



The Strathspey & Reel Society. Betsy is just to the left of the harp.

The Strathspey And Reel Society

By Betsy Woodman

Strathspey and Reel Society of NH

I was unloading my recycling at the Andover Transfer Station and a fast Scottish reel was blaring from my car. A woman came running over and said, "I love that music! What is it?"

I explained that it was the Strathspey and Reel Society of New Hampshire's (SRSNH's) first CD, just released this summer. "And we'll be having our big annual concert in November," I added."

Then I went on to RP Johnson and same thing happened there. And the next week yet again, this time in New London.

The CD that's been helping me get through my errands was recorded at the Society's 2005 annual Scottish Gala Concert held in Concord. There were lots of friendly Andover faces in the audience last year, and I hope even more will come to the 18th annual SRSNH Gala Concert on Sunday, November 26, at 2:30 PM at the Concord City Auditorium on the corner of Prince and Green Streets in Concord. The auditorium is

wheelchair accessible.

Bagpiping sensation Stuart Cassells, Radio Scotland Young Traditional Musician of the Year, is our guest artist this year. Dancers from the New Hampshire School of Scottish Arts will lend color and excitement to the show, too. The SRSNH ensemble will perform traditional favorites and also more recent pieces, including a very lively one composed for us by Bill Cook of Stirling, Scotland. The CD will be for sale at the concert, too.

Call 437-3497 for tickets, or e-mail srsnhgala@yahoo.com.

SRSNH is a non-profit organization dedicated to learning and playing Scottish music. Monthly meetings are in Concord, and membership is open to musicians of all ages, instruments, and playing levels (and to listeners also.)

Next year you might be up there on the stage, too. In the meantime, you can play the CD in your car while doing your errands.

For more information, visit SRSNH.org.

Food, Friends, & Merriment!

By Tracy Merriman
Beacon staff

Each family's Thanksgiving dessert table has its own traditional signature. Our table is an unwavering display of the ever-faithful pumpkin and apple pies. However, after perusing my copy of the *Andover Service Club Cookbook* I fell upon the most wonderful-sounding Sweet Potato Pie submitted by Sally Nicoll.

Sally was thrilled when I called asked if I could print her recipe in the *Beacon*. She went on to tell me how she came upon the recipe, and the story is as wonderful as the pie itself.

In the early 1970s, Sally's husband Wayne was stationed at Fort Gordon in Georgia. Just about this time the PGA Tour was coming to Augusta, Georgia. Sally and a group of ladies she was involved with had the honor of receiving a sweet potato pie recipe from the wife of golfer Lee Elder, the first African-American to play in the Masters.

In 1977 the recipe was published in *Tea Time at the Masters*, a cookbook of recipes from golfers and their spouses that is still available at JLAugusta.org or Amazon.com. Of course this recipe is

also in the *Andover Service Club Cookbook*, copies of which are available at the Service Club's Thrift Shop.

Send your favorite recipe to cooking@andoverbeacon.com or PO Box 149, Andover 03216. Include your name and phone number so we can print a little interview along with the featured recipe.

Sweet Potato Pie

Contributed by Sally Nicoll

1 cup cooked, mashed sweet potatoes (if using canned, rinse off syrup)
1 cup evaporated milk, undiluted
1 cup light brown sugar, packed
3 eggs, slightly beaten
¼ cup Courvoisier Cognac or other brandy

1 tsp cinnamon

1 tsp nutmeg

¼ tsp mace

1 9-inch pie crust, unbaked

Whipping cream, whipped

Preheat oven 400 degrees. Combine sweet potatoes, milk, and sugar. Mix well.

Stir in eggs, brandy, and spices. Pour mixture into pie shell. Bake at 400 degrees for about 50 minutes. Serve warm or cold with fresh whipped cream.

Andover Libraries

By Ray Mitchell
Beacon staff

Why give thanks?

We teach our children to say "Please" and "Thank you." We call it good manners. It lubricates social interaction.

We have enough shelter, clothing, and food to survive another New Hampshire winter. Many in this world are not so fortunate. Therefore we set aside a day to remember and give thanks for these basics.

We live in a free nation where we enjoy freedoms that many never know. Even in hard times we live better than most of the world's people.

There is another reason to give thanks, one that is for our own good.

People talk about stress and the need to reduce it. Solutions run from taking time off to organizing. Have you ever thought about giving thanks as a way to reduce stress? Bear with me a minute.

Endocrinologist Hans Selye studied the effect of emotions on the body. He put rats into various situations that pleased, frustrated, or challenged their bodies in order to cause emotional reactions. Some emotions harmed the body. Others caused it to flourish. From his studies he learned how emotions can break down or build up the body.

As a result of his and other studies we learned that the most destructive emotions are anger and jealousy. They cause stress and resultant disease.

The most helpful emotion is gratitude. When you express gratitude it is as if your body says, "Thank you." Studies have shown that people who move from anger to gratitude may have improved health.

So why give thanks? There are many good reasons. Stop and think of a few now. Take a little time for it every day. And on November 23, share some of those reasons with others. Then Thanksgiving will be closer to what the Pilgrims initiated and President Lincoln and his successors proclaimed.

Books about Thanksgiving are available in our libraries, including Louisa May Alcott's *An Old Fashioned Thanksgiving*, Steven Kroll's *Oh What a Thanksgiving*, and for some background, Howard Russell's *Indian New England Before the Mayflower*.

There are many books on the subject for younger readers, too, like Wendy Watson's *Thanksgiving at Our House* and Janice's *Little Bear's Thanksgiving* are two that are popular.

The libraries will be closed on Thanksgiving. So stop in before the holiday and pick up some good reading in case you tire of watching football.



SO MUCH HAPPENED BEFORE DOROTHY DROPPED IN. Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One-born with emerald green skin- is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good Witch makes for the most spell-binding new musical in years.

Saturday, October 13, 2007
Opera House, Boston

Please call for full details on this motorcoach day trip!



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