

St. Andrews Society of NW Michigan
'Northern Thistle'
March 2020



Spring Potluck – Sunday, April 5, Traverse Hills Condominiums Clubhouse, Eastview Drive off Silver Lake Road. Bring a ready-to-eat salad, entrée or dessert for 15. Guests welcomed!

Tuesday, April 6 – National Tartan Day – each member does what he/she can to promote Scottish culture in Northern Michigan and enlist new members of the SASNM.

Thursday, July 30th Concert On The Lawn at the Pavilions: The Grand Traverse Pipes & Drums will play at 7pm.

Sunday, August 30 – SAS Annual Picnic & Family Highland Games, 1-4pm. Silver Lake Recreation Area, Garfield Township, GT County.

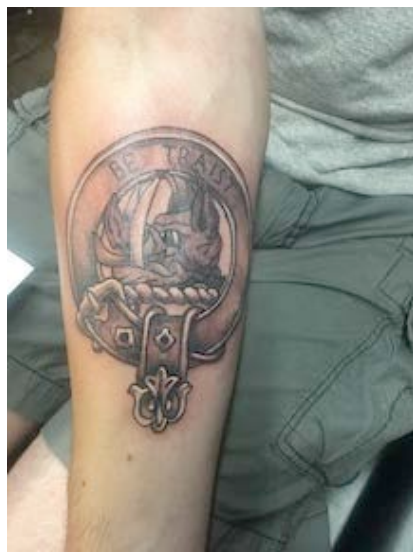
Have You Been Featured in an SAS Newsletter? Pick up a questionnaire at the potluck. We *know* that members like to learn what they have in common with others: family history, work life, hobbies, etc. You can supply a digital photo, or one will be taken at the next dinner.

Our sincere thanks to Julie Ann Nakagawa of Cheboygan for our **new logo**. It even shows the date the SAS was formed: 1997. (It will be bigger in future newsletters.)

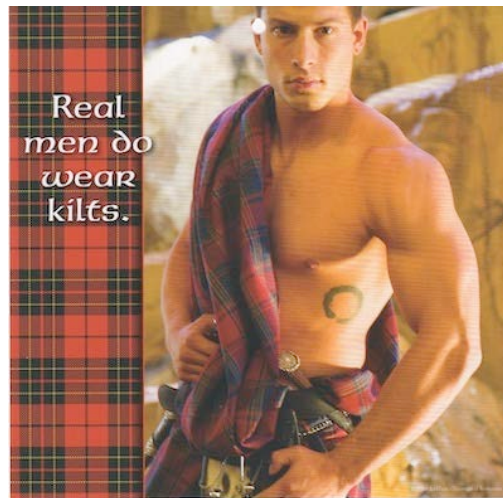
Finally . . . the 2nd verse of *Auld Lang Syne*: ☺

And here's a hand my trusty friend
And gie's a hand o' thine!
And we'll take a right good willy-waught
For auld lang syne

(Chorus) For auld lang syne, my dear,
For auld lang syne,
We'll take a cup of kindness yet,
For auld lang syne!



Randy, Aaron and Jessica Innes Van Vooren's tattoos: Rampant Lion, the Innes coat of arms (wild boar) and motto, Be Traist. Randy's includes his grandfather's Mason's insignia with his stylized initials in a triangle, RMI. (Ouch, eh? Especially on Jess's foot!)



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Reel your way into a fit old age



Published Date: 07 August 2010

By Kevin Gilmartin

SCOTTISH country dancing could be key to keeping fit in old age, a leading university has said.

Participants in a study who took part in the dancing were found to have better levels of fitness than people who did other exercises.

Dr Paul Dougall, an expert in dance and drama at Strathclyde University in Glasgow, led the research.

He said: "It's generally assumed that dancing is good exercise but we wanted to measure whether Scottish country dancing has specific health benefits."

The study focused on older women and had 70 participants - 35 women aged between 60 and 85 who practised Scottish country dancing and 35 in the same age range who took part in other forms of exercise.

The comparison between two groups who were active in different types of exercise suggested that country dancing was particularly effective at keeping people fit.

Dr Susan Dewhurst, an exercise physiologist from the Strathclyde Institute of Pharmacy and Biomedical Sciences, led assessments of the participants' fitness.

She said: "We used state-of-the-art equipment to give very precise measurements of muscle quality and function."

St. Andrews Society of Northern Michigan Membership Form

The SASNM is a non-profit organization founded in 1997

Annual membership is \$20 per year, per household.

Make checks out to SASNM and send to

P.O. Box 2303, Traverse City, MI 49685

Name(s) _____

Clan affiliation (if any) _____

Home Phone # _____ Cell # _____

Address (if new member) _____

City _____ Zip _____

Email address (if new) _____

Welcome! We look forward to your participation. {If you are renewing, a big **thank you** as well. We hope to see you at the next gathering and will alert you of upcoming events through our newsletter and emails.