the hammock,
She seized her bag of sticks,
And did the eighteen holes in just
Exactly ninety-six.

CHILDREN DEMAND REASONS

No mother should think it lowering her dignity to stop and give a reason to her children for her actions.

Let the mother put herself in her children's place. Would she feel like obeying cheerfully many commands that seem to be given only to interfere with one's pleasure, and which seem unnecessary and unimportant?

The fact that a mother will explain to her children her reasons and treat her children as though they had some rights, will win a quicker and happier response, and secure prompt obedience to an imperative command at other times when there is not opportunity for explanations.

Even the tiny little tot at the knees understands a great deal more than most mothers appreciate, and a reason stated simply and plainly will make clear many a question that might have proved a vexatious obstacle in the way of obedience.

Miscellany of the Maitland Club

Consisting of Original Papers and Other Documents illustrative of the History and Literature of Scotland in 3 volumes

I've made the contents pages available for Volume 3 so if any of that interests you then you can download the volume at: <http://www.electricscotland.com/books/pdf/mait.htm>

The People's Year Book for 1919

An annual of useful information prepared by the Co-Operative Press Agency. Added the 1919 edition.

You can read this at: <http://www.electricscotland.com/business/coop/index.htm>

I have also added an article on the The National Kitchens Movement which makes an interesting read and is just one the articles in the 1919 edition.

Government Instructions For Scotch Barrel Making

By W. McBean, Government Inspector Scotch Cured Herring (1916). Also includes the adoption into Newfoundland.

You can read this at: <http://www.electricscotland.com/history/guilds/scotchbarrels.pdf>

Scotch Banking

An article produced in September 1893 which you can read at:

<http://www.electricscotland.com/history/banking/scotchbanking01.pdf>

The Scotch-Irish and their first Settlements on the Tyger River

And other Neighbouring Precincts in South Carolina. A Centennial Discourse delivered at Nazareth Church, Spartanburg District, S.C. by George Howe, D.D. (1861)

You can read this at: <http://www.electricscotland.com/history/scotsirish/TygerRiver.pdf>

The Story

I remember at my home in Grangemouth we had a Rowan tree at the entrance to the house. My parents always told me that it protected the house from any evil influences.



Rowan tree on left

Crosses of Rowan-Tree used as Charms

The Rev. Dr Gregor of Pitsligo has presented to the Museum a facsimile of a cross of the rowan-tree or mountain-ash (*Sorbus aucuparia*). Such crosses were formerly held in high repute in Scotland as powerful preservatives against witches, ghosts, and kindred evils. Among the Icelanders the rowan (Icel. reynir) was a sacred tree consecrated to Thor. In Sweden a staff of the rowan (Sw. rönn) protected one from sorcery, "and on board a ship the common man likes to have something made of rönn-wood, as a protection against storms and watersprites." In Scotland the virtues of the rowan-tree are embodied in the following rhyme :

"Rowan-tree and red thread,
Puts the witches to their speed."

According to Stewart a safeguard against ghosts consisted in forming a cross of the wood with a red thread, which was to be inserted between the lining and cloth of a person's garment, and so long as it lasted no ghost or witch would ever have the power to interfere with the wearer. In the last century it was customary among the Highlanders to carry branches of mountain-ash decked with wreaths of flowers, with "shouts and gestures of joy, in procession three times round the fire" of Beltane. "These branches they afterwards deposite above the doors of their respective dwellings, where they remain till they give place to others in the succeeding year." In Banffshire boughs of the mountain-ash were placed over byre-doors on the 2nd of May, in Pennant's time; and in the district of St Fillans, Perthshire, so late as 1887, to keep the cattle free from disease. In Angus, on the evening preceding Rood-day (May 3rd), a piece of a branch cut and peeled and bound round with red thread was placed over the byre-door, to avert the evil eye; and in Aberdeenshire, in 1862, crosses of rowan-tree were similarly placed on the same evening as a protection against evil spirits and witches. In Kirkcudbrightshire and on Speyside, it was common to bind into a cow's tail a small piece of mountain-ash, to protect the animal against witchcraft. In Jura, a stick of the tree was kept as a protection against elves, and a rowan-tree growing in a field protected the cattle from being struck by lightning.

And that's it for this week and I hope you all have a great weekend.

Alastair