BULLSEYE

A TURNBULL CLAN PUBLICATION Serving Turnbulls Worldwide

Volume 24

March - April

Issue 2

TCA AT THE 55TH DUNEDIN HIGHLAND GAMES FESTIVAL

By Brittany Turnbull

A great traditional Scottish and fun-filled event, including heavy athletics, Pipe Bands & Celtic music

The Turnbull Clan Association was well represented at the recent Dunedin Highland Games in the sunshine state of Florida in April, where President Walter Turnbull and his wife Brittany, hosted the clan tent on a lovely warm Spring day.

The Scottish roots run deep in this small city on Florida's Gulf Coast, and they were on full display during Friday night's Scottish ceilidh and parade of pipes and drums and which featured the City of Dunedin's Pipe Band and the Dunedin High School Scottish Highland Band, who marched just behind Clan Turnbull.



Walter and Brittany Turnbull, with his parents Sandy and Mary Turnbull

Walter - ever the dramatic storyteller, regaled visitors to the clan tent with the legendary tales of Will O'Rule. Scotch whisky flowed, and was complemented by Mary Turnbull's famous shortbread cookies which were enjoyed by anyone lucky enough to snag one as they disappeared quickly! And who can visit a Scottish festival without enjoying traditional fish and chips or a savory Scotch egg?!

Along with wee drams of whisky, a bottle of Turnbull Bay vanilla rum was also shared with festival patrons. Turnbull Bay flavored rums are a product of the Sugar Works Distillery in New Smyrna Beach, Florida!



Walter Turnbull with Lilly Trimble (one of the Scholarship winners for 2022) Brittany Turnbull and Mary Turnbull at the TCA Tent



Walter Turnbull with Katie and Edward Whiteley,
Edward's Brother Darin, and Brittany Turnbull

Edward Whiteley and his wife, Katie, visited the tent - Edward had connected with Walter through the TCA website and shared the story of his late aunt, Mary Le Samms (formerly Higby). Prior to her passing, Mary had researched their family lineage from the time they stepped foot in America all the way through to the current generations.

She then worked backwards, tracing their lines through England and back to their Rule roots in Scotland. Edward, who is featured in the "Book of Rule," has since been in touch with Turnbull genealogist and family historian, Fiona Turnbull, and are working to complete the family tree.

Greyfriars Bobby a famous statue; a loyal dog in the 19th C - Edinburgh, Scotland

The Skye Terrier is a hunting dog and is one of five Scottish Terrier breeds. These dogs appear as a long, low, hardy terrier, originally bred to hunt and kill in the Highlands of Scotland. Sadly, the Skye Terrier is now "one of the most endangered native dog breeds in the United Kingdom" - Page 7





ALL HERITAGE TOUR DETAILS - PAGE 3

LOCH NORMAN GAMES - PAGE 6

A-MUIGH IS A-MACH (OUT AND ABOUT)

Jess Turnbull (left - Kangaroo on her head) and Alex Hayden representing Australian Squash at last year's 2022 Birmingham Commonwealth Games.

Australia was just one of 72 countries competing at Birmingham. Some wins including against Guyana and Pakistan in the plate final but no podium medals this games – bring on 2026 in Melbourne.

Hopefully, Squash as a sport, will appear in the next Olympic Games, but sadly not yet.





Wyatt Trimble, who plays for the Huntsville Alabama Chargers Travel hockey team won the Notre Dame Hockey Cup Tournament in March, beating out the 25th-ranked team in Michigan. This was Wyatt's last career high school hockey game. Wyatt has been playing hockey since kindergarten and will miss playing due to his plans to study nursing. Assistant Coach Darin Trimble is proud of the team and his son.



Singers 19 year old twins Aaron & Evan Turnbull from Nova Scotia, recently competed in the 'Canada's Got Talent' Quest

BULLSEYE

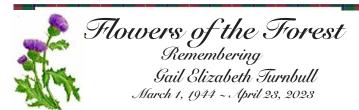
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Webmaster & Genealogy - Brian Turnbull

Founders: John F. Turnbull, Scotland • Dorothy Berk, USA





Gail Elizabeth Turnbull passed away after a long illness to cancer on Sunday, April 23, 2023, at 79 years of age. Beloved wife of Brian. Dear mother Tony (Christine), Monica Turnbull, James (Julie Langlois) and Peter (Maija-Liisa). Gail will also be missed by her 7 grandchildren as well as many nieces, nephews, and friends. She was predeceased by her brother William McCallum.

Gail received her Certificate in Theology from Montreal Diocesan Theological College in 2021, where she took a wide range of online courses at the college, developing a growing interest in and talent for learning about the Christian tradition across a wide range of subjects. Along the way, she discovered a vocation of teaching in the congregation, taking her learning from the classroom and sharing it with her fellow Christians. At the time of her graduation she said, "I have had an amazing experience of study and learning... I am grateful for the opportunity."

Gail was a cheerleader for Turnbull Clan Association, once serving as recording secretary and working closely with her husband Brian who served such roles as Vice-President, webmaster, and continues today as genealogist.

Gail and Brian were among those on the first AGM trip to Scotland in 2007. Of the trip, Gail said that it was a highlight to read scripture at Glasgow University's special service for Turnbull Clan. Gail will be greatly missed.

Sharing and Caring

With the passing Gail Elizabeth Turnbull, their families appreciate your thoughts and prayers.

Celebrating something or an event to share?

Have a photo or an event that you'd like to share with the 2,500+ Turnbull Clan readers, please let us know.

You can send photos and information or stories of your adventures to the editor@turnbullclan.com

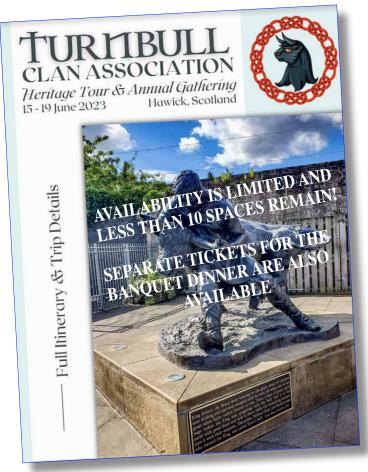




Congratulations go to two who tied this time, to Rob Turnbull Brampton, Ontario, Canada and Roy Turnbull, Michigan, USA, earning the bragging rights as equal first to find the little bull.

• Can you find the other hidden 'Bullseye Bull' in this issue?

THE 2023 TURNBULL CLAN ASSOCIATION HERITAGE TOUR AND ANNUAL GATHERING IN THE SCOTTISH BORDERS!



This is an adventure not to be missed!

Join us for the 5th Turnbull Clan Association heritage tour and annual clan gathering in the beautiful Scottish Borders!

We will be blending sites seen on previous tours with several new ones. This will be a tour unlike any other. Immerse yourself in the history of this great country while discovering your Turnbull roots and creating life-long friendships.

The tour will include: coach transportation, 3 lunches and a banquet dinner, a local expert guide on Day 3, and tickets to the attractions.

TOUR COST: \$650.00 US DURATION: 5 days AGE: 10 years and up

Those interested can contact Katherine Turnbull at **katturnbull01@gmail.com** for the registration forms and direct you to an online payment portal to secure your space on the tour.



Heritage Tour Itinerary

Our tour will be based from the city of Hawick in the Scottish Borders



DAY 1 Selkirk, Hawick

It's the start of an adventure! After a meet and greet at 8:30am, our coach will visit the famed Lochcarron of Scotland in Selkirk to a tartan cloth manufacturing Mill. Then on to the Philiphaugh Estate - lands that were once part of the original grant given to William O' Rule by King Robert the Bruce, plus several other sites on the day.

DAY 2

Glasgow, Stirling, Falkirk

We will be making the trek to Glasgow, to take in a historical tour of the Glasgow University and we will lunch there. It was founded in 1451 by Bishop William Turnbull. Next destination, to a tour of Stirling Castle! Then a stop in Falkirk to visit The Kelpies.

DAY 3

Minto, Denholm, Melrose

We will meet Borders historian and tour guide, Mark Nicol, who will share facts and stories of the Borders and the Reiver families. Then to Minto, where we will hike to the top of Minto Crags to see Fatlips Castle, once a Turnbull stronghold. We will also have the rare opportunity to go inside the tower, and experience the views from the top. Afterwards, Barnhills Tower and Minto Kirk. Next, we visit the historic Melrose Abbey, where the heart of King Robert the Bruce is buried and on to a short stop at Scotts View.

DAY 4 Bedrule, Jedburgh

Off to Bedrule, where we will be attending a church service by Reverend Rachel Wilson, and see the Turnbull stained glass window in the kirk followed by a tea in the Bedrule Village Hall prepared by the kind people of the parish. See the Bedrule Cairn and the site where Bedrule Castle once stood. Then visit the market town of Jedburgh, where you can explore Jedburgh Abbey, Jedburgh Castle Jail, and the Mary Queen of Scots Visitor Centre.

DAY 5

Berwick-upon-Tweed, Alnwick, Hexham

Our first destination will be to visit Halidon Hill Battlefield, outside the coastal village of Berwick-upon-Tweed. We will then leave Scotland to explore south of the border, beginning with a stop for lunch in Alnwick at the Turnbull's of Northumbrian Food Hall. Afterwards, we will continue our journey south to visit the Housestead's Roman Fort and Hadrian's Wall, a UNESCO World Heritage Site. We will then return back to Scotland.

Mansfield House Hotel, Hawick

To finish out our whirlwind 5-day adventure, Mansfield House will once again be host to our annual gathering dinner. The 19th century, 4-star luxury hotel is set just outside of Hawick with wonderful views overlooking the town and countryside.

News from around the world

by Kenneth Turnbull - International News Editor

Canada - Executive director of Childrens' Centre retires

Executive director Angee Turnbull of Lansdowne Children's Centre Foundation, has announced her retirement. "I'm so proud of this foundation team, and all that we have accomplished together," said Angee Turnbull, who will retire as of 30th March. The founda-

tion is the fund-raising arm of the Lansdowne Children's Centre that helps more than 3,000 children with a range of developmental issues and their families annually.

UK - Fundraising support

Seahouses and District Cancer Research and Relief Fund, was first established in 1970's, to sup-



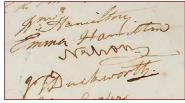
port cancer patients from their diagnosis to the end of treatment. Joan Turnbull, the Seahouses and District Cancer Research Relief Fund chair and her team of volunteers, hosted a fund-raising coffee morning which took place together with general manager Richard Miller, in The Bamburgh Castle Inn in Seahouses. The fund-raising efforts raised £2,200 over the course of 3 hours.

Australia - A victory delivered



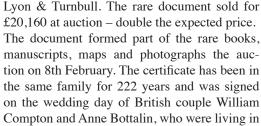
Jett Turnbull was delighted when the first horse he owns outright, Harry Croft, won with his father Nathan Turnbull in the gig. With harness racing in his blood and if there was any question at all how much passion Jett Turnbull has for the sport, it was dispelled.

Scotland - Marriage certificate signed by Lord Nelson auctioned



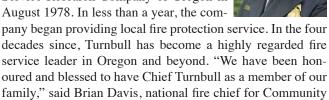
Lyon & Turnbull. The rare document sold for The document formed part of the rare books, the same family for 222 years and was signed on the wedding day of British couple William Compton and Anne Bottalin, who were living in

Naples at the time. They were married aboard Nelson's ship HMS Foudroyant in the Bay of Naples in July 1799.



USA - Rural Metro Fire celebrates Fire Chief's Career

Rural Metro Fire Chief Phil Turnbull retired on 1st April after a 50-year career in the fire service. At the age of 16, he began his career in Central Point, Oregon as a volunteer firefighter in 1972. Turnbull helped found and establish the Fire Service Research Company of Oregon in



Canada - An amazing popular player comeback effort



Fire Operations.

Popular player Blayre Turnbull, managed to score twice in a 32-second span midway through the second period beating the United States 5-0 in the Game 7 to win the Rivalry Series women's hockey showdown in late February. Turnbull scored on a power play. She led all scorers with

two goals as Canada used a four-goal second period to fuel a 5-0 win over the U.S. and claim the Rivalry Series.

UK – An annual prize for medical students is launched

In honour of the late broadcaster Bill Turnbull, an annual prize for medical students has been launched at the University of Cambridge's Selwyn College. The former BBC Breakfast presenter died last year in Suffolk,



aged 66 after a battle with prostate cancer. Many of Selwyn College's students are based for some of their training at Ipswich Hospital in Suffolk where Turnbull received care while being treated for prostate cancer. A travel scholarship has also been established at the college in recognition of Mr Turnbull's love of the United States, where he served as a BBC correspondent. It will give £1,000 each summer to students wanting to travel to the USA as a benefit of their academic work.

Nova Scotia - Health funding talks

A rare document signed by a British naval hero went to auction on the 8th of February. The marriage certificate signed by Lord Horatio Nelson, his mistress and other key players was

sold by Edinburgh-based auctioneers





ing in mid-February to address the recent announcement by the federal government; proposing \$196 billion dollars, aiming to fix health care across the country. Canadian Prime Minister Justin Trudeau, tabled a new health funding offer to the provinces and territories with a promise of \$46 billion to expected federal health transfers over the next 10 years. But, the provinces will need to show where their funds are spent.

Australia. - Brothers steal the show



Two brothers from the Hawkesbury region in New South Wales, 18-yearold Cooper and brother 20-year-old Spencer Turnbull, auditioned separately, but both managed to lock a place in the Top 50 of Australian Idol. The final night of 'Australian Idol' auditions were cause for celebration as the all-star judging panel gave out the final tickets to the Top 50. The two Turnbull contestants left an overwhelming impression on the Australian Idol judges.

HIGHLAND DANCE CHAMPION



It was an amazing day at Dunedin.

Eleven year old Lilly Trimble, took the overall trophy for her age group and her first Championship win. Her next competition challenge was at Loch Norman in North Carolina. Her next challenge is to compete at the Highland Games event at Savannah.

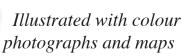
CELEBRATING NATIONAL TARTAN DAY

TCA Executive Member, Katherine Turnbull is showing off her two working dogs, Aengus and Aoifé sporting their Turnbull Modern Dress tartan for National Tartan Day.



Borders Tales and Trails





Available in paperback, the book is presented in two sections.

The first; 'Tales', tackles the early history and stories of the Borders.

The second section; 'Trails', outlines places to visit around the Borders, with a particular influence of notable Turnbull sights, battlegrounds and castles. Those described include their location and map references.

It is not intended to be a complete history or guide book, but a brief compilation about the Borders as seen through the eyes of one clan.

Amazon USA: http://a.co/d/5S3dI3I Amazon UK: http://amzn.eu/d/6sdBPsp Amazon AU: https://amzn.to/2oSLSvo

HIGHLAND GAMES EVENTS



Have you ever considered hosting a
Turnbull Clan tent at
a Scottish Highland
Games or Celtic
Festival?

Stone Mountain Games - 2022

We can only grow with our pres-

ence at these events through our members volunteering to host tents! The festival season is about to begin and TCA would love to help get more people involved in hosting . . . and sharing our rich heritage!

With a little guidance and your own creative ingenuity, you will soon have a place known for your hospitality, knowledge of our heritage and decorating skills!

There is no better place to meet people searching for their roots, as well as family and friends!

We are looking forward to meeting many Turnbulls/Trimbles

Turnbull Clan Association will be represented at the following Scottish Games in 2023

6th -9th July - Grandfather Mountain Highland Games Linville, NC

2nd - 3rd September - Caledonia Club of San Francisco Highland Gathering - Pleasanton, California

2nd - 3rd September - Virginia Scottish Games, The Plains, Virginia

8th - 10th September - Longs Peak Scottish Festival, Colorado

20th - 22nd October - Stone Mountain Highland Games, Georgia

If you need more in formation or know of any other upcoming Highland Games where TCA can tent host, please contact Katherine Turnbull at the following: katturnbull01@gmail.com - TCA VP for Events.





TCA VISITS THE 29TH LOCH NORMAN HIGHLAND GAMES



"An' what'd you like to know?"



James, the 'Little Bull' mascot and Cathy Turnbull



The under 6 year old Kilted Mile headed for the first turn.



James and Laura Turnbull





In Scotland, one can experience the beat of a music festival and the adrenaline of an outdoor adventure with the unique and breathtaking Scottish culture. Scotland may be 3,646 miles away, but in mid-April, visitors listened to the bagpipes roar and watched the many festivities at the 29th Loch Norman Highland Games festival at Huntersville, North Carolina, USA.

James Greiner represented the TCA as our ambassador. It was his first year at hosting with his wife Meika. They decided to set up the tent, with the added clan banner proudly on display, the day before the Games began. They had a perfect spot with a front row seat for the 56lb Weight Toss and the 20 lb Sheaf Toss events.

James made the comment, "It was a great day! We had lots of visitors of all ages. I shared the story of William 'o Rule and King Robert the Bruce with countless people. I was also able to watch some great athletic events."

Photos: James Greiner



One of the many Pipe and Drum bands in front of the Turnbull Clan tent



James with Sally Dupuis-Turnbull



The Ladies Sheaf Toss



One of the more colorful, popular, and successful Sheaf Toss athletes



Lilly Trimble and James Greiner

SCOTS DOGS

CAIRN, SKYE & WESTIE TERRIERS - SCOTLAND'S NATIVE BREEDS

In the Highlands, they say there's only one thing better than a Cairn Terrier and that's two! The feisty wee dogs are as brave and as tough as they are friendly and loyal.

Unchanged in appearance over the centuries, the Cairn Terrier is native to Scotland and as a breed, was known long before the name existed. Originating in the Scottish Highlands, they were recognised as one of Scotland's earliest hunting dogs and used to keep vermin at bay. These dogs were bred to dig and get through narrow openings.

They become so utterly focused on routing out the wretched creatures that it makes no difference what one says or do. They have been known to squeeze into holes deep down into the most impossible crevices inching ever closer to their goal. It is also known that they often worked in small packs.



Cairn Terrier puppies showing some of the colours

The Cairn Terrier has a harsh weather-resistant outer coat that can be black, cream, wheaten, red, sandy, grey or brindled in any of these colours. They have a weather resistant double coat featuring a profuse, harsh but not coarse outer coat and an undercoat which is short, soft and close.

No one has so far succeeded in discovering where the first Cairn Terrier had its being. But it is an indisputable fact that the Cairn Terrier is one of the oldest, if not the oldest pure British Terrier.

It is perhaps open to argument as to whether the first Cairn or Skye Terriers as they were called in the past, but it is the belief that the original stock hailed from the 'Misty Isle". The name itself has been taken from the rocky outcrops of the Highlands.

The Cairn Terrier is a happy, active small dog, somewhat shaggy in appearance, a wonderful companion at home and outdoors and a splendid watchdog. A relentless ratter he will spend days searching for his enemy until he finally finds and kills it and proudly brings it to his master so that his prowess may be praised.



Skye Terriers with their long hairy coats



Two Cairn Terriers showing variations in colour

The breed is renowned as a splendid family dog who romps with children and loves long walks, but they are equally happy curled up in a basket when the family gets together. If you're thinking of buying a terrier puppy, make sure he feels firm and wriggly when you pick him up. He should have a bright, healthy eye and look as though he's full of mischief, as he no doubt will be when you take him home.

The Skye Terrier or Dandie Dinmont Terrier is dog breed that is a friendly but tough long, low, hardy terrier and one of the most endangered native dog breeds.

These dogs were found on the Isle of Skye, and the dogs were then named Skye Terriers. There are concerns that the breed is under threat of extinction with only 30 born in the UK in 2005. It is today the most endangered of the Vulnerable Native Breeds of that country, and within 40 years the breed may disappear completely.

A statue of Greyfriars Bobby located in Edinburgh, was a famously loyal Skye Terrier. Bobby belonged to John Grey, who worked for the Edinburgh City Police as a night-watchman.

When John Gray died, he was buried in Greyfriars Kirkyard in the Old Town of Edinburgh. Bobby then became known locally, spending the rest of his life sitting on his mas-

ter's grave.

A third variation of the breed is the West Highland White Terrier, commonly known as the Westie. This breed has a distinctive white harsh coat and a soft white undercoat of medium-sized terrier, although they have longer legs than other Scottish breeds of terrier. The white double coat of fur also fills out the dog's face, giving it a rounded appearance.



Highland Westie Terrier

Cousin to the Cairn Terrier, the Westie was bred to hunt small rodents at places such as farms. Edward Donald Malcolm, 16th Laird of Poltalloch, is credited with the creation of the modern breed from his Poltalloch Terrier, but did not want to be known as such. Scottish white terriers were recorded as early as the reign of James VI of Scotland, who reigned between 1567 and 1625.

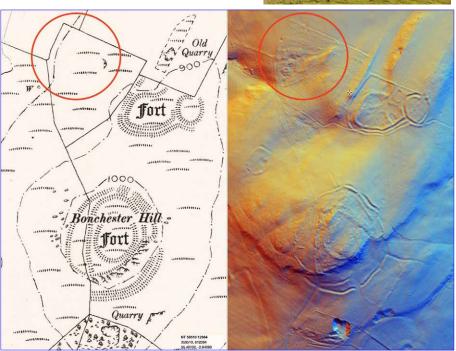
Site Evaluation Summary

Report sent by Professor Jane Bower, FRSE, Project Manager, 12 Towers of Rule programme

ARCHAEOLOGY - THE BONCHESTER TOWNHEAD EXCAVATION

Approximately 6 km south-south-east of Bedrule the Bonchester site is located around 800 metres east of where the Rule Water meets the Bonchester Bridge; 6 km. east of Hawick. So, this was also an important construction at the time of medieval settlement in the area.





Shown here are the side by side georeferenced - LiDAR maps viewer - Map images - National Library of Scotland (nls.uk))

The excavation was a good first foray into unpicking the history of this late medieval defended farmstead. We hope from the wee walks up the hill that it's clear how busy the landscape around the Rule Water is with late medieval archaeology and sites which represent a much deeper tradition of defended settlement in the area.

In terms of known information on the site, the Royal Commission visited the site in the 1940's and put together a note on the archaeological remains, but no survey was undertaken. Here's the key wee section from those fairly limited notes, "mediaeval or later farm which has been mutilated by cultivation and stone-robbery.

The remains, which are not sufficiently comprehensive to warrant a plan, include the stone foundations of six small rectangular buildings, either cottages or byres, and fragments of earthen enclosure-walls."

Another great recourse is the LiDAR data, which is available on the National Library of Scotland website free for viewing as shown above. The LiDAR shows a slightly irregular shaped enclosure with 4 (ish, depending how much faith you have) rectangular features visible on the interior and exterior, that could represent some of the buildings noted by the Commission.

Big thanks to Mark for bringing the LiDAR printout (*shown above*) to the site with him! Previous site visits by Roger Curtis identified a line of visible stone-work along the northern perimeter of a roughly rectangular earthwork.

This earthwork appears to be the largest of the buildings identified by the Royal Commission in 1949. This is where we targeted our first trench. Big thanks to the hardy volunteers who de-turfed and cleaned up this trench in some pretty awful weather conditions on that first day on site!

Once the turf and topsoil had been removed it became pretty obvious that we had a fairly well preserved composite stone wall on our hands! This wall measured 1.4m in width and the rubble core was bonded with a very clay-heavy earth bonding material.

The exterior face of the wall (picture 1) was constructed of cut facing stones, excavation revealed 3 courses of stone. Material on the exterior of the wall comprised of a mix of red sandstone and whinstone in amongst an orange-red clay. This material is likely collapse from the rubble core of the wall.

On the interior side of the building we uncovered another spread of collapsed wall material, with a piece of animal bone found within this deposit. Trench 2 was located over an earthen bank which, from the LiDAR, seems to form the western boundary of the site, and may well correspond to one of the "fragments of earthern enclo-

sure-walls" identified by the Royal Commission on their apparently fleeting visit.



A sondage (deeper slot within trench) was dug in the western side of the trench to determine how this bank was constructed. As visible in the photograph (shown on right) we uncovered some stones! These stones look like they have been placed deliberately and covered with a dark brown clay.

If this is the case, this would have been done to strengthen the bank and a couple of these have possibly been done so to create a solid platform on which to build. Excavation of a wider trench is needed to further investigate and prove this hypothesis.



SCOTTISH INVENTIONS - THE FIZZY DRINK - JOSEPH BLACK



Scottish entrepreneurs, geniuses and eccentric inventors and their ability to think outside the square, have helped to change our everyday lives throughout the world for the better. Here is another example of Scottish ingenuity with imaginative foresight that ultimately influenced the developing world.

In 1754, Joseph Black a meticulous chemist who kept careful note of all his results and measurements, conducted experiments that uncovered the existence of carbon dioxide.

He called it, 'fixed air' and knew this gas had to be different from normal air, because when he created an atmosphere under a bell jar containing only fixed air, neither a flame nor a mouse could take in air to breathe in the enclosed sphere. His discovery of 'fixed air' was extremely important, not just as far as the future of fizzy drinks was concerned, but because it was the first time anyone had separated one gas from all the other gases that make up air.

Black showed that air was actually made of lots of different elements, one of them being carbon dioxide, or C02. His discovery and theories about carbon dioxide was a whole new approach to chemistry. Thirteen years later, an English chemist, Joseph Priestley developed Black's discovery and used CO2 to create carbonated water.

Then in the 1790s, an enterprising amateur scientist from Geneva called Jacob Schweppe built a factory to produce commercial carbonated water; the company name 'Schweppes' was a byword for fizzy drinks. However, Scots know that the ultimate fizzy drink is arguably another Scottish invention: Iron. Brew, or Irn Bru, first produced by A. G. Barr of Glasgow in 1901. Researched and compiled by Kenneth Turnbull

Black was an excellent teacher, yet modest. His research techniques were an inspiration to others in his day and have remained so today.

GRANNY'S FAVOURITE SCOTTISH SAYINGS • Dinna be a hoose deil and a causey saint. Don't be a devil at home Extracts - Allan Morrison and a saint elsewhere. Fresh eyes at hame see a' thing. Visitors see more in a minute than hosts in a lifetime. • Between three and thirteen, thran the Woodie when it's green. It's best to train children early in life.

• Nae whip cuts sae sharp as the lash o' conscience. *There's nothing worse than a guilty conscience*.

• Bad yins smile too. *There's good* and bad in everyone. • Hae freens

and hae life. Good friends result in a full life. • Mony freens gae a happy life. Friendship brings happiness.

• Stoke up wi' the porridge. Without a hearty start to the day, you'll soon tire. • Hunger is the best kitchen. Food tastes better when you're hungry.



• As the auld cock craws, the young cock learns. *The young* learn from the actions of their elders. • Rich folks wi' nae money test their freens. Friendship is not dependent on wealth; adversity will prove true friendship. • Burnt bairns dread the fire. We all learn from life's sore experiences.



- He's no the happiest man that has the happiness.• Contentment is gey rich. If
- A guid laugh shows yer a' aboot. Laughter is the sound of feeling good all over. • Rainbows come out o' rain's drips. To know joy, you must know sorrow. • Lang may yer lum reek - an' may he huv the coal tae fill it. May you live long and well. • Guid wife and health is a man's best wealth. Health and a good partner are life's real wealth. • Up and doon the same day you got up gives health. Going to bed on the same day you got up is healthy. • Lock yer door and keep yer neighbour honest. Don't put temptation in the way of your neighbour. • Baith sexes moan. Nobody's perfect.

