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Welcome to the Spokane Highland Games

Failte,

I am honored to be able to welcome you to the Spokane Highland Games – our 60th annual celebration. Every year a group of men and women come together to share with the world their heritage and pride in being of Scottish decent. It is the culmination of the work of many to make this an event where you and your family feel welcome.

In my role as the chair of the Spokane Highland Games Association, it is important to me to recognize and thank the members of our board, clans, vendors, athletes, pipers, drummers, dancers and volunteers who give so selflessly to keep this tradition alive. I would to also acknowledge the continued support of local businesses and families who allow us to bring to you this highland experience each year.

Sean Pelfrey
Chairman
Spokane Highland Games Association



Benefits of Becoming a Highland Games Volunteer

Did you know it takes more than 150 volunteers to put on the Spokane Highland Games each year? And that's not counting the Spokane Highland Games Committee that meets monthly to plan this delightful, family-oriented event. For each of us, it is truly a labor of love.

So, we need you! In return for as little as a two-hour commitment as a volunteer, you receive a free entrance to the Highland Games for the entire day!

Volunteer opportunities are available Friday before the Games for set-up; Saturday, Games Day; and Sunday after the Games for takedown. It takes many wonderful people to pull together the Spokane Highland Games. Why not join us?



Spokane Highland Games Association

(An affiliate of the St. Andrew's Society)

PO Box 4012, Spokane, WA 99220

www.SpokaneHighlandGames.net

spokanehighlandgames@yahoo.com

A 501(c)(3) Not-For-Profit Organization

Executive Board

Sean Pelfrey	~ Chairman
Cheryl McLean	~ Co-Chairperson
Alana Willmann	~ Treasurer
Sondra Willmann	~ Secretary

Committee Chairpersons

Marie Grimes	~ Highland Dance
John Blunt	~ Piping & Drumming
Sondra Willmann	~ Heavy Athletics
Carla Carnegie	~ Celtic Entertainment
Mark Loe	~ Scottish Heritage Events
Catherine Hill	~ St. Andrews Society Tent & Shortbread Contest
Andrea Severns	~ Vendors
Lois Bremner	~ Clans
The Padilla Family	~ Children's Games
Jim Miller	~ British Car Display
Cheryl McLean / Wendi Johnson / Kameron McLean	~ Publicity & Marketing
Catherine Hill	~ Volunteer Coordinator
Sean Pelfry	~ Sponsorships
Cliff Baxter	~ Logistics (setup and teardown)
Alana Willmann	~ Medals & Trophies
Doug Malcolm & Clan McLean	~ Potluck
Clint Hill	~ Webmaster



Master of Ceremonies Ian Robertson

Ian Robertson was born near Stirling, Scotland, graduating from George Watson's College in Edinburgh and Nazarene Theological College in Glasgow. Ian served in the Royal Navy Reserves; he then immigrated to the United States in 1958, retiring as pastor of Spokane Valley Nazarene Church in 2007 at the age of 70. He and his wife Valerie, who comes from Belfast, Northern Ireland, reside in Spokane Valley. They have two sons and three grandchildren.

Ian has been active in community service. He received the "Community Caring" award and was named "Citizen of the Year" by Greater Spokane Valley Chamber of Commerce. He founded The HUB Sports Center in Liberty Lake, WA. Recently, he organized ChangePoint Northwest, a non-profit that is committed to providing affordable home ownership for needy families.



The group's latest tiny house model is the Great Scot 26. With Spokane Regional Health District reporting 3,013 homeless children registered this year in Spokane County schools, Ian says, "Enough is enough. We need to provide capital so that decent families can become homeowners." Ian may be contacted at pastorian@aol.com or (509) 252-0233.

Asked for a favorite scripture, Ian quoted Isaiah 58:11,12 (The Message), "I'll give you a full life in the emptiest of places... You'll use the old rubble of past lives to build anew... You'll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community livable again."



Here are two poems selected by Ian Robertson to share with you.

Scotland Will Flourish

Scotland will flourish by the sweat of labor
The strength of our will and the force of our mind
Forget the old battles, those days are over,
Hatred corrupts and friendship refines.

Let the Scots be a nation proud of their heritage
With an eye to the future and a heart to forgive,
And let us be rid of those bigots and fools
Who will not let Scotland live and let live.

Let us govern over country wisely and fairly
Let each man and woman work with a will,
And Scotland will flourish secure in the knowledge
That we reap our own harvest and ring our own till.

So let us be known for our kind hospitality
A hand that is open proper to friends,
A hard working people, proud and unbending,
Scotland will thrive and win out in the end.

Neighborhood Watch – in Scotland

Hingin oot the windae and watch the world go by
Up a close in Glesga three stories high
Ma and Dad and all the weans
Oot the windae until it rains.

Get yourself comfy for the show is free
A couple of biscuits and a wee cup of tea
A coffee for Dad laced with Scotch
Your very original neighborhood watch.

We had a grandstand view from our top floor flat
Two to each windae and still room for the cat
The street was alive with a hubbub of noise
Children playing games as they didn't have toys.

Women chattering at the foot of the close
Going ten to the dozen to see who knew most
Though men in the street were very scarce
Either at work or stuck in their chairs.



Chieftain of the Day Clint Hill

We selected Clint Hill as our Chieftain of the Day because of his long involvement, contributions and leadership with the Spokane Highland Games Association. Starting as a member of the St. Andrew's Society in the 90's, Clint began as a volunteer in the St. Andrew's Society's tent at the Highland Games. Within a short period, he became Scottish events photographer, editor of the Thistle Epistle and webmaster for the St. Andrew's Society's and Spokane Highland Games' websites. He eventually became chairman of the SHGA for two years in 2013 and 2014.



Clint continues to be heavily involved in the SHGA and is a mentor to the various chairs involved in the Highland Games, as others were for him. Clint's attention to details and viewing the Highland Games from an attendees' perspective have been vital factors in the growth of Games; in both attendance and participation. A significant change that he championed was shifting the Games layout northward to a more shaded area, which gave the athletics more visibility, and provided greater comfort for the dancers, vendors and spectators.

In January, at the Robert Burns Dinner, Clint received a 'Flowers of Scotland' award in recognition for his service with the St. Andrew's Society. Clint received this honor along with two other award recipients, Peter Guthrie and Cliff Baxter, with whom Clint has been honored to be associated.

Clint's earliest experiences with his Scottish roots were with his maternal grandparents, Donald and Katherine MacPhail. As a young lad, the MacPhails took him annually to the Scottish Picnic in Coeur d'Alene, Idaho and to the Robert Burns programs at the Spokane Masonic Temple. Clint's family still has the bloodstained kilt with a hole at the hip that his grandfather wore when wounded by shrapnel during WWI. Clint continued to discover more of his Scottish roots at Shadle Park High School as Highlander. His work and leisure travel took him around the globe. For two years, Clint and his wife of 43 years, Catherine, lived in Barnton, a suburb of Edinburgh, Scotland. Clint worked in Falkirk, William Wallace country, and there were historically significant sites everywhere.



During their stay in Scotland, the Hill's were able to meet his extended MacPhail family on Harris/Lewis Island in northeastern Scotland and visit the home where his Grandfather MacPhail was born. During their visits, Clint met several great uncles and cousins. One of his great uncles was a Harris Tweed inspector and certifier who visited each croft to approve their woven woolen product before it was made into Harris Tweeds that were shipped around the world. Only true Harris Tweeds are shipped from the island and many of them were graded and selected by his great uncle. During the Hill's stay in Scotland, they hosted family and friends who visited them from the U.S.; taking them on tours of Edinburgh and much of Scotland, interpreting the heavy accents, eating great food and meeting genuinely warm Scottish folk. They and their guests carry with them the beauty of Scotland and its people in their hearts forever.

Clint values his Scottish heritage. For several years, he hosted many of his family and friends at the St. Andrew's Society's Robert Burns Dinners to pass along the traditions, values and fun of their shared Scottish heritage. Several of the family members now volunteer annually at the Spokane Highland Games. Clint welcomes and encourages everyone to become involved in and continue the tradition of the Spokane Highland Games. Make it one of your family traditions too.

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Spokane Highland Games Sponsors

The Spokane Highland Games would not be possible without the help of our sponsors, volunteers, participants and our vendors. We would like to extend our warm thanks to all.

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Clint & Catherine Hill
Jim Miller
Gregory "Greg" & Catharine "Katie" Roth
Patty Willoughby in loving memory of Ruth Schudel
John & Laura Stuart

Special Thanks to...


Katrina Bisceglia, our soloist for the Highland Games
Aaron Stratton, our piper for the lament
Marine Corps League Color Guard



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Scottish Heritage Events

Scottish Style Tug O' War

Hale & Hearty Scottish & Irish lads & lassies, your participation is requested!

The Tug of War, also known as rope pulling, is a sport that directly pits two opposing teams against each other in a test of strength. This activity may also be used as a metaphor to demonstrate a rivalry between two opposing groups, such as a little friendly competition between two companies or organizations. Tug of War has been an organized sport for many years and was included in the modern Olympics from 1900 to 1920. The Tug of War International Federation is working with the International Olympic Committee to bring the competitions back into the 21st Century. As an international sport, the competitions are highly regulated with proper dress, boots, rope and markings, pulling surfaces, and drug testing. Regardless, we are much more relaxed here in Spokane. Join us and pull for your team!

Ruth Schudel Memorial Shortbread Contest

Butter, flour and sugar: that's all that goes into **traditional** Scottish shortbread. "And in its simplicity lies its deliciousness," writes Michael Ruhlman, noted American author and cook. This is one of those times when no substitution for butter should be made if one is to achieve the right combination of melt-in-your-mouth-ness and pleasing crispness. Nowadays many people like to become creative with their shortbread, and for them, we have the **non-traditional** category in which flavorings and other additions can be incorporated while maintaining a recognizable shortbread identity. If you didn't enter this year, come view the judging and perhaps become inspired to enter next year. Visit our website at www.spokanehighlandgames.net for the rules.



The contest is sponsored and judged by Ruth Schudel's family, the Troup family. Ruth was active in the Scottish community and was our go-to person when it came to shortbread until, sadly, she passed away a few years ago.



Haggis Tasting

Haggis, a traditional Scottish delicacy, is a savory pudding containing sheep's pluck (you don't really want to know), minced with onion, oatmeal, suet, spices and salt, mixed with stock. It is traditionally encased in the animal's stomach and simmered for a few hours. Most modern, commercial haggis is prepared in a sausage casing rather than an actual stomach.

The 2001, English edition of the [*Larousse Gastronomique*](#) states that, "Although its description is not immediately appealing, haggis has an excellent nutty texture and delicious savoury flavour."

Robert Burns Poetry Slam

Get down and get your Robbie Burns on! Work with or without a net reciting your favorite Burns poetry before a live audience. Compete with other slammers for Burns Bragging Rights! This year's Poetry Slam is conducted by Bruce Ridley.



British Car Display

We would like to thank the Northwest British Classics Car Club of Spokane & Coeur d'Alene for coordinating the display of various British cars. Please stop by to view these beauties and discover some of the history of motoring throughout the British Isles.



Kids Games

The Spokane Highland Games Committee wishes to thank the Padilla Family for sponsoring and presenting the Kids Games. Let your child experience the thrill of tossing the caber – a smaller version, of course.



Braveheart Face Painting

What child would not want his or her face painted blue and white like Braveheart? Balloon swords and kid's kilts complete the look. Don't be surprised when the kids start shouting, "Freedom!" This is a free activity in the Scottish Heritage area scheduled throughout the day.

The Blacksmith

We again welcome the blacksmith, Levi Arbogast, of Athol, Idaho. Levi has also been a competitor in the heavy athletics events at various Highland Games. He will be demonstrating the art of blacksmithing and displaying his wares all day.

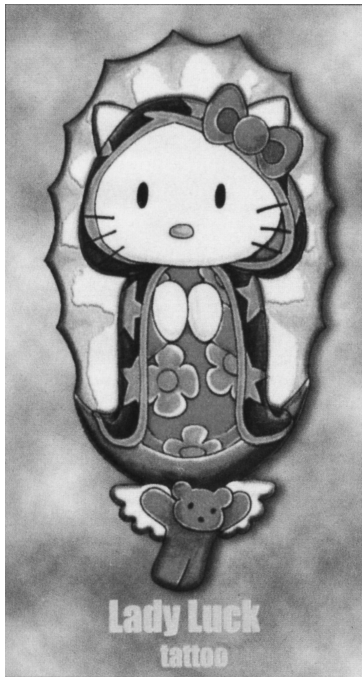
The Archduchy of Alhambra

Joining the Spokane Highland Games again this year the Knights of the Archduchy of Alhambra will reenact life in medieval times. Tour their encampment depicting life in the centuries of the Crusades and join them in their quest to rid Scotland of the dreaded English!

Highland Cattle

The Spokane Highland Games Committee would like to thank Allen and Lois Bremner for once again bringing their authentic highland cattle to the Games to thrill kids and adults alike.





Piping and Drumming

The bagpipe is the instrument most associated with Scotland, but like many other things that now appear uniquely Scottish, it has been in use in many other parts of the world for millennia. The most familiar type of bagpipe is the Great Highland Bagpipe, which is the one seen in use by Scottish pipe bands all over the world. It is an instrument best played in the outdoors, as the volume of sound is considerable, and it carries over long distances.

The Great Highland Bagpipe was the one used in war to encourage the troops, where its skirling could be heard over the sound of battle. This military background explains why pipe bands generally have a military look and air.

Pipe band music consists of marches and dance music. Dance music includes fast tempo pieces such as reels, jigs and hornpipes, and the slower Strathspey tempo.

Individual pipers can play the marches and dance music, but they can also play Piobaireachd. Piobaireachd, pronounced “P-brock,” means big music and it is the classical music of the pipes. It starts with a theme, or ground, which is then embellished with variations on that theme, increasing in complexity. A complete Piobaireachd may take between ten and twenty minutes to play.



Today's Adjudicators

Ken Briggs, Spokane WA

Jeff McMurtery, Spokane, WA

Participating Pipe Bands

Angus Scott Pipe Band, Spokane, WA

Boarder Highlanders, Moscow, ID

Shadle Park Pipe Band, Spokane, WA



Scottish Clans

In Gaelic, the word “clan” means offspring or descendants, family or tribe. The clan represented government and was present in early civilizations throughout most of the world. As society became more sophisticated, the clan organization was replaced.

Scotland was one of the last bastions of clan government in the world. There, in the breath-taking isolation of the Highlands, the clan form of government took root and has survived even until now.

Though Scotland has been incorporated into Great Britain, some clans still flourish because of the system that developed there. The Scottish clans were kin who took a common name and banded together under the leadership of a Chieftain who provided military power and economic safety. The clan name was usually formed by combining the Chief's ancestor with Mac, meaning son. For example, in the MacDonald clan, every member was considered sons of Donald and gave their allegiance to Clan Donald.

Each clan has its own tartan, which is worn in a kilt or a scarf. Scots are fiercely loyal to the family group and are quick to avenge any wrongs done to their fellows, as well as defending the area they consider home territory.

The reason for the strength of the Scottish clans can be summarized in a quote from a contemporary clansman who said, “I owe allegiance to the land of my birth, but I am first, last and always a MacDonald.”

Clans in Attendance Today

Family of Bruce, International
Clan Donnachaidh - Pacific Northwest Branch (Reid-Robertson-Duncan)
Clan Farquharson
Clan Gregor
Clan Henderson
Clan MacLea (Livingstone)
Clan MacLean
Clan MacKay





Highland Dance

Highland dance requires strength, precision, agility and artistry. Originally, only men performed dances, but now female dancers outnumber the males.

The Scottish Official Board of Highland Dancing (SOBHD) standardizes steps and competitions are held worldwide.

Dancers compete in one of five groups: Primary (under age 7), Beginner, Novice, Intermediate and Premier. There are age categories within each group, so dancers compete against others of similar age as well as similar standard.

Competitors are judged on three basic areas: timing, technique and deportment. Timing is the ability to follow the rhythm of the music. Technique is the footwork and coordination with head, hand and arm movements. Deportment covers the ability to capture the spirit of the dance, general appearance and bearing, and the carriage of the head, arms, hands and body. Although the dances are strenuous, they must be danced gracefully and with apparent ease.



The Dances

Highland dances are connected with ancient Scottish folk customs; the present form has evolved through the centuries, but the original basic steps and themes have been passed down through the years. The core group of dances consists of the Fling, Swords, Seann Truibhas, Strathspey and Reel.

Highland Fling - the raised arms and finger grouping represent the antlers of a stag. The dance was originally a victory dance performed on the shield of a vanquished enemy.



The **Sword Dance or Ghillie Callum** - was associated with the Scottish King Malcolm Canmore, dancing in triumph after a victory in 1054 over his sword crossed with that of his enemy. Another tradition is that the dance was performed before a battle, and if the sword was touched, it was a bad omen.

Seann Truibhas, or old trousers - commemorates the banning of the kilt after the battle of Culloden and the joy, shown in the quick time movement at the end of the dance, celebrating the return of the freedom of the kilt.

The **Strathspey** is danced to the distinctively Scottish slow tempo. The Highland Reel and the Reel of Tulloch are danced to the faster reel tempo. The legend behind the reel of Tulloch is that it originated one winter's day when the congregation of Tulloch, Perthshire, were trying to keep warm while waiting for the minister to arrive.

National Dances are the Lilt, Flora McDonald's Fancy and the Highland Laddie. Most were choreographed for women and are usually gentler, graceful and share common steps with ballet.

Today's Judge:

Karen Shelton-Johnson From Seattle Washington

Today's Piper:

Tyler MacDonald from Seattle, Washington



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Dancing Schedule

9:00 a.m. - Competition Starts

Scottish Lilt	- Beginners
Flora McDonald's Fancy	- Novice
Wilt Thou Go To The Barracks Johnny	- Intermediate
Scottish Lilt	- Premier
16 pas de basques	- Primary
Pas de basques and High Cuts	- Primary
Highland Fling	- Beginners, Novice, Intermediate, Premier
Village Maid	- Premier
Swords	- Primary, Beginner, Novice

Primary Awards

Seann Truibhas	- Intermediate
Blue Bonnets over the Border	- Premier
Seann Truibhas	- Beginner, Novice
Strathspey and Highland Reel	- Intermediate
Earl of Errol	- Premier

Presentation of Awards

Results will commence following the competition. Please remain in costume for awards.

For information about highland dance instruction in Spokane contact:

Spokane's School of Highland Dancers

Instructors Marie Grimes & Brielle Balazs

509-879-3352

www.danceinspokane.com



Stage Entertainment

Golden Bough – Celtic Traditional & Contemporary Music

Our feature band this year is Golden Bough, from the San Francisco area. This trio is rooted in the traditional music of the seven Celtic nations (Ireland, Scotland, Wales, Cornwall, The Isle of Man, French Brittany and Spanish Galicia). Golden Bough has become a popular and in-demand group on both sides of the Atlantic. Since their formation in 1980, this trio of modern day minstrels has traveled great distances to numerous countries to bring their music to enthusiastic folk fans the world over. Backing themselves on an array of acoustic instruments (Celtic harp, guitar, octave-mandolin, mandolin, accordion, violin, penny-whistle and Bodhran) they blend their voices in the pristine harmonies that have become a Golden Bough trademark. To date they have released over 30 recordings. In the recording studio, as well as on stage, Golden Bough captures the essence and joy of traditional music. Margie@GoldenBoughMusic.com



Whispering Roses – Rich Celtic Sounds

For the past nine years, Whispering Roses, out of Portland, OR, has delighted audiences at festivals and concerts throughout the northwest with their unique blend of Celtic, sacred and folk music. Mellow and sweet one moment, and breaking into lively dance tunes the next, Whispering Roses creates a rich tapestry of Celtic sounds. The four Bisceglia sisters form the core of the band and are often joined by their brother Noah on guitar creating a delightful family interactions on stage.



Nine Pint Coggies

The Nine Pint Coggies is a community open band with a strong underpinning of professional and semi-professional musicians. They meet weekly in both Spokane and Coeur d'Alene to jam, rehearse and enjoy each other's company. Their mission is to share the enjoyment of Scottish and related music among our audiences and our participants alike. For more information, visit their Facebook page and view their schedule at nwbagpiper.com/9pintcoggies/calendar.

Arvid Lundin and Deep Roots

Arvid Lundin and Deep Roots is a local band from Coeur d'Alene Idaho. The consists of the amazing Arvid Lundin on fiddle, Cheri Bronstein on bass, Dave Beach on guitar and Char Beach on Bodhran & vocals. Arvid writes many of his own tunes and the band has been a fixture of the local contra dance scene for many years. You will not want to miss catching a few of their lilting Celtic selections.

Prestwold Players

The Prestwold Players are an English Country Dance Band hailing from the Eastern Washington and North Idaho areas with dance master, Mitchell Frey, calling the dances. These lovely players have a sweet sound you will not want to miss hearing. The group members consist of Emily Faulkner, flute and recorders; Margie Heller, violin and viola; Lorna Woelfel, violin; Steve Riggan, keyboard and Mitchell Frey, dance master.

Broken Whistle

Broken Whistle is a Celtic band of young musicians quickly rising to levels of fame in the Celtic scene. The band is dedicated to bringing the energetic beauty of Celtic music to their audience. They love sweet vocal harmonies and rich bowed strings, playing traditional tunes primarily from Ireland and Scotland, but includes a few from America, Australia, Cape Breton and France (Gallia). Plus, they throw in a little jazz on the side. For more info or to contact them through their website at brokenwhistleband.com.



Crooked Kilt

This Trio plays lovely ballads, and hot jigs & reels from the British Isles, as well as original, old-timey music and more. Sarah Carter, with a voice like the angels, will touch your heart deeply as she sings and plays the Celtic Harp or Bodhran. Tom Carnegie, musician extraordinaire, will thrill you with his skillful guitar, highland pipes, djembe, whistle and vocal prowess. Carla Carnegie, (sister-in-law) plays fiddle, piano, accordion, voice and more. As the group blends together, you will be tapping your toes or moved to dance. Carla and Tom have been part of Crooked Kilt for more than 20 years. Other fine musicians have joined and departed the group over the years. The group has two CDs available: Crown & Hamster and Complex Presence. To contact the group email Carla at Carla.carnegie@gmail.com. For information about the group visit their website in the making, crookedkilt.net.



Athletic Events

A Brief History

The field events at a Highland Games originated from the competitions held by the ancient kings and chiefs of Scotland to choose the best men for their retinues and armies. The implements used, such as cabers and stones, were those most easily available. The contests were developed to test the contestants' strength, stamina, accuracy and agility. There may be separate competitions for men and women, with the men generally having the heavier weights. In addition, there may be a separate masters' competition for those over 40 years old.



Putting the Stone

The standard weight for the stone is 8 pounds for the women and 17 pounds for the men. The stone must be put with one hand only. There is a 7'6" run-up allowed to the board or "trig." Touching beyond the trig is a foul. Three attempts may be made and the best one counts. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judges.

Weight for Distance

The weight is made of metal and has a handle that may be attached directly to the weight or attached with a short length of chain. The weight will be thrown with one hand only with a 9' run-up allowed. Touching beyond the trig constitutes a foul. Women throw 12 and 28 pound weights; the men throw 28 and 56 pound weights. Masters may throw 42 pounds instead of 56.



Hammer Throw

The hammerhead is spherical and made of metal. The shaft may be wood, rattan, bamboo or plastic (sometimes PVC pipe is used to increase durability). Hammers thrown by the women are 10 pounds; those by the men are 16. The length of the hammer may be no longer than 50 inches. The hammer is thrown with the feet in a fixed position with no approach allowed. The feet may be moved after the hammer is released.



Weight for Height

The weight is thrown over a horizontal bar above the competitor's head. The weight is thrown with one hand only. Weights used are 28 pounds for women, 56 for men and 42 for masters. The whole implement may not measure over 18" in length, but generally, a shorter length is preferable to avoid hitting the ground when swung between the legs. The competition starts at the lowest height requested by the competitors, though a particular competitor may pass on the lower heights and start when a greater height is reached. The weight must go over the bar without dislodging it. If two competitors fail at the same height, the one with the fewer misses at the lower heights is the winner.



Caber Toss

This is the best-known event of the competitions and probably the most misunderstood. The aim is to "turn" the caber, which becomes increasingly difficult as the length, and therefore the weight, increases. There is no standard size or weight of a caber, but it should be of such a length and weight that at least half of the



competitors can turn it. Generally, cabers range from 13' to 17' and weigh 70 to 120 pounds. The caber is made of wood, part of a tree trunk.

The caber is placed upright on the ground, with the thicker end upmost. The competitor lifts and balances it, then runs forward, ending by imparting enough upward thrust on the caber to get it to land on the thick end and have the other end pass through the vertical position and land pointing away from where it was tossed. The caber in a perfect toss will land with the small end pointing directly at 12 o'clock away from the competitor in an imaginary straight line extending from the competitor through the initial landing point in line with the direction of the run. Cabers that do pass through the vertical but land to the side will count as thrown but will achieve a lower score than a perfect throw. Competitors are allowed three attempts with the best of the three attempts counting.

Farmer's Walk

“What wears a kilt, weighs **550** lbs. and sweats profusely, while gasping for air? The answer – a Scottish athlete completing in the Farmer's Walk. Believe me, this is not an idyllic walk through a green pasture! Welcome to the realm of the heaviest of the heavy events. This **crowd-sponsored** event is a combination of strength and endurance that pushes the athletes who dare to accept the challenge to the very brink of exhaustion. For the majority of the heavy-events athletes, picking up 300 lbs. of steel is no great task, but carrying 300 lbs. as far as their body allows is a unique test of their endurance. Especially, since they have already spent much of their energy in the day's competition. Look for the Farmers Walk near the end of the athletics competition. Stop by and cheer on your favorite athlete!

SAAA Idaho

Formed to connect the general public with his/her Scottish heritage, the SAAA Idaho travels throughout the Northern Rockies to run and promote Scottish Highland Games. The SAAA aims to work alongside other sanctioning bodies in standardizing games, events, scoring protocol and judgeship qualifications. Our thanks to Ron Campell, Chuck McClain, Alan Wernsing, Justin Mattson, Brad Engebretson, Jen Gempler and all the rest of the SAAA Idaho clan for supporting our games.

Francis Brebner – Host of Athletics Events

Francis first founded the IHGF (International Highland Games Federation) in 2001, which has a total of twenty six countries affiliated to date and is rapidly growing from year to year.



Anthems

The Star Spangled Banner

Oh, say can you see by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars thru the perilous fight,
O'er the ramparts we watched were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
Oh, say does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?

O Canada

O Canada! Our home and native land!
True patriot love in all thy sons command.
With glowing hearts, we see thee rise,
The True North strong and free!
From far and wide,
O Canada, we stand on guard for thee.
God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.

Scotland the Brave

Hark! When the night is falling
Hear, Hear! The pipes are calling,
Loudly and proudly calling, down through the glen.
There where the hills are sleeping,
Now feel the blood a-leaping,
High as the spirits of the old Highland men.
Towering in gallant fame,
Scotland my mountain hame,
High may your proud standards gloriously wave,
Land of my high endeavour,
Land of the shining river,
Land of my heart forever, Scotland the brave.



Auld Lang Syne

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And days of auld lang syne?

For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet,
For auld lang syne.

And there's a hand, my trusty fiere!
And gie's a hand o' thine!
And we'll tak a right gude-willy waught,
For auld lang syne.

For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet,
For auld lang syne.

Farewell!

Join us next year on
August 5, 2017 for the
61th Annual Spokane Highland Games

Gaelic Blessing

May the road rise to meet you.
May the wind be always at your back.
May the sun shine warm on your face.
And until we meet again,
May God hold you in the palm of His hand.

