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Electric Scotland's Weekly Newsletter for April 19th 2024

Electric Scotland News

OZEMPIC

Ozempic® (semaglutide) injection 0.5 mg, is an injectable prescription medicine used along with diet and exercise to improve blood sugar (glucose) in adults with type 2 diabetes and to reduce the risk of major cardiovascular events such as heart attack, stroke, or death in adults with type 2 diabetes with known heart disease.

Lowering A1C is an important part of managing type 2 diabetes. But so is managing your potential risk of major cardiovascular (CV) events if you also have known heart disease. Ozempic®, along with diet and exercise, is proven to improve blood sugar in adults with type 2 diabetes. In adults with type 2 diabetes and known heart disease, Ozempic® reduces the risk of major cardiovascular events such as stroke, heart attack, or death. You may also lose some weight.

The American Diabetes Association (ADA) recommends that a reasonable goal for most adults with type 2 diabetes is an A1C less than 7%. Your health care provider will tell you what goal is right for you. I last tested at 6.9%.

As you might remember I have been put onto this medicine due to the issues I had with my kidneys. I first took this as a 0.25mg dose once a week for the first 4 weeks.

Having seen the diabetic specialist (Heather) on Monday I will now move to taking 0.5mg dose from now on.

I will say I had horrendous runs for the first 2 weeks after which it settled down and now have no side effects that I can tell. I had to stop taking my short acting insulin and had to reduce my long acting insulin from 50 units to 40 a day.

So this coming Sunday I will now move to the 0.5mg dose which will likely be a permanent arrangement. I have been told also that I may need to reduce my long acting insulin from 40 to 36 units or even less.

She told me that I can expect some weight loss and indeed I have lost 6lbs in the last four weeks so that looks to be correct. She also mentioned that it should have beneficial effects on kidneys and blood pressure.

So just thought I'd give you an update on this. Of course it is possible that the increased dosage might bring back the runs but time will tell. I will keep you up to date on my progress as I do know some of you may be in a similar situation to myself.

I might add that since taking this new medicine I have better control on my blood sugar with very little in the way of highs and lows. According to my FreeStyke Libre 2 in the past 30 days monitoring my time in target I have had 0 lows with 77% in target and 23% above. I was told that 70% in target is good.

They have a web site at: <https://www.ozempic.com/>

Things hotting up in the wars in Israel and Ukraine. Still think we should be supporting them both and there are articles in our News section on both conflicts.

For some reason my Jasc Paint Shop Pro has stopped working which is a real pain as I use it most weeks. I never liked the Corel version so never upgraded and even checking it out I still don't like it. So if anyone knows of a decent graphic program that lets me resize, crop, etc. and do the odd touch up would like to receive any recommendations. I am still using Windows 7 so it will need to work on that version.

Scottish News from this weeks newspapers

I am partly doing this to build an archive of modern news from and about Scotland and world news stories that can affect Scotland and as all the newsletters are archived and also indexed on search engines it becomes a good resource. I might also add that in a number of newspapers 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 which I do myself from time to time.

Here is what caught my eye this week...

Patriotic Canadian MPs start singing God Save The King! after blocking anti-monarchy bill
The patriotic MPs blocked a Bill that would have killed a key royalist part of their constitution.

Read more at:

<https://www.express.co.uk/news/politics/1887232/Canadian-MPs-God-Save-The-King>

Bringing Home the Common Sense Canadian Way
Pierre Poilievre live stream

Watch this at:

<https://www.youtube.com/live/rw7F-RZ5Oi4?si=GSGYGUWQY7kryur->

Retiring in your 60s is becoming an impossible goal
Is 75 the new 65?

Read more at:

<https://www.bbc.com/worklife/article/20240404-global-retirement-increase-65-to-75>

Butter versus margarine
Which is the healthiest spread?

Read more at:

<https://www.bbc.com/future/article/20240405-butter-versus-margarine-which-is-the-healthiest-spread>

BAE Systems struggling to fill jobs at Clyde shipyards due to nationwide skills shortage
The historic shipyards at Govan and Scotstoun are working flat out to produce new Type 26 frigates for the Royal Navy.

Read more at:

<https://www.dailyrecord.co.uk/news/politics/bae-systems-struggling-fill-jobs-32564843>

Thousands of Burns artefacts put online for first time

More than 2,500 Robert Burns artefacts are being made available to view online for the first time. The items, including manuscripts and letters which are not widely on display, are from the National Trust for Scotland's Burns collection.

Read more at:

<https://www.bbc.com/news/articles/c2x3nnrrklyo>

Bullish Kemi Badenoch hails Brexit freedoms for powering UK manufacturing juggernaut
Pulsating made in the UK sector is now worth £518billion and supports 7.3million jobs in the clearest sign yet post-Brexit Britain is on the up and the economy is firing.

Read more at:

<https://www.express.co.uk/news/uk/1888092/kemi-badenoch-brexit-freedoms-uk-manufacturing>

Britain is still great

A new report by former mandarins examining our international standing is replete with Britain-belittling clichés that tell us much about how our country is viewed in the Civil Service. While the UK's global influence is not what it once was, we mustn't forget the considerable strength we still hold.

Read more at:

<https://conservativehome.com/2024/04/16/peter-franklin-what-the-foreign-policy-establishment-really-thinks-of-britain/>

Ancient lone elm the Last Ent is guardian to new trees

An ancient lone wych elm whose remote Highland location has protected it from Dutch elm disease has been joined by dozens of seedlings for the first time in hundreds of years.

Read more at:

<https://www.bbc.com/news/articles/c51n2gvy3lpo>

Conrad Black: Only after Hamas is destroyed can there be a Palestinian state
No peace with the terrorists is possible

Read more at:

<https://archive.is/BSNBg>

Canada must support its troops if the troops are to support us

With global tensions rising, soldiers may soon be asked to do more than they are already and it's our job to make sure they're prepared

Read more at:

<https://archive.is/nzfCa#selection-2077.0-2077.137>

Canada's undefended northern frontier

If Canada doesn't have a military capable of protecting our interests in the North, we risk ceding our status as a northern power

Read more at:

<https://archive.is/2EEUW#selection-1991.0-1991.129>

It's the only one for me, nicotine

Once again, public health fanaticism is being prioritised over simple pleasures

Read more at:

<https://thecritic.co.uk/its-the-only-one-for-me-nicotine>

The dangers of political prosecution

If Donald Trump's many legal issues have taught us anything, it's that, in Britain, judges must remain above party politics. But some, as evidenced by the recent treatment of Angela Rayner, want to follow the US's lead. Politicians

are not above the law, but political prosecutions mustn't be used for electoral capital.

Read more at:

<https://www.spectator.co.uk/article/the-dangers-of-political-prosecution>

We can't give up on Ukraine

As the conflict in Ukraine drags on, Russia is showing no signs of slowing down. Despite West-led sanctions, the Russian state is still managing to produce lethal artillery and other devastating weaponry. If Ukraine falls, not only will another state become a victim to Putin's terror, but the global axis of evil will grow stronger

Read more at:

<https://capx.co/ukraine-falls-the-axis-of-evil-grows-stronger>

Nicola Sturgeon's husband charged in connection with embezzlement of SNP funds
Peter Murrell was arrested for a second time this morning before being charged, amid the ongoing investigation into the SNP's finances.

Read more at:

<https://www.express.co.uk/news/politics/1889921/nicola-sturgeon-husband-arrest-snp>

Electric Canadian

32 Combat Engineer Regiment Newsletter

The Toronto Sapper includes articles on Canadian Military Engineer Association, Depart With Dignity, Caledonian Bridge Repairs, and Basic Mountain Ops Course, June 2016 issue (pdf)

You can read this newsletter at:

http://www.electriccanadian.com/forces/32%20CER%20Newsletter_Toronto%20Sapper%20-%20June%202016.pdf

Canadian Military Life After South Africa

You can read this article at:

<http://www.electriccanadian.com/forces/Military-Life.htm>

Veterans Affairs Wars and conflicts

Discover Canada's military history around the world and here at home – from battlefields and peacekeeping missions to search and rescue operations and disaster response.

Learn more at:

<https://www.veterans.gc.ca/en/remembrance/wars-and-conflicts>

Corps of Royal Canadian Engineers

Learn more about them at:

<http://www.electriccanadian.com/forces/royalengineers.htm>

The 107th "Timber Wolf" Battalion at Hill 70

By Steven A. Bell, Department of National Defence (1996) (pdf)

You can read this account at:

http://www.electriccanadian.com/forces/The%20107th%20Timber%20Wolf_%20Battalion%20at%20Hill%2070.pdf

The Canadian Annual Review of Public Affairs

Added the 1922 edition which you can read at:

<http://www.electriccanadian.com/history/annual/index.htm>

Policing in Canada 1986
From Statistics Canada (pdf)

You can read this at:

<http://www.electriccanadian.com/forces/rcmp/policingincanada.pdf>

Thoughts on a Sunday Morning - the 14th day of April 2024
By the Rev. Nola Crewe

You can watch this at:

<http://www.electricscotland.org/forum/communities/rev-nola-crewe/26481-thoughts-on-a-sunday-morning-the-14th-day-of-april-2024>

Perspectives of Canada III

By Statistics Canada. This book is more than a collection of statistics. It is rather a set of descriptive essays which rely primarily on statistics to provide a variety of perspectives on the social and economic features of Canadian life. (1980) (pdf)

You can read this book at:

<http://www.electriccanadian.com/lifestyle/perspectivescanada.pdf>

Electric Scotland

Roualeyn Gordon-Cumming
A profile and his writings.

You can read something about him in the story for this week but read much more about him at:

<https://electricscotland.com/history/other/gordon-cumming.htm>

The Six-Hour Day & Other Industrial Questions
By Lord Leverhulme edited by Stanley Unwin (1919) (pdf)

You can read this at:

<https://electricscotland.com/lifestyle/sixhourdayotheri00leveuoft.pdf>

Essay on the construction of cottages

Suited for the dwellings of the labouring classes, for which the premium was voted by the Highland Society of Scotland. Illustrated by working plans of single and combined cottages by George Smith (1834) (pdf)

You can read this at:

<https://electricscotland.com/lifestyle/construction-of-cottages.pdf>

Schiehallion

Added a video of a walk with Steve Marsh in 2024 to the foot of the page where I took some pictures in 2004.

You can get to this at:

<https://electricscotland.com/travel/pitlochry/day14.htm>

Public Administration In the Highlands and Islands of Scotland
By John Percival Day, B.A., B.Sc. (Lond.) ; D.Phil. (St. And.) (1918) (pdf)

You can read this book at:

<https://electricscotland.com/history/social/publicadmin.htm>

A Tour in Scotland in 1769

By Thomas Pennant (fifth edition) (1790) (pdf)

You can read this old account at:

https://electricscotland.com/history/social/eighteenth-century_tour-in-scotland-1769_pennant-thomas_1790.pdf

Calum I. Maclean's Fieldwork Diaries in Arisaig, Morar, and Moidart, 1954

Part one (pdf)

You can read this at:

https://electricscotland.com/history/men/CALUM_I_MACLEAN_S_FIELDWORK_DIARIES_IN_A.pdf

Land use in the Highlands and islands

By Advisory Panel on the Highlands and Islands; Cameron, Lord (1964) (pdf)

You can read this report at:

https://electricscotland.com/history/men/CALUM_I_MACLEAN_S_FIELDWORK_DIARIES_IN_A.pdf

Building a New Scotland

Papers from the Scottish Government

You can read these at:

<https://www.gov.scot/newscotland/>

Boundaries of the Counties and Parishes in Scotland

As settled by the Boundary Commissioners under the Local Government (Scotland) Act, 1889. by Hay Shennan, Advocate, Sheriff-Substitute at Lerwick (1892) (pdf)

You can read this at:

<https://electricscotland.com/council/boundariesofscotland.pdf>

The Binns

Charter granted on 9th November 1944 to the National Trust for Scotland by Eleanor Dalyell of the Binns, The first House in Scotland presented to The National Trust for Scotland under their Country House Scheme. (pdf)

You can read this account at:

<https://electricscotland.com/history/other/binnschartergran00nat.pdf>

Scottish Society of Indianapolis

Got in their February/March 2024 Newsletter which you can read at:

<https://electricscotland.com/familytree/newsletters/indianapolis/index.htm>

Story

FORT-AUGUSTUS, AND THE CUMMINGS

Comyn, Cumming — What a world of story and romance that name brings up out of the depths of the far past! A powerful and almost royal race was that of Comyn; producing competitors for the Crown of Scotland, and Lords of Lochaber and Badenoch long before the Macdonalds, Gordons, and Morays spread their wings over the Mid-Highlands. Driven at length, by the adherents of the Bruce, from the many castles and strongholds that they built—

the ruins of which are now their only monuments in places where they once held sway—the last Cornyn Lord (says tradition) sat down broken-hearted, on a hill overlooking the village of Fort-Augustus, to die. That hill is still known as “Suidhe Chuimean”—“Cornyn’s Seat”; and the Gaelic name of Fort Augustus is still “Cillechuimean”—“Cornyn’s burial place.”

A branch of this old warlike race took root on the banks of the Findhorn, and with the single word “courage” as its motto, kept its hold of the soil, producing from time to time men and women, physically and mentally, strong, noble, and beautiful. The village of Fort-Augustus is strangely associated with one of the most noble latter-day members of that family. Rouealyn Gordon Cumming, the famous hunter, on his return from Africa, made Fort-Augustus his home, and there built a museum in which the trophies of his prowess were exhibited. The writer, at that time a seven-year-old boy at school in Fort-Augustus, has very vivid recollections of a negro boy Rouealyn brought home with him from South Africa, and sent to our school. This was the first “Darky” any of our youngsters had seen, and some time elapsed before we felt secure sitting beside him. Who knew what evil might not lurk under that black skin!

Our recollections of the great hunter himself are no less vivid; for he was no stranger in the farm-houses and cottages of Fort-Augustus. At that time he took hold of our boyish fancy as the embodiment of strength, valour and greatness, and when we saw him in after years, we found that our estimate of him was not a childish exaggeration. Physically, we would call Rouealyn Gordon Cumming the best specimen of Highland manhood the nineteenth century produced. A great heart too, in which there was room for all the old men and women of the village. His was the power of making all men his own; especially those outside of the circle to which he himself by birth belonged. Social distinctions were as nothing to him, and he trod over class barriers with the stride of a giant. His liberality to the poor—not in subscriptions that were advertised—came spontaneously from his heart, and he had no patience with those whose alms were prefaced by inquiry into the character of the recipient. One day, driving from Forres to Inverness, he gave a lift to a well-known minister who was going in the same direction. On the way they met an old footsore beggar woman. Rouealyn drew up and gave her a sovereign. The minister remonstrated with him for his indiscriminate liberality, remarking, that as he did not know the woman it might be money thrown away. Half the amount given would surely have been enough, he said. “I have no smaller com”^{*} was the answer, “but if you have a half-sovereign, I will call her back.” The half-sovereign was produced, and the woman called back. “Here,” said Rouealyn, “is ten shillings more from Mr. -----: you know poverty never appeals to a minister in vain.” A sunstroke he had while a cavalry officer in India accounts for some strange freaks ascribed to him, but those we pass over, for the large heart was always sound.

It was on his record as a big game hunter and naturalist, that Rouealyn Gordon Cumming’s world-wide fame rested. Second to none of those daring adventurous spirits that no hardship or danger could daunt in their pursuit of sport, his achievements were, at that time, unparalleled. His book on big game hunting in Africa is fascinating reading, and no wonder present day sportsmen lay it down with a sigh for the days when such achievements were possible. The literary talent was a family heritage, with which not only he, but his gifted sister, Miss Gordon Cumming, has charmed many readers, It was in the heart of the Dark Continent that Rouealyn met Livingstone, and one can imagine how the two famous Scots would be drawn together; and that the great hunter may have learned something from the great missionary which stood him in good stead when he entered the “Valley of the Shadow of Death.”

Rouealyn, on his return to his native land, spent what remained to him of life between his museum at Fort-Augustus, and roaming over the Highlands with rifle and rod, clad in the garb that none could wear with greater grace. A couch of heather on the lee side of a rock, or the shelter of a shepherd’s sheiling, with the plain fare therein, was enough for him. Isles-men tell of his daring as a cragsman in pursuit of rare birds, and proud were they who held the rope when he was lowered from the tops of the lofty cliffs at the base of which thundered the great rollers of the Atlantic.

But at length the iron constitution gave way, and the herculean form succumbed to the hardships and exposures of the hunter life, and with the faith of a child he breathed his last at Fort-Augustus.

Farewell, Rouealyn—farewell, thou personification, in latter days, of the fearless and large-hearted of old. Farewell, thou beloved of the poor and infirm, and the pride of those in whom lingered the old spirit of the Gael, in the districts over which thou were wont to roam.

Angus Mackintosh.
Fort Qu-Appelle,
N.W.T., Canada.

END

You can learn more about him at:

<https://electricScotland.com/history/other/gordon-cumming.htm>

Weekend is almost here and hope it's a good one for you.

Alastair