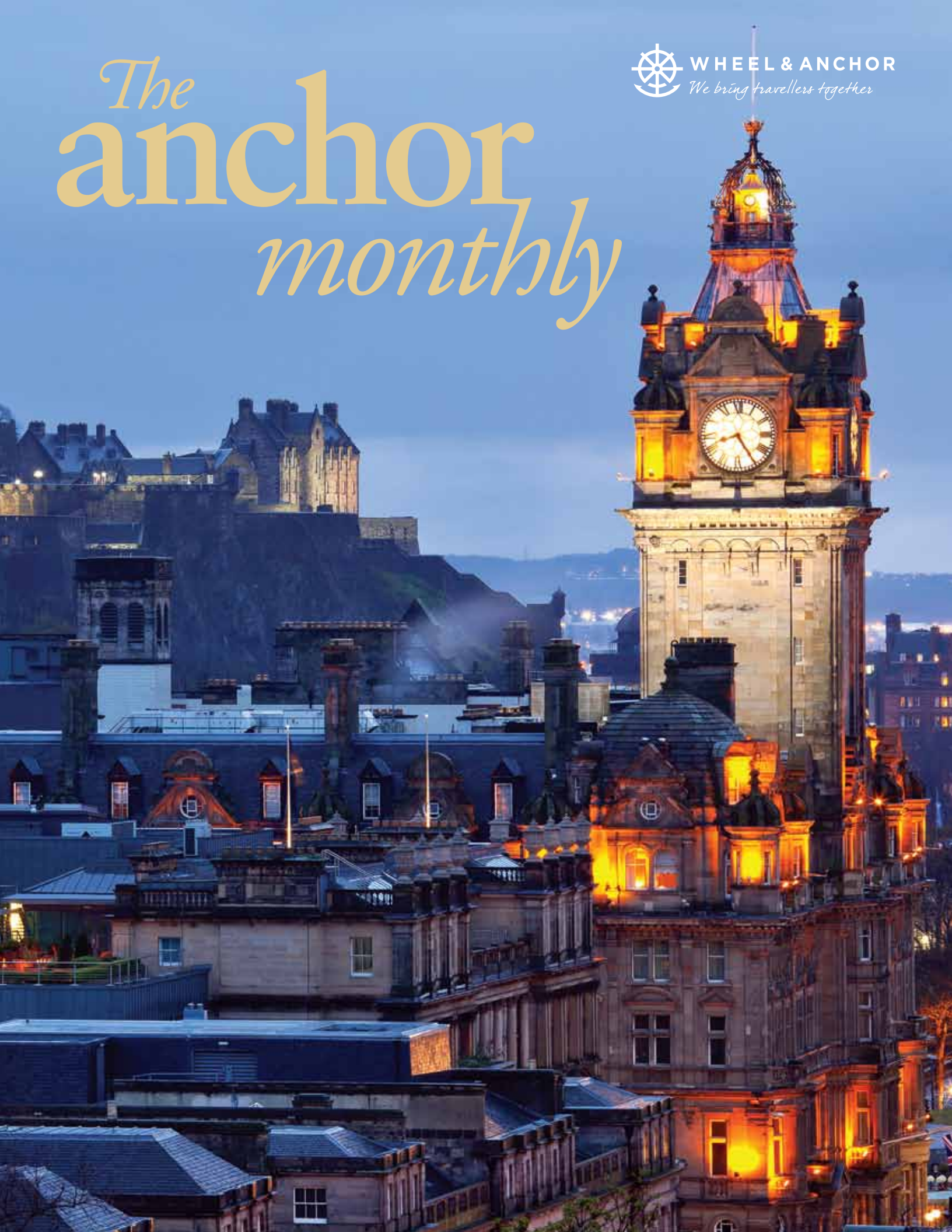


The anchor *monthly*



WHEEL & ANCHOR

We bring travellers together





The Scotland edition

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VOLUME ONE | JULY 2019
The Scotland edition



Graphic design: anythink.ca

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wheelandanchor.ca
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The anchor monthly

from gordon's perspective

At the risk of sounding like an airline CEO's remarks in the first page of your onboard magazine, I would very much like to welcome you "onboard" the first printed edition of our Wheel & Anchor magazine.

The Wheel & Anchor team and I gave a lot of thought on whether to begin publishing a paper version of our newsletter, particularly in this age of environmental consciousness. We decided to move ahead on the premise that we have received a lot of positive feedback from our e-newsletter, but with our inboxes overwhelmed with junk, there really is nothing like reading from good, old-fashioned, paper and print.

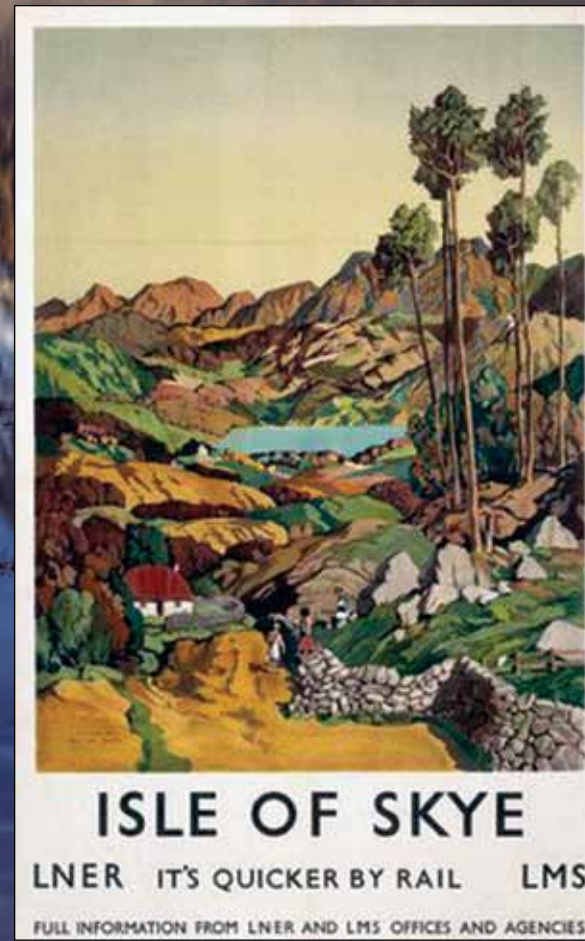
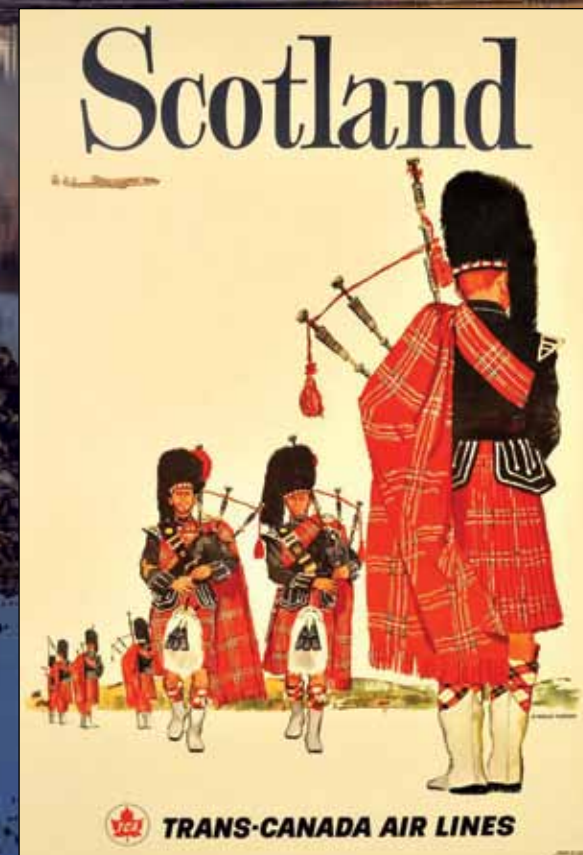
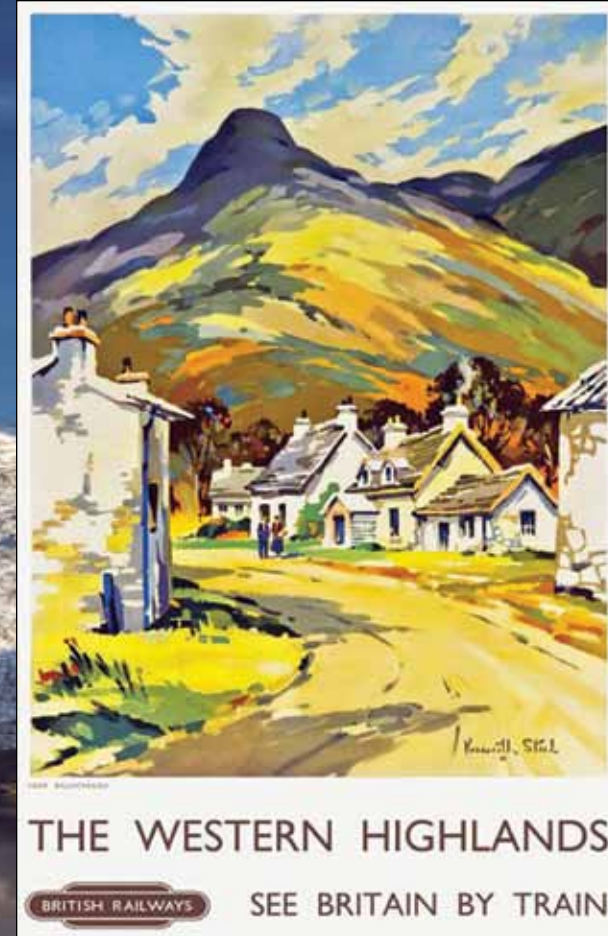
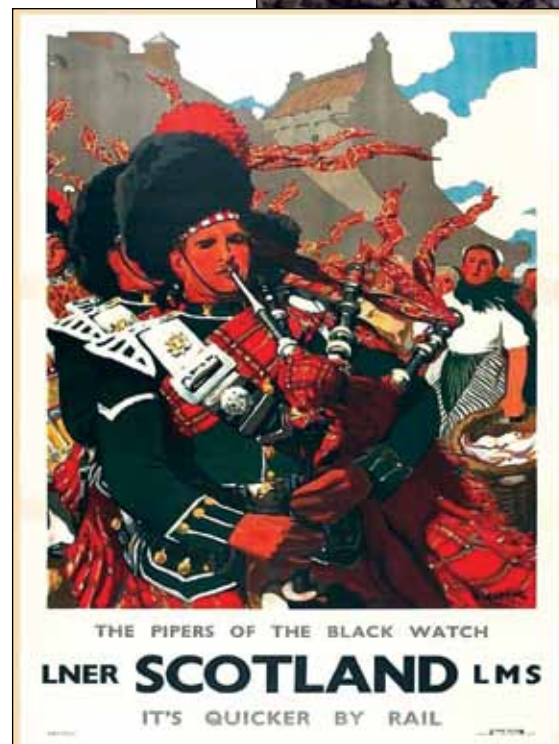
Just weeks ago we celebrated the official 1st birthday of Wheel & Anchor, an idea conceived out of the feedback from numerous people whom I have had the pleasure of travelling with over the past several years. Since our launch in May 2018 we have held community events in over 30 cities and towns between Vancouver Island and Ottawa and by the end of August we will have been from coast to coast. We have shared stories about travels past and aspirations for the future as well as more than a few laughs about mishaps and memorable moments experienced along the way.

All this is why I believe travel is such an enriching part of life. It's about more than time spent away, but rather the anticipation and preparation of that next trips, not to mention the recollection and memories of past adventures. Who better than to share all those experiences with than other travellers, those who form part of our growing community and for whom the shared passion to experience this amazing world is part of who they are.

I look forward to continuing this journey with you and thanks for being part of it. 🌀



Gordon Dreger, Founder



Scotland *in profile*



Stats:

- 5.245 million - population of Scotland (2017)
- 13% - percentage of population with red hair, highest in the world
- 790 islands, 660 of which are uninhabited
- 1.1% - percentage of population that speaks Scottish Gaelic
- 31,460 - number of freshwater lochs in Scotland
- 6 - number of distinct whisky producing regions in Scotland
- 38 - number of bottle of Scotch whisky exported every second



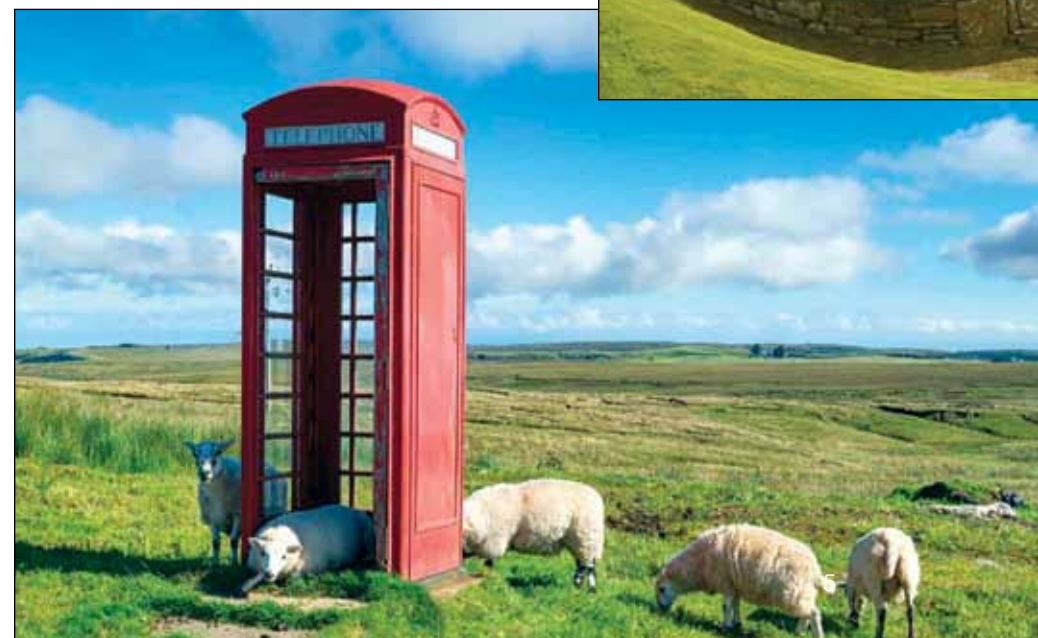
Edinburgh's Royal Mile.



Edinburgh



UNESCO Site, Skara Brae, Scotland



Residents on the Isle of Skye.

future tour ideas

TRAVEL COMPASS: We are constantly gathering feedback about where our members want to go, largely from the questionnaire that you will have filled in, but also from conversations at events and email and other communications along the way.

Here are a few things we have in store:



KANGAROOS & KIWIS

Two of the most requested places on people's lists are Australia & New Zealand. There is so much to see that a single trip can hardly do them justice and yet we are compiling a two-part program that will take in the 'must see's of both countries.

Release date: August 2019



ECO-ANTARCTICA

In 2021 Søren Rasmussen, a pioneer of cruises to polar regions and principal behind Albatros Expeditions will launch their latest ship, a state-of-the-art hybrid vessel especially designed for sailing in Antarctic waters. Wheel & Anchor looks forward to being part of their inaugural season.

Release date: September 2019



MORE THAN SOUND OF MUSIC

For Solo Travellers

The petite country of Austria offers a vast range of experiences and tastes beyond Vienna and Salzburg. Join Gordon on an exploration into the lesser known provinces and valleys following in the footsteps of the journey which sparked his upcoming book exploring the nature of the hospitality which Austrians are so well known for.

Release date: August 2019

These and other truly unique programs are all on the drawing board and due for release over the coming weeks and months. Follow our weekly e-newsletter for the latest updates and to be among the first to secure your spots as group sizes will be limited. 🌀

Stay tuned to our newsletter for updates on these and more great programs!

A wee Scottish Dictionary

fornacket:

"Oooyah that's a fornacket an a half for young Clarkson there an no mistake."

Translated:

- hard slap, wallop.

"Oh, that was a wallop and a half for young Clarkson there and no mistake."

scunnered:

"That's it, he's noodled oot - completely scunnered hissels."

Translated:

- to be sick of; to have had enough of; to go completely off something.

"He's capitulated on the noodles

- made himself rather heartily sick of them for some time to come."

mattle:

"Ooooooh Dr Soddy! The isotopes all look sae tasty ah canni choose.

Ah think ah'll jist hae a dainty wee mattle at them aw."

Translated:

- nibble (like a young animal).

"Ooooooh Dr Soddy! The isotopes all look so tasty I cannot choose. I think I shall have a dainty small nibble at every one."

sclaff:

"So how did ye like that sclaff in the lug then?"

Translated:

- slap obliquely, graze with the open hand or something flat in an oblique warning scuff sort of way.

"So how did ye like that soft flattish sort of slap to the ear then?"

numpty:

"Only a numpty wid dress for the beach like that. Ye numpty ye!"

Translated:

- idiot. "Only a fool would dress for the beach like that. You fool you!"

a sair fecht:

a long weary struggle

sumph:

a stupid or sulky person

Need a travel partner? Check out our "Companions for the Road" Program.

In the months following the launch of Wheel & Anchor we found ourselves inundated with requests from solo travellers looking to meet other people to travel with. Quite frankly we were a bit taken by surprise and yet in the context of our vision of "Bringing Travellers Together" it made perfect sense.

Since then we have held our first Town Hall webinar and recently introduced our traveller's profile questionnaire in an effort to address our members' desire to meet 'Companions for the Road'.

With the whole industry being built on the foundation of two people sharing everything, from hotel rooms to staterooms to compartments, solo travellers are more often than not severely penalized for having no choice but to travel alone.

Quite honestly we have only begun to take the first steps in this endeavour and yet we believe that there is a travel companion (probably more than one) for every traveller and we will use our best efforts to enable those seeking a suitable cohort to find one.

If you are a solo traveller, regardless if you are interested in any of the trips we currently have an offer, please email companions@wheelandanchor.ca and we'll send you the program participation form.

In addition, we already have a few members from around the country who have offered to lend us a hand hosting events where travellers can meet other solo travellers.

If you're interested in helping out, please send me an email personally: gordon@wheelandanchor.ca

Our events are exclusive to our Wheel and Anchor members and their guests. Have the opportunity to mix and mingle with new friends and members. Each event offers something special, including a feature presentation of future Wheel and Anchor tours. Come get the latest, share your tales, and learn something new!

Events

We're looking forward to meeting members on our visit to the East Coast, happening this August. If you live in Nova Scotia, PEI, New Brunswick, or Newfoundland, or might be spending some time there this August, come out and let's enjoy a glass of wine together!

We're currently in the process of lining up our fall event schedule for southern Ontario. Stay tuned to our weekly email newsletter for the latest event and webinar announcements.



Webinars

We've got two webinars upcoming by the time this hits your mailbox - one for our Wheel & Anchor Weekends program to Havana happening on July 24, and one for our Kangaroos & Kiwis program happening on August 10.

Check your weekly member newsletter in your email for a direct link to the webinar registration page, or visit wheelandanchor.ca/webinars.

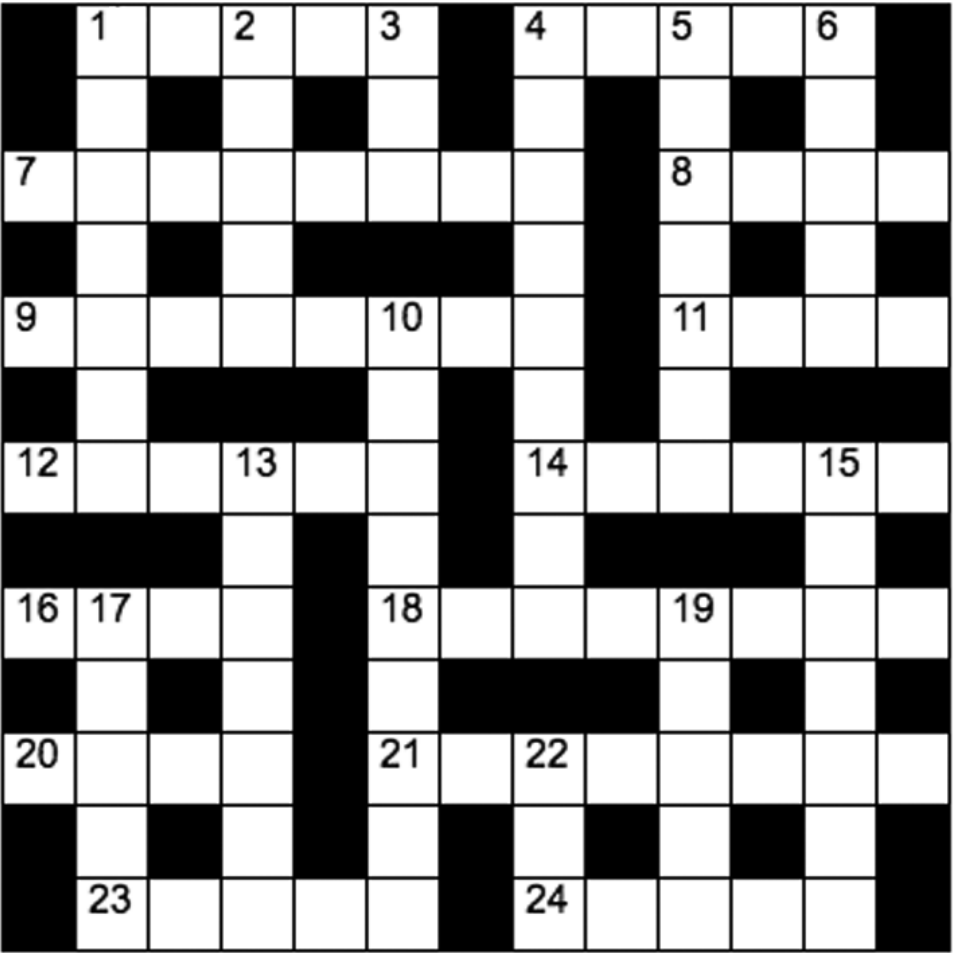
Travel Trivia Night

One of the fun ideas we're planning to roll out this fall is a monthly travel trivia series! We're designing it in such a way that it can be done in multiple places across the country. In order to do this, we're looking for emcees to run the event each month. If you'd be interested in being an emcee in your community, please get in touch!

We will provide the questions, structure, and the presentation, and provide assistance finding a suitable location. Your role would be to make it fun and keep the quiz going! Travellers are a naturally curious bunch, and we think this would be a fun way to bring our community together when we're not out trotting around the globe.

We'll have more information on this program in coming weeks.

upcoming events and webinars



crossword

Across

- 1. Common Scottish girl's name (5)
- 4. Noir or Grigio (5)
- 7. Third most populous city in Scotland (8)
- 8. What you'll get from the top of Ben Nevis (4)
- 9. _____eighty-four, written by George Orwell on the Scottish island of Jura (8)
- 11. A girl or young woman in Scotland (4)
- 12. Someone from Kathmandu (6)
- 14. Very able or competent for a particular purpose (6)
- 16. Achieved high marks in a test or exam (4)
- 18. A tall fur cap, usually worn as part of a ceremonial military uniform (8)
- 20. The _____, the flagship BBC Scotland news bulletin, launched in February 2019 (4)
- 21. Christianity or Islam (8)
- 23. Famous fifteenth century Dutch painter (5)
- 24. Scottish poet Tom _____ (5)

Down

- 1. A town in central France's Loire Valley (7)
- 2. A narrow valley between hills or mountains (5)
- 3. Christmas or New Year's (3)
- 4. A piece of land almost surrounded by water or projecting out into a body of water (9)
- 5. Former UK Prime Minister Chamberlain (7)
- 6. A traditional form of tartan trousers from Scottish Highland dress (5)
- 10. Capital city of Scotland (9)
- 13. St_____, famous Scottish golf destination (7)
- 15. The national animal of Scotland (7)
- 17. How to get to the top of Ben Nevis (5)
- 19. Typical Scottish weather (5)
- 22. To throw a ball in a high arc (3)

Find the solution on page 15.



tastes of travel

by Dave Wolff, *The Caledonian Pub*, Toronto, ON

FOR A WHISKY TO OFFICIALLY BE CALLED A SCOTCH WHISKY, it must be aged for at least 3 years in oak barrels in Scotland, and have a minimum ABV of 40%. In this way it is similar to Cognac or Champagne; the official stuff has to come from its eponymous home.

There are six distinct whisky producing regions of Scotland, with Speyside accounting for almost half the country's total production.

Names you might recognize from each region in a Canadian liquor store are as follows:

- Speyside: Macallan, Glenfiddich, Aberlour
- Highlands: Dalwhinnie, Glenmorangie
- Islands: Talisker, Highland Park
- Islay: Laphroaig, Lagavulin
- Campbelltown: Springbank, Glen Scotia
- Lowlands: Glenkinchie, Auchentoshan

What are the differences? They of course vary, but there are some general characterizations based on the region.

Salty, smoky peat characterizes the whiskies from the Islands, while Speyside whiskies are known for being fruity and nutty, while the highlands and lowland whiskies tend to be a bit lighter, with grassy or floral characters.

Treat your whisky tasting like a choose your own adventure novel - choose one, and go from there! You can't truly learn which ones you like by reading a newsletter ;)

Once you've selected your bottle, it's time to begin your tasting ritual. To drink your Scotch like a real connoisseur, add 2 or 3 drops of water to to open up the rich flavours and aromas of the whisky.

You'll want to drink it from a glass with a tulip shape to it, to allow you to properly 'nose' the whisky, which means you hold it at arms length, then pass it a few inches beneath your nose. In the proper glass this will evaporate some of the pungent alcohol smell and give you some of the rich character of the whisky itself, which will of course depend

on where it comes from in Scotland. Salty, smoky peat characterizes the whiskies from the Islands, while Speyside whiskies are known for being fruity and nutty, while the highlands and lowland whiskies tend to be a bit lighter, with grassy or floral characters.

Now, single malt or blended - what is the difference? Well, single malts are blended to achieve a particular character or to maintain the distinctive qualities of a brand. The difference between single malt and a so-called blended whisky is that blended whiskies are made up of multiple single malts and grain whiskies, while all the whisky in a single malt bottle comes from the same distillery.

So rather than assuming one is better than the other, taste some single malts and some blends, and see what appeals to you. Better yet, find some friends and arrange a tasting evening where everyone brings a bottle - tasting whiskies alongside one another will help you identify more clearly which appeals to your tastes.

Lastly - how do you toast, according to the Scots? 'Cheers' is acceptable, or if you want to really embrace the tradition, go for 'Slàinte mhath!' (pronounced *slan-ge-var*).

Then take a wee sip and let the adventure begin... ☸



Letters to the Editor

Dear Gordon,

My wife and I follow your newsletter each week and we appreciate your perspectives in your videos. It seems like you're in a different country each week! Both of us are still working so while your trips look fantastic, they're a bit long for us at the moment. We do look forward to joining you on one of your programs at some point - Norway looks particularly tempting. If you come out with some shorter programs of similar style, we are both keen to have our first Wheel & Anchor experience!

-Mike S., Winnipeg MB.

Dear Gordon,

For most of my life as a traveller, I have travelled solo, or with just a handful of close friends. The thought of travelling in a larger group of people has generally turned me off. I have even sworn I would never do it!

However, since I have joined this community and received your emails, I find myself reconsidering this position. Even though I live in Toronto, I somehow still find it challenging to meet other travellers. Many of my friends here are unable or not interested in exploring the wider world, while I myself feel more compelled to get out and travel.

I look forward to coming to your next event here in Toronto or perhaps nearby in Southern Ontario, to have a glass of wine with you and perhaps meet some other travellers like myself.

-Joshua H, Toronto ON

Dear Gordon,

Thank you very much for your weekly newsletter that I read over my morning coffee on Saturdays here in Vancouver. I just have one question - when will the Solo Traveller programs be ready? I'd like to meet a travel companion to join some of your programs.

Thanks!

Tracy W., Vancouver BC.



featured tour

WHY SCOTLAND BY SEA?

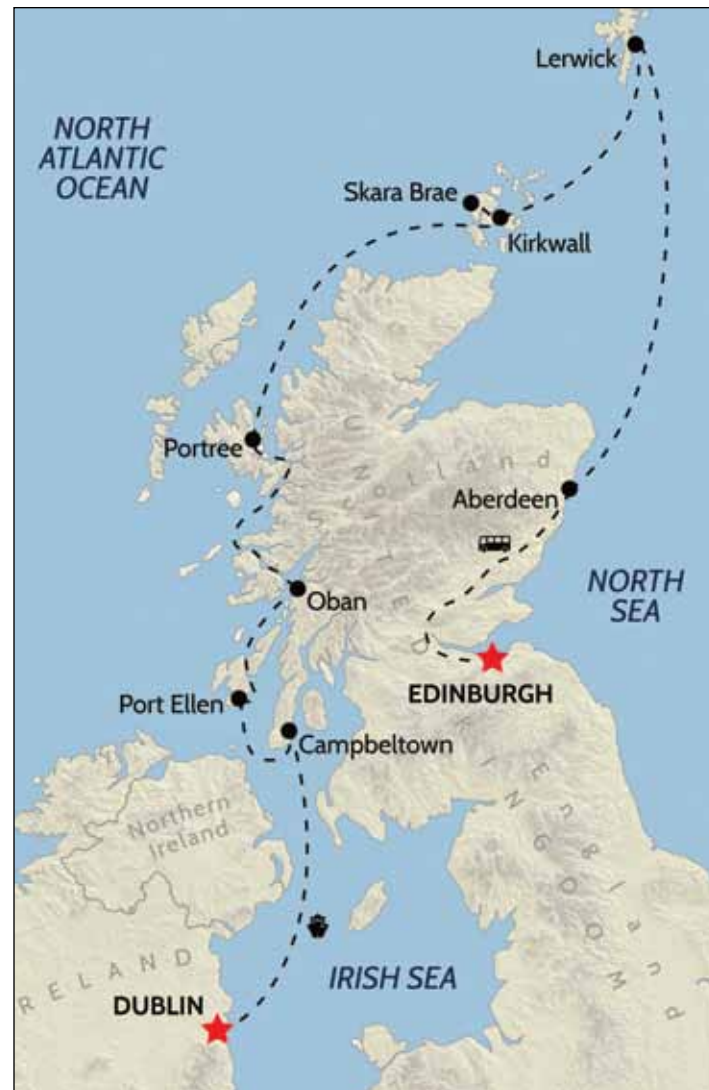
I don't know about you but before I first travelled to Scotland decades ago, my mind's image of the country was of rocky landscapes, haggard looking folk like out of the movie Highlander, and men dressed in kilts playing bagpipes. Typically we imagine tackling this otherwise small-looking country by road. Yet considering its mountainous terrain and a coastline that equals the distance from Edinburgh to Sydney, Australia, it is a tall order indeed unless one has a month or more at one's disposal.

Some of the most breathtaking scenery this country has to offer is along its craggy shores, not to mention many of its most fabled distilleries. When I discussed how to see the highlights of Scotland with friends, colleagues and those more in the know than I, I stumbled across this unique program offered by my aforementioned friends at Albatros Expeditions.

From the comfort of your stateroom and without once having to pack or unpack during this week-long voyage, we shall take in some of the most beautiful sites and the most fascinating history that there is to see.

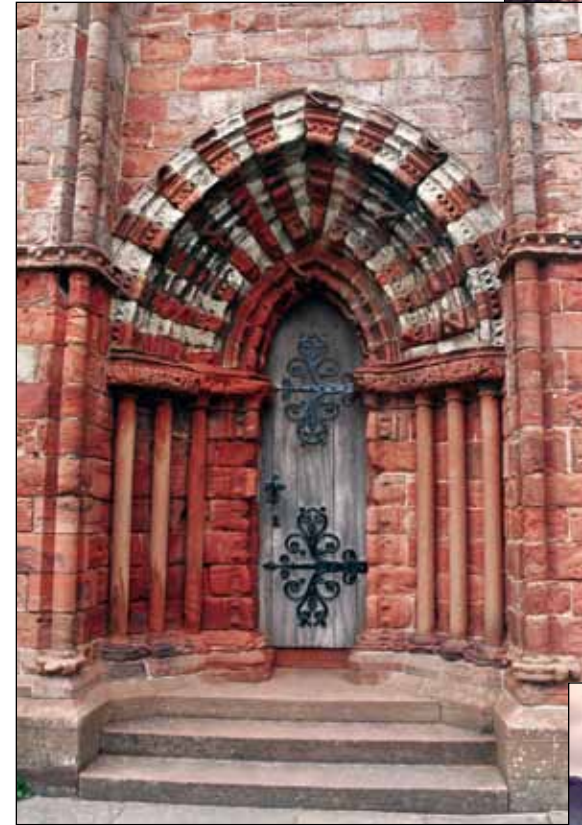



Your host, Gordon Dreger



Scotland by Sea

"Visiting the outer islands of Scotland is particularly exciting to me, as these Scottish isles are bastions of the true rugged culture of the Scots. Join me for an unforgettable cruise."



St. Magnus Cathedral, Kirkwall, Scotland



Dublin, Ireland. Samuel Beckett Bridge, River Liffey



Port Ellen, Scotland

featured tour

SCOTLAND BY SEA

Itinerary:

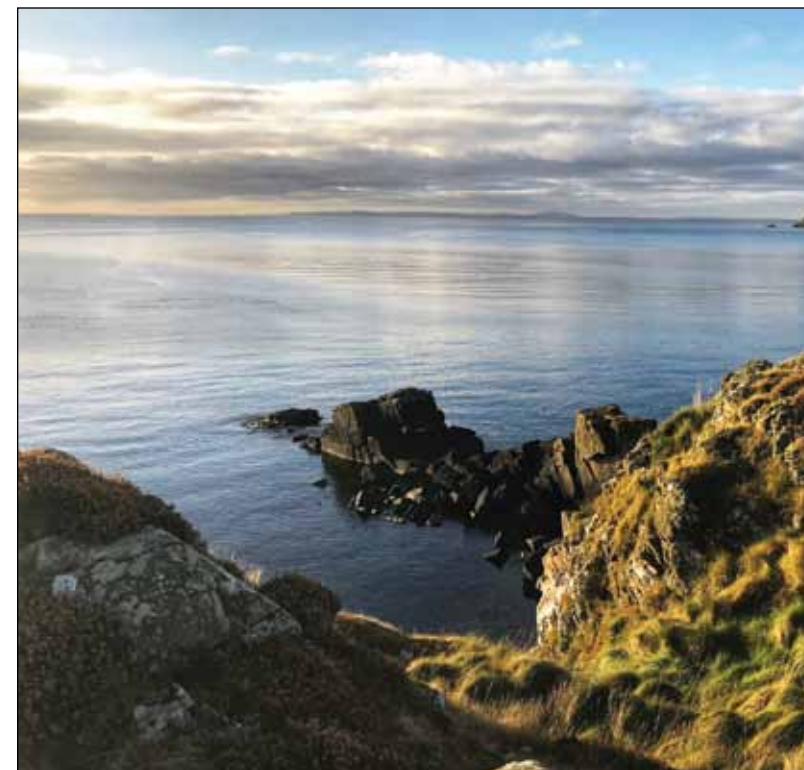
Day 1: May 19:	Depart Canada	✈️
Day 2: May 20:	Dublin	
Day 3: May 21:	Embark on the MV Ocean Atlantic	
Day 4: May 22:	Campbeltown	
Day 5: May 23:	Islay	
Day 6: May 24:	Oban & the Isle of Mull	
Day 7: May 25:	Isle of Skye & Portree	
Day 8: May 26:	Kirkwall & The Orkneys	
Day 9: May 27:	Lerwick & The Shetlands	
Day 10: May 28:	Aberdeen & St. Andrew	
Day 11: May 29:	Edinburgh	
Day 12: May 30:	Depart for home	✈️

All Wheel & Anchor trips are sold through New Sky Travel,
2900 Warden Ave, Toronto, ON M1V 2S8, Tico reg. 1817786

To see this and all of our other programs, visit
wheelandanchor.ca/all-tours



Your vessel:
The MV Ocean Atlantic



Coastline of the Isle of Islay, Scotland.

Crossword answers.

(No peeking!)

	A	G	G	I	E		P	I	N	O	T		
	M		O		V		E		E		R		
A	B	E	R	D	E	E	N		V	I	E	W	
	O		G				I		I		W		
N	I	N	E	T	E	E	N		L	A	S	S	
	S				D		S		L				
N	E	P	A	L	I		U	S	E	F	U	L	
			N		N		L				N		
A	C	E	D			B	E	A	R	S	K	I	N
	L		R		U				O		C		
N	I	N	E			R	E	L	I	G	I	O	N
	M		W		G		O		G		R		
	B	O	S	C	H		B	R	Y	A	N		

A Well-Spun Yarn:

a short story

Why Scottish Tartan Isn't As Old As You Think

A short story by Mike Sowden

I'm in a shop in Edinburgh, it's the first time I'm seeing my Scottish family's tartan (the MacLennans, on my mother's side) - and it's not going the way I expected.

"Um. It's very...blue, isn't it?"

I'd imagined something evoking heather, trees, the soft pastel colours of the highlands on a soft, drizzly afternoon. Instead, I'm looking at something primarily the colour of Facebook: a light blue, the colour of a cloudless day above Barcelona, the blue of Caribbean waters...

It looks wrong, somehow. Yes, of course Scotland has its fair share of sunny, cloudless days per year - more than the United States, in fact. Yes, a cruise around its coastline and through its islands will throw this shade of blue in your face pretty much every single day. But even so...

"This is one of the ancient clan tartans, sir. Perhaps you'd like to look at the newer ones?"

Don't be fooled by the word ancient when it's used like this. Scottish clan tartans only go back a few centuries, even though tartan itself has been around a lot longer - and tying a particular sett (tartan pattern) to a specific social group was partly a marketing decision, making material easier to sell and trade. It's not all about medieval tradition.

But maybe you saw Mel Gibson's *Braveheart*, that epic saga of ancient times that the Scots now view with a mixture of gratitude and weary, resigned horror. It may have done wonders for Scottish tourism - but it probably did a lot for the whisky

industry as well, as Scots despaired at the massive liberties being taken with historical accuracy. That fetching tartan getup that Mel Gibson's William Wallace is wearing? It's at least two centuries too early. Oops.

The correct term for that kind of full-body uniform is full plaid or great kilt - a piece of tartan-patterned cloth



that hangs in artfully pleated folds from the waist, thrown over the shoulder and secured at the front, all made from the same single length of woven cloth. (The name, by the way, seems to be from the Gaelic phrase "to kilt", to gird or gather up.)

This earlier style of kilt, where the upper parts can be hauled up into a cloak, is what you'd wear for the most traditionalist gatherings.

But this isn't what most people think of when they hear the word "kilt". You can thank a 16th-Century Englishman for that - a Quaker from Lancashire called Thomas Rawlinson. He designed a smaller, lighter version, skipping the upper-body part in favour of a pre-pleated wrap garment for

the lower body. When an influential Scottish friend, the chief of the MacDonnells of Inverness, introduced it to his clan sometime around 1720, it quickly caught on.

Yeah, but what if your kilt is blue? "Oh, there are some other MacLennan tartans available, sir, don't worry."

There are indeed, and they're blue as well - except the modern versions use a darker midnight blue, crisscrossed with stripes of orangey pink. These lines are always horizontal and vertical, never diagonal - and if you look close, you can see they're formed of a tight, diagonally-woven pattern in the wool (called the twill line).

Kilt cloth is generally thick and fairly heavy, even in its lightest form. Anything under a kilogram is generally labelled a "party kilt", while the heavy kilts can be a couple of kilos or more (and that's for Rawlinson-style kilts,

let alone the full-body version). And these kilts feel solid. The prospect of having the breeze howl uninterrupted across your nether regions may feel an alarming prospect, but only a gale would lift the pleats of a heavy kilt.

The other thing to remember about kilts is their military origins - which is where the "kilts are just the Scottish version of tailored suits" comparison breaks down completely. (After all, you don't have English soldiers running into battle wearing a top hat and tails.)

This isn't unusual, mind. Scotland has plenty of things that defy easy analogy. Take bagpipes, for example, those endlessly evocative musical instruments that create the sonic

equivalent of Vegemite, a sound you either love or hate. Same thing as a piper in a band anywhere else in the world? Not quite. Until 1996, a bagpipe was officially designated a weapon - not just for the fear its unearthly wailing could evoke in the enemy, but as a physical weapon in itself.

This dates back to the Battle of Culloden in 1746, where British troops massacred Jacobite rebels (and the women and children that accompanied them) on a moor outside Inverness. During the British government's subsequent crackdown, captured bagpiper James Reid was told that since a highland regiment never marched to war without bagpipes at its head, his pipes were weapons, he was a soldier, not a musician, and therefore guilty of treason. He was quickly sentenced to death.

This odd definition lasted until 1996, when a rogue English bagpiper was arrested for making a disturbance on London's Hampstead Heath. He bizarrely tried to claim he wasn't playing with a musical instrument in an area of the park where it wasn't permitted (punishable by a fine) but in fact practicing with a weapon (which was punishable with a prison sentence). The eventual ruling: bagpipes were primarily musical instruments - and the piper could be slapped with a £100 fine.

Kilts, too, were associated with rebellion. Following Culloden, the British government's Dress Act of 1746 officially banned kilt-wearing in public - although the wealthy and influential seem to have ignored it until its repeal in 1782.

Wear a kilt, and you can feel the same wisdom of fighting in one as ancient Greek warriors must have felt about togas. Your legs are free to whirl at any speed you wish, and they aren't cold if you're wearing the classic hose (long woollen socks). You can stick small items in your sporran - a front-hanging purse - and if you're going for the full garb, you'll have your sgian-dubh ("black knife") tucked into the top of a sock. Now you're ready for anything - if you can pick the right tartan, of course.

I'm not buying a kilt today, but it feels important to choose. Which of these seven patterns am I going to go for? Which would be the one I'd get married in? Which can I embrace as mine? (It wouldn't be mine really, I'm only half a Scot by birth, and my ingrained identity as an English Yorkshireman is obvious the second I open my mouth.)

But everyone should find out if they have a tartan. Even the King of Rock & Roll has one: "Presley of Memphis." Yes, really. It's officially recognised on both sides of the Atlantic, after his ancestors were traced to the northwest coast of Scotland.

So this may feel like a bit of cultural appropriation on my part, but in the same way that Scotland has generously welcomed the spread of kilts to all lands and all subcultures - Welsh, French, Canadian, British Army, hipster, you name it - maybe we're allowed to claim (or more accurately be claimed by) a tartan of our own.

It might not be as ancient as you think, it might take a while for you to find - but it could be something to feel very proud of.

If you can get used to the colour, of course. ❄️

FULL LIST of TOURS

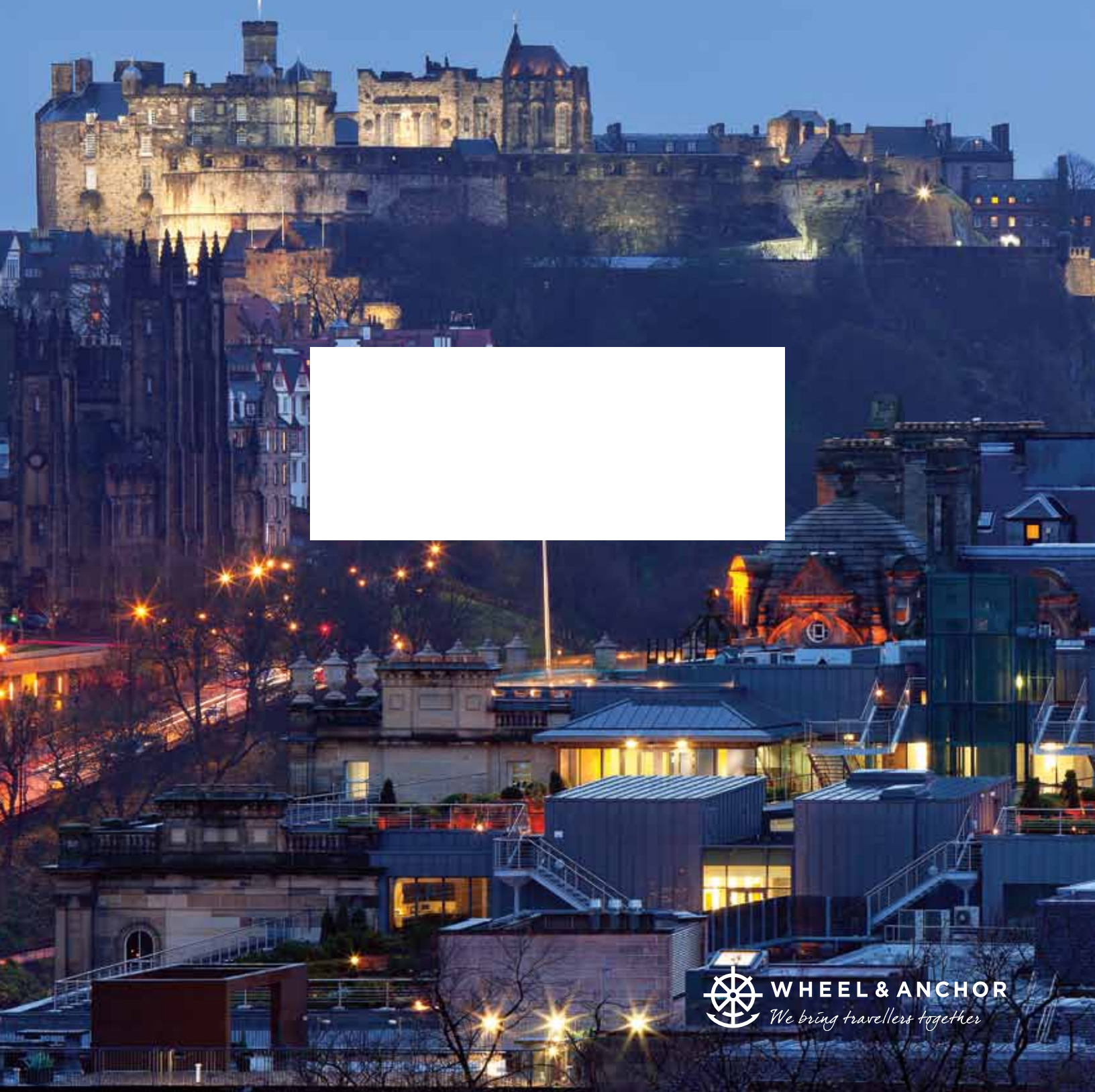
*Here's a complete list
of all Wheel & Anchor tours
currently on our website:*

1. Yoga for the Mind, Body & Soul in Koh Phangan, Thailand. September 28 - October 10, 2019
2. Italy: North to South. October 14-29, 2019
3. Explore Caucasus. October 21 - November 4, 2019
4. Egypt, Israel & Jordan: Four Variations. January 14-26, 2020
5. The Majestic Fjords of Norway. April 30 - May 18, 2020
6. Scotland by Sea: Dublin to Edinburgh. May 19-30, 2020
7. The Elbe River: Berlin to Prague. September 7-21, 2020
8. The Iconic Trans-Siberian Railway. September 10-28, 2020
9. Tastes of Eastern France. September 30 - October 19, 2020



VOLUME ONE | JULY 2019
The Scotland edition

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WHEEL & ANCHOR

We bring travellers together