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Spring 2024

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# KENNEDY GAZETTE

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OFFICIAL PUBLICATION

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# THE KENNEDY GAZETTE

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Pictured above: Titusville Fire Department Honor Guard/Kennedy Honor Guard

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## Central Florida Scottish Highland Games

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Central Winds Park on the shores of Lake Jesup was alive all weekend with the magic of the Highland Games, and record crowds came out to enjoy it all. The weather cooperated for the most part, ranging from really cold, to cool and sunny.

Chief David Carrick and Michael Kennedy joined convenors Frank and Suzanne Canada and were an immense help in every possible way. With the honor guards in residence at our tents, it gets very busy especially on Saturday! David provided tent guests with interesting history and information about Clan Kennedy in Scotland and Ireland, and Michael, with his enthusiasm & excellent speaking voice, had some great conversation with our visitors.

There were at least twice as many guests than reflected on the sign in sheets, as conversations became lively and fun and signing just never happened. A big welcome to our sweet and lovely new member Rebecca Wilkinson. She has done a lot of traveling, shared wonderful photos of her recent trip to Wales, and is now planning a trip to Scotland. Rebecca is a joy to be around and we are looking forward to seeing much more of her!

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## Central Florida Scottish Highland Games

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The Titusville Fire Department Honor Guard/Kennedy Honor Guard led by Captain Frank Canada and the Orlando International Airport Honor Guard led by Driver/Engineer Danielle Shearer performed the games welcoming ceremonies, honor guard and band inspection, presentation of colors, and formal toast. Chief David Carrick, Candace Harris (a Kennedy, and wife of Kennedy Honor Guard member Jeff Harris) and Suzanne Canada set up for the toast with a lace covered table, tray, quaichs and whisky.

President Eric Campbell of Clan Campbell was the games honored guest and received the toast, presented by Kennedy Honor Guard Platoon Guide Tiffany LaMothe.

This year, the games committee presented the honor guard with their very own 10x20 wall tent, which was set up directly behind the Kennedy clan tents. This was absolutely the best thing ever, giving the 20-member combined honor guards a place to hang their gear, have food laid out, and change clothes. We are eternally grateful!

That wraps up 2024. Looking forward to 2025! Frank and Suzanne Canada



Pictured Left:  
Combined Honor Guards

Pictured Right:  
Suzanne Canada, Rebecca Wilkinson,  
Frank Canada



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## North East Florida Games

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Saturday 24th February was the NEFL Scottish Games held at Clay County Fairgrounds, even though the sun was shining it was very windy. We had a few people stop by our table. Floyd Curtis. FL, Mark Turgeon. FL, Joshua Hitchman. FL, Bruce Canady. FL, and Patricia W. Beerman and her daughter FL.

We also had a gentleman who walked with us in the parade that thought since he was an Irish Cassell he would be in and out of a Scottish festival. As he walked by our tent he saw his name on our board and as about it. He ended up taking a photo with the Kennedy Parade Banner to send his mother saying that she wouldn't believe that he was in the parade with Clan Kennedy.

Submitted By: Irene Phelps



David and I are set up and ready for the 2024 North East Florida Games to begin



Getting ready to march in the Parade of Tartans



Walking into the field for the Parade of Tartans



I got to meet The Hebridean Baker, Coinneach MacLeod

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# Asheville Celtic Festival

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This year's Asheville Celtic Festival took place February 17th & 18th. As a relatively new game that started in 2018, it is growing exponentially every year. Held at the agricultural center near the Asheville airport it is a large mostly indoor event. This year we were invited to be among the first clans to take part in the events that have grown to span over two days. Much to everyone's relief we were inside the Davis building while the athletics, animals and demonstrations were held outside.

Inside were all of the various vendors many that are a bit more eclectic than I have seen at other games. Most were local vendors, but a few of them were ones we've seen routinely at other games. The music was also all indoors, but the loud atmosphere did not deter the crowds in the least. I was joined by Karen Kennedy, Dave and Amy Carrick, then later joined by many friends from other Clans that joined us to listen to the music and share company. Saturday it was difficult to wade through the crowd and we were visited by many interested in learning more about The Kennedy Society and our membership, but unfortunately we did not gain any new members. Sunday was less crowded, but not by much. Despite not acquiring any new members it was still a success and we will continue to be a presence each year.

Submitted by: Samantha Dodson



Our little home!



Axe throwing is always a favorite!



Out door spear throwing



The stones throw at the athletic area



Amy and Dave Carrick, Samantha and Karen Kennedy

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# CASSOC

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## **Clans and Scottish Societies of Canada** *Symposium for Growth and Success*

Andrew McMurtry  
Kennedy Society of North America

The Clans and Scottish Societies of Canada (CASSOC) continues to demonstrate that it is a first-rate organization providing invaluable resources to its member organizations. For example, CASSOC recently organized a four-part symposium designed to help clans, Scottish societies, and family associations learn and share best practices from knowledgeable clan executives from across North America. The session topics included Member Connections, Volunteers & Events, Heritage & Genealogy, and Sustainability & Governance. Below are the speakers and their topics, plus links to summaries of each session. The Kennedy Society of North America is a proud member of CASSOC, and Society Chief David Carrick presented in the first session on “Your Society’s Web Challenges.”

### **Member Connections**

The session’s main focus was to address common problems faced by member groups, such as membership engagement and retention. The discussion emphasized practical solutions and best practices were shared with the session participants.

- Membership Growth - Joan McAulay, Chief of the Clan MacAulay Association
- Facebook Use for Engagement - Sylvie Thériault, Editor, Council member, Clan Gregor Society Canada
- Retention and Attraction: Scott MacDougald, Vice President for Canada, Clan MacDougall Society NA
- Your Society’s Web Challenges - David Carrick, Chief of the Kennedy Society of North America
- Marketing Strategy Importance - Bob Macauley, Marketing Coordinator, Clan MacAulay Association
- Increasing Membership and Revenue - Matt Buchanan, Vice President, Clan Buchanan International
- Improving Member Connections - Paul Johnston, President of Clan Johnston/e in America

The meeting focused on discussing issues with volunteerism and associated participation in events. The participants discussed their recruitment strategies, use of social media, genealogy resources, and the importance of volunteers in organizations. The need for collaboration and joint events with other societies and organizations was emphasized. The challenges different clans face in attracting members, particularly in Canada, were also discussed.

- Recruitment Challenges in Clan Council Committees - Paul Johnston, President and Chief Commissioner of Clan Johnston/e in America
  - The Importance of Approachability, Inclusivity, and Being Memorable - Terence Myles, VP and Highland Games Coordinator for Clan MacNeil in Canada
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## CASSOC continued...

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- Recruitment Strategy, Social Media and Genealogy Resources - Barbara MacLennan, Clan MacLennan Executive, Past President and Past Vice-President
- Clan Gatherings, Leadership, and Membership Challenges - Doug Doughty, Clan MacAulay Association Commissioner for Central Canada

The meeting centred on the significance of heritage and history within clans, with an emphasis on preserving and promoting history through merchandise. The attendees explored various strategies to engage with heritage, such as creating genealogy databases and supporting DNA education. The team also discussed the shift from operating a store to a partnership with the House of Tartan in Scotland, the use of DNA testing for genealogy research, and the importance of collaboration among clans.

- Clan Johnston/e's Genealogy Focus and Merchandising Partnership - Paul Johnston, President and Chief Commissioner, Clan Johnston/e in America
- Clan Research and Discovery - Bill Lennox, Director and Treasurer of Clan McFarland Worldwide
- DNA Testing, Genealogy and Finding One's Ancestral Roots - Lucas McCaw, Heritage Secretary & DNA Coordinator for the Clan MacAulay Association
- Modernizing Traditional Organizations: Balancing Heritage and Accessibility - Matt Buchanan, Vice President, Clan Buchanan International

## Sustainability & Governance

The meeting focused on the importance of succession planning in leadership roles and the role of technology in enhancing efficiencies. The discussion emphasized the need for strategic planning when choosing software for an organization, defining goals, identifying constraints, and evaluating functionality, accessibility, scalability, and cost-effectiveness. The meeting concluded without a clear resolution to the succession issue. The importance of succession planning in leadership roles was discussed, emphasizing the need for technology solutions to enhance efficiencies. Underscored was the importance of policies and procedures to ensure fair treatment and prevent harassment, as well as a sustainable funding strategy for continued success.

- Leadership, Succession, Technology, and Sustainability - Paul Johnston, President and Chief Commissioner, Clan Johnston/e in America
- Succession Planning and Technology Prioritization - Susan Caldwell, Technology Director for the Clan MacAulay Association
- Succession Planning, Organizational Structure, Technology and Security - Scott MacDougald, Vice President for Canada for the Clan MacDougall Society of North America
- Governance, Recognizing Contributions and Code of Conduct Policy - Joan McAulay, Chief of the Clan MacAulay Association



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# THE KENNEDY SOCIETY of NORTH AMERICA IS AWARDING SCHOLARSHIPS !!!



**The Kennedy Society awards annual scholarships to students of Celtic arts such as dance, pipes, drums, harp, fiddle, and language arts. Adults may also apply.**

***\*\*The deadline for scholarships is March 31.***

**To receive a Kennedy Society scholarship, the student must meet these criteria:**

**•Be sponsored by a Kennedy Society member**

**Note: The student himself or herself does not have to belong to the KSNA. However, the student must be sponsored by a KSNA member. If a sponsor cannot be secured, please notify the scholarship chair for assistance. Otherwise, the application will be considered invalid.**

**•Plan to attend a certified workshop, class lessons, or camp of instruction**

**•Provide documentation of certification of the workshop, class, camp, or instructor**

**A scholarship award covers a portion of the cost of workshop, class, or camp registration.**

***\*\* To apply, fill out the scholarship application which can be found on the Kennedy Society website at: [kennedysociety.org](http://kennedysociety.org). OR request an application from: Jill Stupalsky at the address below. Your instructor or band director may also have applications.***

***\*\* Send the application to the Scholarship Committee in care of: Mrs. Jill Stupalsky, at Email:[45Jams@gmail.com](mailto:45Jams@gmail.com) or 12130 Kelly Green Blvd Unit 92 Ft Myers, FL 33908 Please feel free to contact Jill with any other questions.***

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## Words from our Chaplain

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My fellow KSNA family, my service as Chaplain ends this year.

At 82, I just started wearing hearing aids and now seems I hear everything. Sometimes more than I need too, HA!. The body mechanics need more help in all areas, everything seems to happen slower. If one drops something it takes time to decide whether it really needs me to bend and retrieve it. Best if not doing long drives to attend games. I am sure God has someone in our family to serve as Chaplain. I am so happy to have served the past few years.

To serve humbly as Chaplain, is to rely on God's word, the Bible and relate God's words through prayers at our meetings and events, and other duties as may be needed.

We are Blessed with another year and new goals supporting our new Chief.

The Bible provides a few guidelines I would like to share:

(Proverbs 19:22) Be kind ,

(Psalm 49:3) be respectful in speech,

(2 Timothy 1:7) stay strong in Faith.

Following these, I believe God will be happy, and we will accomplish our goals.

As Ecclesiastes 3:12 states,

I know that there is nothing better for them (meaning believers) than to rejoice and to do good in one's lifetime...

God wants us to be happy, as we go about our daily tasks.

May we pray:

God , Grant us wisdom and guidance throughout this year.

May we have safe travels as we go about our tasks..

We pray in the name of our Heavenly Father, Son, and Holy Spirit. Amen

Tom Kennedy , Chaplain, 23/24

FOR GOD  
SO LOVED  
**THE**  
WORLD  
THAT HE GAVE HIS ONE AND ONLY SON,  
THAT WHOEVER BELIEVES IN HIM  
SHALL  
**NOT**  
PERISH  
**BUT**  
HAVE  
ETERNAL  
**LIFE.**  
**JOHN**  
**3:16**

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## A Message from the Chief

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This will be my last article as Society Chief, as my term will come to an end at the AGM in Loch Norman, April 20-21. It has been my privilege to serve the KSNA in this capacity for the past few years, and I have gotten to travel to many games and meet many members along the way. Certainly, the highlight was last year's AGM/50th anniversary: much planning and hard work by many ensured that it was a special and successful event.

Although I will likely be remiss by not including some, I would specifically like to thank Sean Carrick, Bob Davis, Colleen Caldwell, Samantha Dodson, and Leo Kennedy for their dedication, counsel, and support. I need to also thank my wife, Amy, for buying into my decision to attend the amount of games that I/we did - as well as for the technical assistance that she provided.

I would also like to say that it has been a pleasure to get to know many of those that serve their respective game and/or organization, including but not limited to: Dean Harbert (Gallabrae), Susan Mills (Smoky Mountain), Steve Quillin (Grandfather Mountain), Steve Caudill (Laurinburg), and Bill Petrie (CASSOC).

Most of all, I want to extend my sincerest appreciation to those that convene tents for the Kennedy Society. This requires significant time, effort, and cost, and is the front line for the Society. You need only to look back to the pandemic to see the impact that games provide.

I may no longer be Chief, but that doesn't mean that I will no longer be around. I will be Chief First Class Retired, and still convening a few games and attending others. I look forward to seeing those members that I have gotten to know, and meeting those that I haven't had the opportunity to yet.

Avise la fin!

David Carrick



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# AGM and Upcoming changes

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The 2024 AGM will be held at the Loch Norman Highland Games and Scottish Festival, April 20-21.  
Rooms have been reserved at the Hampton Inn Charlotte North I-485:

LOCH NORMAN  
Rural Hill  
4431 Neck Rd.  
Huntersville, NC  
28078  
704-875-3113  
Ticket link is here

HAMPTON INN CHARLOTTE N I-485  
7911 W W.T. Harris Blvd.  
Charlotte, NC  
28216  
704-395-9433  
Room booking link is here:

[Loch Norman Highland Games](#)

[Hampton INN Booking](#)

There will be many changes to the Kennedy officer structure in 2024:

**Society Chief/President** - Dave Carrick will be termed out per the bylaws, with Sean Carrick, the current Deputy Society Chief/Vice President, standing for the position.

**Deputy Society Chief/Vice President** - Samantha Dodson, newsletter editor, will stand for the position. Kim Hageman will become newsletter editor.

**Treasurer** - Bob Davis, treasurer since 2019, will not run. Rick Hageman has agreed to stand for the position.

**Secretary** - JoAnne Engelhardt, who has been secretary since 2021, is not running. Nina Eppes has agreed to stand for the position.

Please thank Bob and JoAnne for their loyal and significant service to the Society!

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## Important Announcement

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After this year's AGM, Tom Kennedy will be retiring from his position as KSNA chaplain. Tom has been a dedicated attendee of AGMs, many times having his siblings and/or children with him.

Also, Joanne Engelhardt will step down as Secretary. She and her husband, Marcus, have also been faithful attendees of AGMs.

Many thanks for their service to the Society!

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# Did You Know?

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**Area:** 78,789 sq km (30,420 sq miles) including the islands. About twice the size of the Netherlands and almost the same size as South Carolina in the US. Scotland counts 787 islands from which around 130 are inhabited.

**Size:** Scotland measures 441 km (274 miles) from north to south. From east to west it varies from 38.8 km to 248 km. The overall coastline including the islands is 10,000 km! (69% of the total UK coastline)



<https://www.scotlandinfo.eu/scotland-facts-and-figures/>

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## Board of Governors

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Greer, SC 29650  
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**Joanne Engelhardt**  
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[golfinjoe@bellsouth.net](mailto:golfinjoe@bellsouth.net) (secondary)

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# OFFICIAL BALLOT AND PROXY BALLOT

## 2024 KENNEDY SOCIETY OF NORTH AMERICA AGM ELECTION OF OFFICERS

I, Leo Kennedy, in my capacity as Chairman of the Society Nominating Committee, do hereby put forth this slate of officers for election for 2024-2025. Additional nominations can be made at the AGM prior to the election.

### President PLEASE VOTE FOR ONE

Sean Carrick, Fort Mill, SC

### Vice President PLEASE VOTE FOR ONE

Samantha Dodson, Hendersonville, NC

### Treasurer PLEASE VOTE FOR ONE

Rick Hageman, Spruce Pine, NC

### Secretary PLEASE VOTE FOR ONE

Nina Eppes, Nashua, NH

Each nominee has given permission for his or her names to be entered on the election ballot.

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## PROXY ASSIGNMENT

I \_\_\_\_\_, not being able to attend the 2024 KSNA election, wish to cast my vote by Proxy. I understand that my vote (one ballot per membership family) will be counted with all ballots cast in person at the Kennedy Society of North America's Annual Meeting to be held at the Loch Norman Highland Games, Huntersville, NC games on April 20-21, 2024.

Member assigning proxy : \_\_\_\_\_ Date \_\_\_\_\_

I give my proxy permission to cast the above ballot in my stead and for such other business as may be conducted at the April 20-21, 2024 annual general membership meeting to: \_\_\_\_\_

Proxy Vote Assignment can be assigned to any Board Member or member in good standing except the ones running, or you can return proxies to Leo F Kennedy via email or US Mail at:

Leo F Kennedy  
43 Beverly Cir, Greenville, RI 02828  
Email - HDViking@aol.com

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# Flowers of the Forest

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## W. Marshall Schmidt Obituary

W. Marshall Schmidt died peacefully in his sleep on Friday, December 29, 2023, in his apartment at the Princeton Windrows in Plainsboro, NJ, where he lived with his beloved wife of 76 years, Cornelia “Kinnie” Schmidt.

Marshall was born on February 20, 1926, in San Francisco, CA, and grew up primarily in Pelham Manor, NY and then Swarthmore, PA. He graduated in 1947 from Swarthmore College, where his academics were interrupted when he served in WWII on the battleship USS Wisconsin in the Pacific theater.

After graduating from Swarthmore and marrying Kinnie, Marshall began his business career in the financial sector in Philadelphia, first as municipal bond trader with Drexel & Co, and then with Hornblower, Weeks, Hemphill, Noyes where he made partner. In 1971, he became chairman of Schmidt, Roberts & Parke and finished his career with W.H. Newbold’s and then Janney Montgomery Scott, finally retiring in 2000.

In addition to his business career, Marshall was very proud of his contributions to various executive and civic organizations. While at Windrows, he served on five finance committees and eight staff appreciation fund drives. Marshall served as chair of Swarthmore College’s Alumni Association and served on its Board of Managers for one term. He was on the board of directors (1981-1986) and served as vice president (1986-1989) of the Union League of Philadelphia, and he served as the 77th president of the St. Andrew’s Society of Philadelphia.

He also had a lifelong commitment to youth development. Marshall was an original board member and emeritus trustee of Agawam Council, which operates Camp Agawam for boys in Raymond, ME. Beginning in 1971, he was actively involved with the Children’s Country Week Association (CCWA), which operates Paradise Farm Camps in Downingtown, PA, serving as president 1974-1994, and president emeritus beginning in 1994. Marshall was instrumental in helping to ensure the financial stability of CCWA, including creating a trust at the Chester Country Community Foundation for the benefit of CCWA. He and Kinnie were also members of the Yardley (PA) Friends Meeting.

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## Flowers of the Forest Continued...

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In addition to his wife, Marshall is survived by his daughter Eleanor (“Peggy”) Clark (Robert) and his son John Schmidt (Liz Vogel). His son William Schmidt (Cathy) predeceased him. He is also survived by 10 grandchildren: Courtney Clark Metakis (Marc), Kenneth Clark (Kristen Ritenour), John Schmidt (Sarah), Sarah E. Schmidt (Scott Tremblay), Reid Schmidt (Corey Rosenbloom), Sarah A. Schmidt (Kyle Starr), Emily Schmidt (Kevin Stursberg), Margaret Schmidt, Abigail Schmidt (Matthew Caulfield), and William Schmidt, plus nine great-grandchildren.

Marshall led a life well-lived, marked by his devotion to his family, talent for connecting people, enthusiastic engagement in worthy causes, complicated baseball pool that predated online sports fantasy leagues, faithful attendance at Friday poker games, endless supply of stories, fascination with jigsaw puzzles, and fondness for raw oysters.

Marshall’s family offer their heartfelt thanks to David Barile, M.D., Marshall’s primary care physician, for his expert and empathetic medical care; Beth Morley, MSW, of Friends Life Care, for her accessibility and extraordinary support; and Booker Mbiti, home health aide, for his dedication and his perceptive care, which made it possible for Marshall to remain fully engaged in life at Windrows for the past three years.

In lieu of flowers, the family requests that any donations be directed to the Children’s Country Week Association, 1300 Valley Creek Road, Downingtown, PA 19335.



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## Future Games

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Including the 3 games that have already occurred, the Kennedy Society will be represented at 25 games this year. Upcoming games for the few months are:

Loch Norman (AGM), 4/20-21, Huntersville NC, Sean and Tammy Carrick

Savannah, 5/4, Savannah GA, David and Irene Phelps

Smoky Mountain, 5/18-19, Townsend TN, Rob and Karen Kennedy

Gallabree, 5/24-25, Greenville SC, Dave and Amy Carrick

Old Orchard Beach, 6/1, Old Orchard Beach ME, Leo Kennedy

Blairsville, 6/8-9, Blairsville GA, David and Irene Phelps

West Virginia Wild and Wonderful, 6/15, Beverly WV, Colleen and Dan Caldwell

Ohio Scottish Games, 6/21-22, Berea OH, Bill and Julie Kennedy

Grandfather Mountain, 7/11-14, Linville NC, Samantha Dodson and Rick/Kim Hageman

Many games are more than one day. The website only allows for one date to be listed, so the Saturday date is the default listing. The respective game's link will identify the actual dates.

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## DUES REMINDER

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Did you know that you can pay in-person at events where Kennedy Society of North America members host a tent? Check our Events Calendar on the website for locations.

Credit card payments can be made on the website by responding to the automatic email reminder. If that link has expired, or you don't receive one, email me at [caldwellkids@earthlink.net](mailto:caldwellkids@earthlink.net).

Paying your dues with a check? Send it to the address below. Please let me know if you are sending a personal check in the mail so that I can watch for it.

Colleen Caldwell  
KSNA Membership  
278 Reservoir Road  
Mt. Pleasant, PA 15666

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Membership dues are \$35 for one year, payable to Kennedy Society of North America.

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# Membership Updates

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Colleen Caldwell Membership Chair

## SPRING MEMBERSHIP NEWS

**'NEXT RENEWAL DATE'**

has been added to KSNA web profiles!

Have you wondered when your KSNA membership will expire?

Now you can check this yourself. Next Renewal Date is located in your profile below your email address (or your profile photo if you added one). Please note that Next Renewal Date will be blank for Lifetime Members.

Members can update most of their own contact information. Login to the website and check that your profile is correct. From the Member Area, click on your profile link which is located in the upper right-hand corner—it will be either your profile photo or initials.

Members cannot change their own email address. So, let me know if your email address changes and I will create a new access link for you.

Please do not hesitate to contact me if you need website access or have any questions.

Colleen Caldwell  
Membership

## WELCOME TO ALL OF OUR NEWEST MEMBERS!

John O'Rourke of Lake Park, GA  
Charles Kennedy of Lexington, NC  
Rebecca Wilkinson of Chuluota, FL  
Ryan Cranford of Stoneville, NC  
Nancy Dean of Chandler, AZ  
Megan Morrison of Ellsworth, MN

Attention all Members and Tent Conveners:  
Please note that I have moved! Please use my new mailing address included below to avoid mail delays. My new landline phone number is 724-849-0024; my cell phone is still 304-216-4005; email is the same [caldwellkids@earthlink.net](mailto:caldwellkids@earthlink.net)



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# Spring Recipe

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## Scottish Leek and Potato Soup

This vegan, gluten free and healthy

Scottish leek and potato soup is deliciously creamy and smooth tasting without the added calories of butter or cream!

This is a personal favorite of mine I hope you enjoy!!

### INGREDIENTS

- Cooking Spray
- 4.94 cups leeks sliced  
(Soak in cold water to clean thoroughly before slicing)
- 2.1 cups potatoes peeled and diced
- 4.26 cups vegetable stock
- Salt and freshly ground pepper
- 2 tsp mustard optional
- Chopped fresh parsley for garnish



### Instructions

- Spray the bottom of a large soup saucepan 5 times with the low calorie oil spray.
- Heat the saucepan on a high heat, then when the oil spray begins to bubble turn the heat to medium.
- Sauté the leeks for approximately 3 – 4 minutes, but do not allow them to burn.
- Add the potatoes and vegetable stock.
- Bring to the boil and simmer for about 30 minutes until the potatoes are soft. Then turn off the heat and allow to cool a little.
- Using a potato masher or blender/food processor, mash / blend the soup to a required consistency.\*
- Add the mustard (optional) and season to taste with salt and pepper.
- Garnish with parsley and serve.

### Notes

\*If you prefer the soup to be “chunky” then miss out the masher / blender stage.

### Nutrition

Calories: 156kcal | Carbohydrates: 35.3g | Protein: 4.1g | Fat: 0.6g | Saturated Fat: 0.1g | Sodium: 97mg | Fiber: 4.6g | Sugar: 5.3g | Vitamin A: 1900IU | Vitamin C: 50.3mg | Calcium: 90mg | Iron: 3.2mg

<https://neilshealthymeals.com/scottish-leek-potato-soup/#ingredients>

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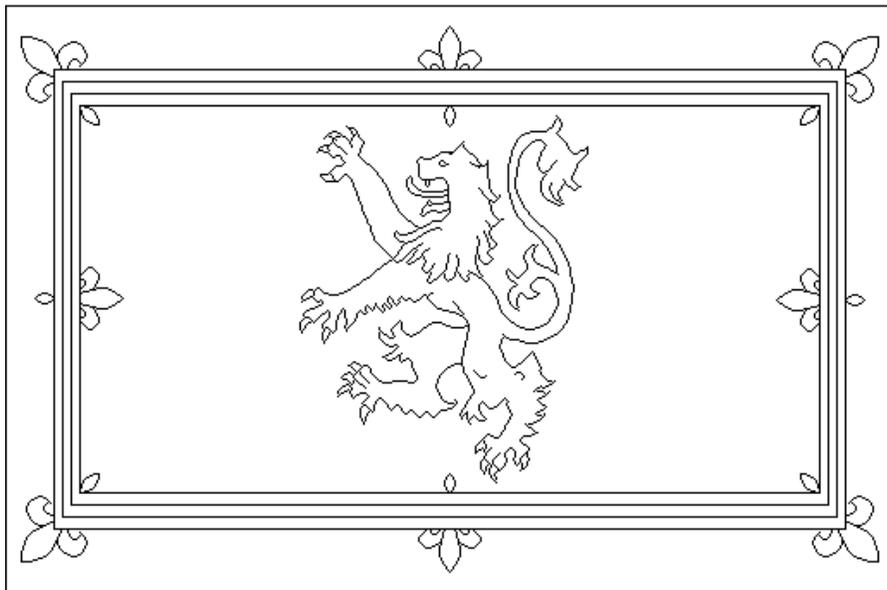
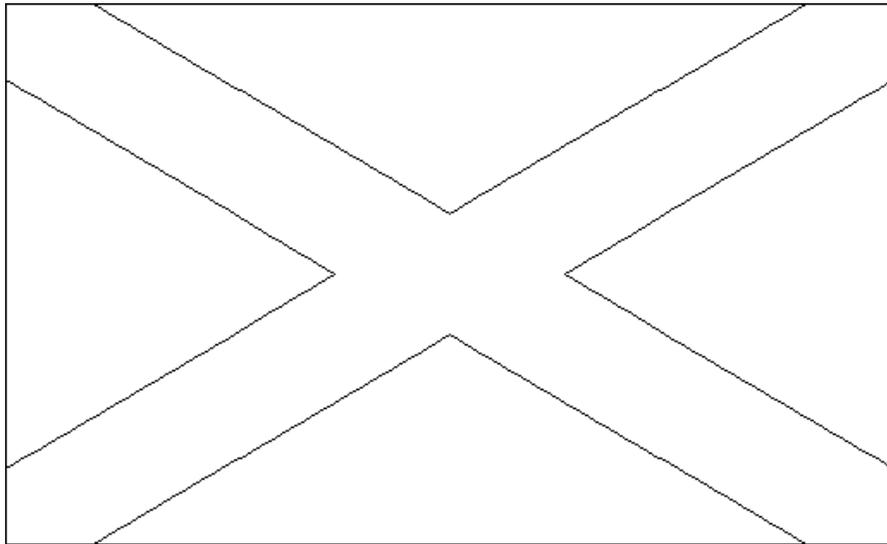
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# Kid's Corner for the Wee Ones!!

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## Scotland's Flags, or Not

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## Scotland's Flags, or Not

Two flags are associated with Scotland. One flag is the Saltire. The other flag is the Lion Rampant.

Some people think they are both Scotland's flags.

The Saltire has Saint Andrew's cross on blue. St Andrew was a disciple, a follower, of Jesus. He got in trouble because he told people about Jesus. The rulers decided to crucify Andrew just like they did to Jesus. Andrew's cross was turned on its side so it looked like the letter "X." That cross is known as St Andrew's cross. Some people believe that having something that belonged to a saint would make things go well for them. Very, very long ago someone got some of St Andrew's bones and took them to Scotland. One time the Scots were fighting the Picts (another group of people who lived in the same area as the Scots lived). The night before a big battle the king saw the St Andrew's cross in the sky.

The next day the Scots won the battle. The king believed that St Andrew helped the Scots win the battle. The saltire with the St Andrew's cross on became Scotland's flag.

The Lion Rampant represents the monarchy, not the country, of Scotland. Ordinary people in Scotland use the Saltire as their country's flag, but they would get in a lot of trouble if they used the Lion Rampant. The Lion Rampant is a royal banner of Scotland, and ordinary people aren't royalty.

Who is the monarch? The monarch is the reigning king or queen of the United Kingdom of Great Britain and Northern Ireland. When you were born Queen Elizabeth II was the queen. When she died in 2022 her oldest son became King Charles III. Now you know about two important flags – one you can use and one you shouldn't use.

# Summer Edition

It's never too early to start preparing for our next edition. Due to recent changes in formatting it's taken a while to get everything put together nicely for you. Please remember that the deadline for the next edition will be June 1st, 2024

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