

AN INTERNATIONAL HIGHLAND GAMES FEDERATION SERIES EVENT

TALLAHASSEE

HIGHLAND

*Scottish Festival*

GAMES

**TLH 200**  
*Bicentennial*



NATIONAL CABER  
CHAMPIONSHIP

HIGHLAND GAMES  
STONES OF STRENGTH

MUSIC & DANCE  
CELTIC VENDORS

SCOTTISH FOOD

KIDS EVENTS

WHISKY TASTING

ARCHERY RANGE

SO MUCH MORE...

AN EVENT FOR  
ALL THE FAMILY!

TAKING PLACE  
FEB 3 & 4, 2024

FROM 8:30AM - 8:30PM

AT 7550 APALACHEE PARKWAY

A 501(C)3 NON PROFIT EVENT  
[TALLYHIGHLANDGAMES.COM](http://TALLYHIGHLANDGAMES.COM)

FACEBOOK & INSTAGRAM  
@TALLYHIGHLANDGAMES



Visit  
*Tallahassee*

*Pretty. Unexpected.*



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Funded by Tourist Development Tax gathered in Leon County from overnight visitors, Visit Tallahassee markets Florida's capital region as a destination for meetings & conventions, sports business and leisure travelers to generate positive economic impact for the community. Utilizing advertising, public relations, direct sales, visitor services functions and marketing research, Visit Tallahassee promotes Tallahassee as an innovative and sustainable year-round destination that is recognized as a place to visit for historic, nature-based and cultural tourism.

<https://visittallahassee.com>

For any posts made during the event  
#ihearttally



Visit  
Tallahassee

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PLEASE BE MINDFUL OF OUR WONDERFUL  
VOLUNTEERS, THEY WILL BE IN THESE SHIRTS.

# TALLAHASSEE - LEON COUNTY BICENTENNIAL

1824 - 2024

AMBITIOUS FROM THE BEGINNING



We stand at the edge of a new century. In 2024, our community has an opportunity to celebrate the past through our 200th anniversary while embracing the next 100 years. More than an anniversary, we extend an invitation to residents and visitors alike to join us as we honor our story and the powerful next chapter we are poised to write.

Tallahassee's story is profound. We are a community of doers, dreamers and believers. Our ambition endures to innovate, commemorate, illuminate, activate, educate, negotiate, elevate, celebrate, create, and appreciate. Come join us.

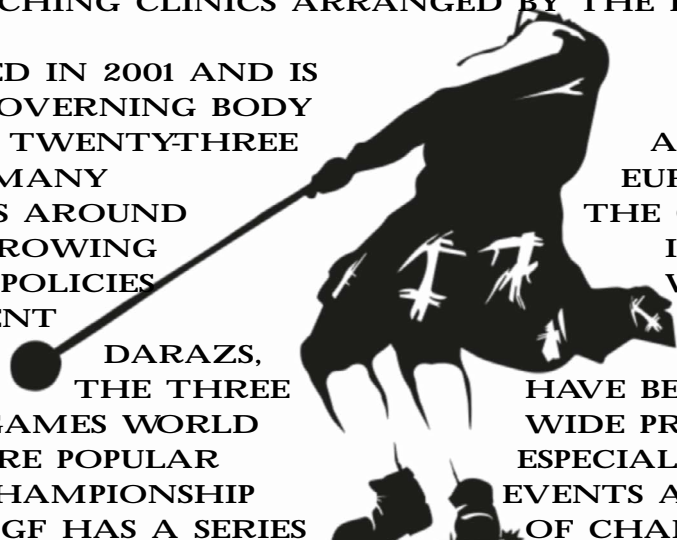
This website will continually evolve throughout 2023, including a robust calendar of events, so check back often.

<https://tallahasseeleoncounty200.com>

# INTERNATIONAL HIGHLAND GAMES FEDERATION

THE AIM OF THE IHGF IS TO ESTABLISH AND PROMOTE THE TRADITIONS OF HIGHLAND GAMES WHEREVER POSSIBLE AND TO ENCOURAGE YOUNG ATHLETES INTO THE SPORT WITH THE MANY COACHING CLINICS ARRANGED BY THE FEDERATION.

THE IHGF WAS FOUNDED IN 2001 AND IS WORLDWIDE AS THE GOVERNING BODY WHICH HAS TOTAL OF TWENTY-THREE THE IHGF SANCTIONS MANY CHAMPIONSHIP EVENTS AROUND THE TRADITIONAL THROWING STRICT DRUG TESTING POLICIES BETWEEN IHGF PRESIDENT PRESIDENT ADAM DARAZS, MEMBER RYAN VIERRA THE THREE FORCE IN HIGHLAND GAMES WORLD IS FAST BECOMING MORE POPULAR WHERE MAJOR IHGF CHAMPIONSHIP TV NETWORKS. THE IHGF HAS A SERIES WHICH ENABLES AMATEUR WAY UP THROUGH THE THE PROFESSIONAL RANKS. NATIONAL CHAMPION COMPETE IN THE IHGF HIGHLAND GAMES FROM THERE THE WINNER OF EARNED THEIR PROFESSIONAL COMPETE PROFESSIONAL HIGHLAND GAMES.



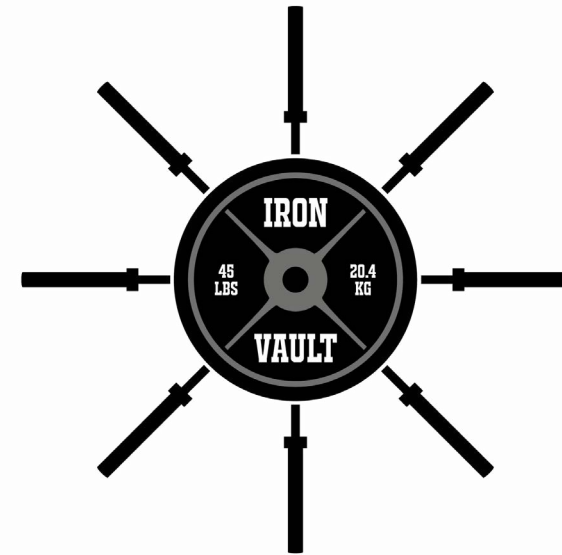
NOW RECOGNIZED OF HIGHLAND GAMES AFFILIATED COUNTRIES TO DATE. EUROPEAN AND WORLD THE GLOBE BY STANDARDIZING IMPLEMENTS AND ENFORCING WITHIN THE FEDERATION. FRANCIS BREBNER, VICE AND HONORARY LIFE HAVE BECOME A MAJOR DRIVING WIDE PROMOTING THE SPORT WHICH ESPECIALLY IN EUROPEAN COUNTRIES EVENTS ARE COVERED FOR EUROPEAN OF CHAMPIONSHIP EVENTS IN PLACE ATHLETES TO WORK THEIR RANKS FROM AMATEUR TO THE IHGF INVITES THE TOP FROM EACH COUNTRY TO WORLD AMATEUR CHAMPIONSHIP; THAT EVENT WILL HAVE STATUS AND SECURED TO

1.949.2124169

<https://internationalhighlandgamesfederation.com>



## SPONSORS



MOS Gear was founded in 2021 by a Strongman and a Strongwoman. The Strongman scene is far too under represented for uniquely themed clothing and gear. Too many brands simply push boring prints covered exclusively with their brand names and/or mediocre content.

Our ideas and inspiration comes from the people and events that are simply Strongman. From mildly offensive smack talk to blatantly absurd shenanigans, we hope to earn your business as we push the boundaries with our creative content and designs.

We have so much more on the way

[offensivestrongman.com](http://offensivestrongman.com)



There's a reason why IRON VAULT is one of the most sought after gym's in the entire fitness industry. Our brand and culture draw interest from world champion powerlifters, IFBB bodybuilders to people who just love to workout. Our gyms are exclusively outfitted with ARSENAL STRENGTH equipment to help you meet your goals across all types of lifting. Our mission is to bring you the ultimate experience for any style of training. Whether you're a powerlifter, bodybuilder or just trying to shave off those extra pounds, we are your destination facility.

Everyone should always be looking to grow both inside and outside of the gym. IRON VAULT OUTDOORS was created to specialize in outdoor gear manufacturing, firearm training and survival tactics. We help you build the confidence to be prepared for any situation.

COME CHECK US OUT!

914.874.5808  
[INFO@IRONVAULT.HOUSE](mailto:INFO@IRONVAULT.HOUSE)



## SPONSORS



St. Andrew Societies began forming in the American colonies in the early 18th century. Resident Scots gathered to help “relieve distress” of new-comer Scots. There are still nearly 70 St. Andrew Societies in the US today. St. Andrew Societies can also be found in Canada, Australia, New Zealand, Asia and Europe. Tallahassee’s St. Andrew Society (SAS) was founded in 1976 and is comprised of Scots, descendants of Scots and Ulster Scot immigrants, and many other individuals who simply enjoy things Scottish. The Society’s purpose is to honor, celebrate, and promote the contributions made by Scots and Ulster Scots to the foundation and growth of the United States, to Scotland, and to the world. Tallahassee’s St. Andrew Society offers financial support in the form of scholarships, for those who are pursuing an education in Scottish music, dance, literature, history, and culture as well as providing grants to organizations whom the Board of Trustees feel have parallel goals.

850.445.1077  
saintandrewtallahassee.org



Tallahassee Primary Spine Care is North Florida’s Non-Surgical Spine Solution. We are an integrated medical office focused on serving our community and helping our patients get out of pain and live their best life. We believe that “Movement Is Medicine” and it is our goal to help educate, motivate and inspire our patients to move more and to mover better. We offer multiple services to help our patients get well and stay well, but evidenced-based chiropractic care is the foundation of who we are. At TPSC we treat all of our patients like family. We are happy that you have chosen our office and we look forward to meeting you?

850.222.5362  
tallahasseeprimaryspine.com

Founded in early 2014, Will Development has been Florida’s number one premium stone maker for years. The owner, Will, is an avid strongman fan, and competitor.

If will isn’t competing, you can find him sponsoring shows, volunteering as a spotter or loader, or helping as a handler for a fellow competitor. This experience gives Will that first hand knowledge to know what an athlete would or wouldn’t want in a strength tool.

Over the years Will Development has done work for world champions, business owners, Youtube influencers, novice strongmen, and is the only stone maker trusted at the world games. Not only the best source, but the only source for premium stone work.



321.295.6969  
willdevelopment.net

## SPONSORS



# LLW

**LEWIS  
LONGMAN  
WALKER**

For over 25 years, the attorneys at LLW have helped the individuals, businesses and governments that have shaped Florida's future. We offer solutions to issues associated with complex local, state, and federal laws and regulations. We focus on the specific, technical and seemingly ever-changing areas of Environmental, Land Use, Legislative and Governmental Law. The LLW team is comprised of well-known and respected attorneys with the experience and skill to quickly resolve difficult legal challenges. We are committed to responding to clients; needs promptly and economically and believe in building long-term attorney-client relationships based upon collaboration and solid performance. At LLW, we don't believe that winning solutions for our clients means that someone else has to lose. We see things differently.

#### Practice Areas:

Legislative, lobbying and governmental affairs. Land use and Real Estate Law. Administrative, civil and appellate litigation. Governmental Law. Native American Law. Environmental and Natural Resources Law

Perspective isn't everything—it's the only thing. How we see things sets the limitation of our perceived opportunities, solutions and alternatives. Because we see things differently, we bring to our clients a perspective that others cannot. We see what others see, but we see so much more. Of course, we are lawyers, but we are also much more. We have been senior counsel, so we understand the pressures and motivations, the personalities and the constraints of agency action. We see agency action differently. We have been engineers and scientists, we understand the technical and regulatory issues in a way others cannot.

We have designed, permitted and built projects. Because of this, we see the technical issues differently which informs the way we craft successful strategies. We have been planners, so we understand the need to fit in the built environment, to consider the environmental assets and integrate the needed use. We see the plan as much more than a project or a case. We understand the frustrations, motivations, difficulties and joys of building successful enterprises. We listen to your needs and desires.

We are mediators with practice area experience that facilitates a crisp focus on the complex subject matter of a conflict, expanding the options for resolution and increasing the possibility of settlement.

We talk and listen to each other. As a result, clients benefit from our varied perspectives in an efficient, cost-effective way.

We see cost-effective efficiency as more than a business strategy—it's the fairest way to serve our clients. We just see client service differently.

We are good people and great lawyers. It is who we are as individuals and a firm. As a result, while we are zealous advocates and will fight for our clients, we also seek ways to resolve matters without a fight when it saves time and money and still provides a winning outcome.

We see things differently because we are different.

850.222.5702    [www.llw-law.com](http://www.llw-law.com)

**ADAMS**  
RADIO GROUP



**EVOLUTION ATHLETICS**

Evolution is the process of continuous change from a lower, simpler, or worse to a higher, more complex, or better state.

Here at Evolution Athletics, we believe that you don't have to be great to start, but you do have to start to be great.

Brian Shaw, 4-times World's Strongest Man, has and will always aspire to progress in his mental fortitude, develop his physical strengths and realign when the need arises so that he can continually inspire you to be great in all walks of life (and not just in the gym).

<https://shawstrength.com/pages/our-mission>

WWW.HUNTERLANDMAN.COM



HUNTERSON590@GMAIL.COM

They call me the Land Man. I grew up hunting, fishing, and helping with my Poppy's sugar cane plot. I started my first landscaping business at 14 which broadened into land clearing and pond building when I fixed up the family farm after Hurricane Michael in 2019.

Since then it has fully transformed into land management and conservation.

When I'm not out in the field I spend my time working on our cabin and hanging out at Scottish Highland Games with my wife Christa and our daughter Keira.

- Evan Hunter

<https://www.hunterlandman.com>

## SPONSORS



Visit  
Tallahassee

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<https://visittallahassee.com>



# 2024

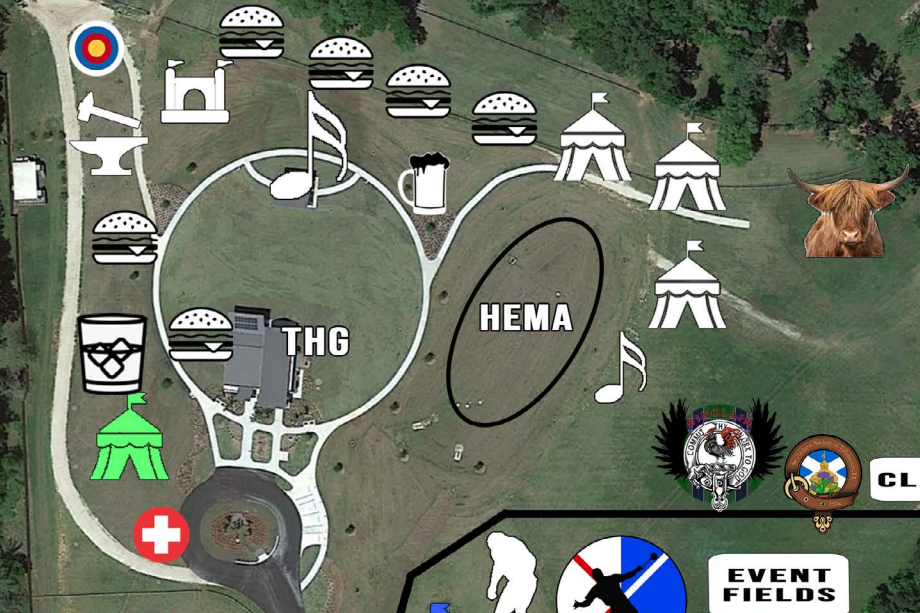


ENTRANCE



**LEGEND**

- GENERAL & VENDOR OVERFLOW PARKING
- DISABLED PARKING
- VIP & VENDOR PARKING
- VENDOR TENTS
- VIP TENTS
- ATHLETES TENTS
- HIGHLAND COWS
- STONES OF STRENGTH
- ARCHERY
- METAL WORKING
- BEER
- WHISKY
- FOOD
- DANCERS
- BANDS
- KIDS ZONE
- MARTIAL ARTS
- THG MERCH
- MEDICAL



CLANS

EVENT FIELDS

7550 APALACHEE PKWY  
15 TALLAHASSEE, FL 32311



BROUGHT TO YOU BY OUR SPONSORS

Visit Tallahassee  
Pretty Unexpected.

## Main Stage

Saturday, Feb. 3rd, 2024		Sunday, Feb 4th, 2024	
8:30 AM	[Gates Open]	8:30 AM	[Gates Open]
9:30 AM	Krooked Kilts	9:00 AM	[Gates Open]
		9:15 AM	Tallahassee Pipe Band
11:00 AM	Opening Ceremony	9:30 AM	Kirkin' O' The Tartan (Officiant: The Most Reverend Robert W. Duncan, Archbishop of the Anglican Church)
11:30 AM	Host Talk: May & Fain Cultural & Sports	10:30 AM	Krooked Kilts
12:00 PM	SYR	11:30 AM	Host Talk: May & Fain Cultural & Sports
2:00 PM	Beard Competition (courtesy of the North Florida Facial Hair Society)	12:00 PM	SYR
4:00 PM	Tallahassee Bicentennial! The Scottish History of Florida (presented by Dr. Edwin Moore)	2:00 PM	Krooked Kilts
4:30 PM	Krooked Kilts	3:30 PM	SYR
6:00 PM	SYR	5:00 PM	Closing Ceremony
8:00 PM	[Park Closes]		

## Heritage Stage

Saturday, Feb. 3rd, 2024		Sunday, Feb 4th, 2024	
9:30 AM	Historical European Martial Arts Presentation		
9:45 AM	Traditional Scottish Dressing Demonstration	10:15 AM	Beginning Irish Gaelige Lesson
10:00 AM	Contemporary Reformation of the Church	10:30 AM	Traditional Scottish Dressing Demonstration
10:15 AM	Beginning Irish Gaelige Lesson		
12:00 PM	Facial Hair in Celtic Culture	11:00 AM	Scottish Fiddle Workshop + Jam Session (courtesy of Dr. Aisha Ivey & the Florida State Fiddlers Association)
12:15 PM	TRY IT: Wool Waulking Demonstration		
1:30 PM	HONORED GUEST: Clan Sinclair Presentation	1:45 PM	Tracing Scottish Genealogy through Ireland
2:00 PM	Clan Gregor Presentation	2:00 PM	St. Andrew's Society of Tallahassee
2:15 PM	Clan Graham Presentation	2:15 PM	Clan MacEwen Presentation
2:45 PM	Roisin Mo Chroi	2:30 PM	Clan Lindsay Presentation
		3:00 PM	Dram O' Day

## Kids' Activities

Activity	Location
Beard Crafting for Kids	North Florida Facial Hair Society
Face Painting	American Clan Gregor Society
Books, Puzzles, Harry the Coo that moo's	Clan Bell Society
Hidden Rock Hunt	Cland Donald USA
Scavenger Hunt with a Prize! Coloring Table & Tootsie Pops	Clan Leslie Society International
Cornhole, Stickers, & Snacks	Clan MacLeod USA
Petting Zoo	Aunt Louise's Farm
Archery	Jefferson Longrifles
Dance mini lessons	Dance Stage (see schedule)

## Dance Stage

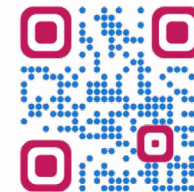
Saturday, Feb. 3rd, 2024		Sunday, Feb 4th, 2024	
9:15 AM	Tallahassee Irish Step Dancers: Performance AND Mini-Lesson	10:30 AM	Isle of Skye Scottish Dancing
		11:15 AM	Timberlane Arts & Dance Academy Irish Dancers
10:15 AM	Isle of Skye Scottish Dancing	12:00 PM	Tallahassee Irish Step Dancers: Performance AND Mini-Lesson
12:00 PM	Isle of Skye Scottish Dancing	1:15 PM	Sycamore Assembly: Scottish Country Dancing Mini-Lesson
12:45 AM	Timberlane Arts & Dance Academy Irish Dancers	2:00 PM	Isle of Skye Scottish Dancing
1:30 PM	Sycamore Assembly: Scottish Country Dancing Mini-Lesson	2:45 PM	Timberlane Arts & Dance Academy Irish Dancers
2:15 PM	Tallahassee Irish Step Dancers: Performance AND Mini-Lesson	3:30 PM	Tallahassee Irish Step Dancers: Performance AND Mini-Lesson
3:30 PM	Timberlane Arts & Dance Academy Irish Dancers		
4:15 PM	Isle of Skye Scottish Dancing		

## Off-Stage Performances & Demos

### All-Day Participation and Demonstrations Available:

- Blacksmithing (Chris Cauthen)
- Archery (Jefferson Longrifles)
- Animals (Aunt Louise's Farm AND Falconry Tent)
- Hospitality Tent (courtesy of St. Andrew's Society Tallahassee)
- Historical European Martial Arts Demonstrations (hourly)
- Kids' Activities (see "Kids" page)

Saturday		Sunday	
12:00 PM	Scottish Whisky Tasting (Whisky Tent)	12:00 PM	Scottish Whisky Tasting (Whisky Tent)
12:30 PM	Beard Craft Battle (North Florida Facial Hair Society Booth)	12:30 PM	
3:00 PM	Irish Whiskey Tasting (Whisky Tent)	3:00 PM	Irish Whiskey Tasting (Whisky Tent)



## Sporting Events: Highland Heavy Athletics and Stones of Strength

Saturday, Feb. 3rd, 2024

Sunday, Feb 4th, 2024

8:30	Athletes Briefing	8:30	Athletes Briefing
9:00 AM	Men's Open Highlands Women's Open Highlands Men's Novice Stones All Women's divisions for Stones of Strength	9:00 AM	Women's Novice Heavy Athletics (Highland Games) Men's Novice Heavy Athletics (Highland Games) Women's Masters Men's Masters Women's Adaptive Men's Adaptive All Men's divisions for Stones of Strength

**Saturday World Record Attempts:**

Christian Suggs, Teen Log Press

**Sunday World Record Attempts:**

Rick Simmons, Sheaf Toss (40ft), M Masters (40+)  
Stephen Profit, Sheaf Toss (32ft), M Masters (60+)

**Awards will be presented on the Main Stage between performances**



### TYPES OF EVENTS

IHGF UNITED STATES  
CABER TOSS CHAMPIONSHIP

KIDS EVENTS  
SPORTING EVENTS

DANCING/MUSIC

30+ CLANS FROM THE  
AROUND THE REGION

SCOTTISH TRADITIONAL  
FOODS

IHGF STONES OF  
STRENGTH SERIES

ARCHERY

WHISKY TASTING

BLADE SMITHING

SCOTTISH CULTURAL  
SOCIETIES

## ABOUT THE TALLY HIGHLAND GAMES

THE TALLY HIGHLAND GAMES IS A NON PROFIT EVENT HOSTED BY MAY AND FAIN CULTURAL AND SPORTS, A NON PROFIT CORPORATION. OUR MISSION IS TO PROMOTE AND CREATE OPPORTUNITIES FOR STRENGTH SPORTS AND THE SURROUNDING CULTURES AND COMMUNITIES. WE BELIEVE THAT GIVEN THE OPPORTUNITY TO PARTICIPATE IN STRENGTH SPORTS AND ENJOY THE CULTURES THEY ARE INEXTRICABLY TIED TO, OFFERS PEOPLE A CHANCE TO FIND THEMSELVES, DISCOVER LOST HERITAGE, AND BEGIN HONING MORE THAN JUST THEIR BODIES. THE EXCITEMENT AND EMPOWERMENT THAT THE STRENGTH CULTURE PROVIDES IS SO VERY UNIQUE YET DIFFERENT FOR EACH PERSON PARTICIPATING OR COMPETING IN THEM.

THIS IS OUR SECOND YEAR AND WE GREATLY APPRECIATE YOUR SUPPORT!



Ryan May  
President / Director of 'May and Fain Cultural and Sports' nonprofit

Ryan is the President and founding member of May & Fain Cultural and Sports. Utilizing his lifelong passions for strength sports and heritage, in combination with his professional experiences as a coach, martial artist, First Responder, and Cybersecurity leader in legal compliance and risk management, he is focused on empowering and protecting the cultures and sports of strength through this organization.

“Growing up in Tally, the original Tallahassee Highland Games had a lasting impact on my inner Scot. Even as a child I wanted to host the Games and carry on the tradition. Few things ever stuck with me the way bagpipes and cabers did. As an adult, I’ve seen first hand the impact of empowering youth to build a strong mind and body. There is nothing more meaningful than hearing positive outcomes our training has had on a student’s life, be it immediate or many years later. It is my goal to leave something beautiful, worthwhile, and lasting for our future generations while honoring the traditions of our past.”



William “Brett” Fain,  
Director of Athletics  
Founding member of “M&F Cultural and Sports”

Brett Fain is the owner of The Iron Vault gym in Railroad Square, and serves as the Athletics Director and one of the namesakes for May and Fain Cultural and Sports. An FSU grad with a degree in economics, Brett has been a promoter of strength sports in Tallahassee and the region for many years. As a trainer he teaches foundational principles of loaded movement, helping people live better lives through strength training. Using these same principles, Brett has achieved the rank of Professional 90kg Strongman, and elite powerlifter.

From formerly coaching high school to the training of his strength clients, the results of his pursuit of excellence can be seen on the faces and in the hearts of those he teaches. He puts his community before himself, from training national contenders in the sport of Strongman, to his heartfelt training and empowerment of our local Tallahassee Special Olympics strength athletes.

Brett’s foundational knowledge in strength sports, competition, and coaching are central providing a smooth, competitive, and safe environment for athletes and guests alike.



Dr. Jen Kabbas  
CEO

Jen Kabbas is the CEO for May and Fain Cultural & Sports. She has 10+ years of experience in administrative roles, including processing sensitive information, event planning, logistics, and coordination for various agencies including private medical offices and Florida State University.

Dr. Kabbas is also well-versed in entrepreneurship as a strength coach, freelance musician, and private instructor. She works with individuals of all ages and experience levels to create the best version of themselves, whether it be at home, in the gym, or on stage. For strength clientele, her specialties revolve around three main areas: holistic strength and wellbeing, wellness for musicians, and holistic strength for pregnant and postpartum women.

For the Tallahassee Highland Games, Dr. Kabbas is excited to use her skills to create a positive experience for performers and guests alike. “I am looking forward to the challenge of organizing the revival of this great event, and honoring my ancestors through learning and keeping their traditions alive!”



Angela Ivy  
Secretary 'M&F Cultural and Sports'

Angela Ivy has over 20 years of experience in local government program administration, focusing on board management and community outreach. Following her heartfelt desire to help people accomplish life goals and self-betterment, Angela ingrained herself in experiences as a certified life coach, community organizer, activist, mom, and strongman competitor. Her expertise unites all modalities to support building the heart and mind, which she accomplishes through practices that support meeting familial, social, and professional responsibilities, and growing a resilient community.

Angela's professional experience and genuine heart made her a unanimous choice for May and Fain Cultural and Sports. “I am passionate about how we build and sustain connections and the meaning we make from our understanding of experiences. I am excited about the return of the Tallahassee Highland Games, what it means for the Tallahassee community, and look forward to seeing you all there!”



Whitney Doyle  
Treasurer

Whitney Doyle (she/her) is a seventh-generation Floridian who joined the Board of Directors in 2023. With roots tracing back to the early 1800s, her Scottish ancestors settled in the Florida panhandle. Currently serving as the Director of Advocacy and Government Relations for the Amputee Coalition, Whitney is dedicated to ensuring equal access and rights for all. She resides in Tallahassee with her husband, Tyler, finding joy in both her personal life and community engagement.

“It is very humbling to be a part of the May and Fain Cultural and Sports Board as a proud organization that hosts meaningful, cultural sporting events like the Tallahassee Highland games. Being involved in a regional event that brings together Scottish Clans and Highland cows with some of the strongest people in the region is such a unique opportunity that I'm proud it is held in Tallahassee.”



Charles “Chuck” Droessler,  
Board Member M&F CAS

Chuck grew up in south Florida and Germany, graduating from the University of Miami with a degree in Fine Art. He moved to Tallahassee in 2007, working in vintage auto restoration before entering a decade-long career in Fire Fighting and Emergency Medical Services. He currently works for the City of Tallahassee and Jefferson County as a Firefighter and Paramedic. His hobbies include strongman, traditional archery and hunting.

Chuck is the Chief Security Officer for May and Fain Cultural and Sports. His expertise in medical and first responder methodologies play a crucial role in the safety and wellbeing of our event's competitors and guests alike. “Being a devoted family man and cultural enthusiast, my German and Celtic heritage are something I celebrate and hope to pass on the same appreciation to my daughters.”

## THE HIGHLAND GAMES: ATHLETICS

### Weight Over Bar:

The competitor may use either hand to toss the weight, but only one hand may be used. The competitor must make a standing throw (either in traditional standing style or with the side sling style). Spinning throws are not allowed.



### Sheaf Toss:

The toss is made using a pitchfork with a 5-foot nominal handle. Any style may be used to toss the sheaf as long as it is deemed safe by the judge. Competitors may bring their own pitchforks but it is understood that any competitor may use any pitchfork that will be used in the competition.



25

### Caber Toss:

The competitor may take any length of run he wishes and may toss the caber from where he chooses, as long as it is within the judges boundaries. If the competitor allows the caber to fall before lifting it off the ground, this shall count as an attempt. If the competitor drops the small end of the caber back to the ground after having picked it up, this also counts as an attempt. The caber must pass through the vertical position in order to count as a turned caber. The vertical position is 90 degrees and it is up to the side judge to determine if the caber has passed through it. The o'clock face methods of judging shall be used. The caber in a perfect toss will pass through the vertical position and land with the small end pointing directly at 12 o'clock in an imaginary straight line extending from the competitor through the initial landing point and in line with the direction of the run. A valid turn is when the small end of the caber passes through the vertical position and falls away from the competitor to land within the 180-degree radius, between 9 o'clock and 3 o'clock. If the competitor does not turn the caber, then it is the responsibility of the side judge to determine the angle at which the caber was tossed with respect to the 90 degree vertical.



26

## THE HIGHLAND GAMES: ATHLETICS

### Weight for Distance Throws:

The competitor may use either hand to throw the weight, but only one hand may be used. Any style may be used to throw the weight as long as it is deemed safe by the judge. The competitor may start and stop their throw provided that no part of the implement has made contact with the ground or the trig board during the aborted attempt. If the implement has made contact with the ground or the trig board after the attempt was initiated and prior to receiving permission from the judge, then the attempt will be a foul.



27

### Hammer Throws:

The hammer shall be thrown in a standing style. Although some movement of the feet prior to the release is allowed, there shall be no approach and the competitor is not allowed to spin the body. The competitor in the starting position, prior to the preliminary swing, is permitted to rest the head of the hammer on the ground on either side of the trig, or on the trig board itself. It shall not be considered a foul throw if the hammer touches the ground beyond the trig or the trig itself at the beginning of an attempt. After initiating the swings it shall be a foul if any part of the hammer touches the ground beyond the trig, or the trig itself.



28

## STONES OF STRENGTH

### Stone Press:

Athlete will clean and press their stone for reps in :90. There will be down commands. Belt sleeves and wraps all allowed. no tacky

### Refor Stone Carry:

Athlete will pick the stone and carry for max distance turns every 50' . no tacky allowed all other equipment allowed

### Stone Put:

Using the same trig setup for Braemar stone Athlete will throw their stone for max distance 3 attempts allowed. Crossing the front stop will DQ that throw

### Stone Medley:

Athlete will carry each stone 50', lightest to heaviest, for the fastest time.

### Stone Load to Barrel:

Athlete will load each stone, lightest to heaviest, to a 40' barrel for time. Tacky allowed



29

### Open Stone:

The stone shall be putt from the shoulder with one hand only. Once the competitor takes a stance to commence a putt, the stone shall touch or be in close proximity to the neck or chin, and the hand shall not be dropped below this position during the act of putting. The stone must not at any time be brought behind the line of the shoulders.



### Braemar Stone:

The stone shall be putt from the shoulder with one hand only. Once the competitor takes a stance to commence a putt, the stone shall touch or be in close proximity to the neck or chin, and the hand shall not be dropped below this position during the act of putting. The stone must not at any time be brought behind the line of the shoulders. No approach is allowed.

30



# HONORED CLAN

## CLAN SINCLAIR

**MALCOLM IAN SINCLAIR**  
THE RIGHT HONOURABLE THE EARL OF  
CAITHNESS, PRIVY COUNSELLOR



OUR HONORED CLAN THIS YEAR, CLAN SINCLAIR'S LEGACY IS WOVEN WITH TALES OF BRAVERY, MYSTERY, AND DEDICATION. WITH THE ESTEEMED PRESENCE OF THE RET. HONORABLE THE EARL AND COUNTESS OF CAITHNESS, THIS GATHERING PROMISES TO BE A HISTORIC RENDEZVOUS. DIVE INTO THEIR INTRIGUING TIES WITH ROBERT THE BRUCE, WILLIAM WALLACE, AND THE ENIGMATIC KNIGHTS TEMPLAR. THEIR VIBRANT HISTORY SHOWCASES A LINEAGE LIKE NO OTHER.



A LEGACY ETCHED IN TIME AND A ROYAL GUEST!

# HONORED CLAN

## ORIGINS

THE NAME SINCLAIR ORIGINATES FROM THE NORMAN NAME "SAINT CLAIR", DENOTING THE FRENCH REGION FROM WHICH THE FAMILY FIRST CAME. THE SINCLAIRS ARRIVED IN SCOTLAND AFTER THE NORMAN CONQUEST OF ENGLAND IN THE 11TH CENTURY, SERVING UNDER SCOTTISH KINGS AND GRADUALLY INTEGRATING INTO THE COUNTRY'S RICH TAPESTRY.

## STRONGHOLDS AND TITLES

CLAN SINCLAIR'S SEAT, THE CASTLE OF MEY, PERCHED ON THE NORTHERN COAST OF CAITHNESS, HAS WITHSTOOD THE TEST OF TIME. IT STANDS AS A TESTAMENT TO THE CLAN'S RESILIENCE AND STRATEGIC IMPORTANCE. FURTHERMORE, THE SINCLAIRS HAVE HELD THE TITLE OF THE EARL OF CAITHNESS SINCE THE 15TH CENTURY, EMPHASIZING THEIR SIGNIFICANCE IN THE SCOTTISH PEERAGE.

## HISTORICAL TIES

THE CLAN'S HISTORICAL LINKS ARE BOTH PROFOUND AND INTRIGUING. CLAN SINCLAIR KNIGHTS ARE BELIEVED TO HAVE ACCOMPANIED SIR JAMES DOUGLAS ON HIS QUEST TO TAKE THE HEART OF ROBERT THE BRUCE TO THE HOLY LAND. MOREOVER, THEIR POSSIBLE CONNECTION TO WILLIAM WALLACE'S MISSION TO TRANSPORT PIECES OF HIS BODY TO SPAIN ADDS AN AURA OF ENIGMA TO THEIR LORE.

SINCLAIRS HAVE ALSO BEEN RUMORED TO BE GUARDIANS OF THE HOLY GRAIL, WITH INTRICATE CARVINGS IN THE ROSSLYN CHAPEL (BUILT BY THE SINCLAIRS) THOUGHT BY SOME TO HIDE CLUES ABOUT THE GRAIL'S WHEREABOUTS. THIS, COMBINED WITH THEIR SPECULATED ASSOCIATION WITH THE KNIGHTS TEMPLAR, HAS ADDED LAYERS OF MYSTIQUE TO THEIR LEGEND.

## BEYOND SCOTLAND

ONE OF THE MOST FASCINATING TALES ASSOCIATED WITH CLAN SINCLAIR IS THEIR ALLEGED VOYAGE TO THE AMERICAS, ALMOST A CENTURY BEFORE COLUMBUS. THE ZENO MAP, DATED BACK TO THE 14TH CENTURY, INDICATES A VOYAGE BY THE SINCLAIRS TO WHAT IS NOW NOVA SCOTIA. WHILE IT REMAINS A TOPIC OF DEBATE AMONG HISTORIANS, THE STORY STANDS AS A TESTAMENT TO THE CLAN'S ADVENTUROUS SPIRIT.

## TODAY AND TOMORROW

THE LEGACY OF CLAN SINCLAIR CONTINUES TO THRIVE IN THE 21ST CENTURY. WITH THE ANNUAL GENERAL MEETING (AGM) BEING HELD IN CONJUNCTION WITH THE TALLAHASSEE HIGHLAND GAMES, IT OFFERS A RENEWED PLATFORM FOR CLAN SINCLAIR TO SHOWCASE ITS RICH HERITAGE.

## LEGACY

A LIFE REplete WITH ACHIEVEMENTS ACROSS FIELDS, MALCOLM IAN SINCLAIR, THE 20TH EARL OF CAITHNESS, IS A BEACON FOR CLAN SINCLAIR AND SCOTLAND AT LARGE. AS HE GRACES THE TALLAHASSEE HIGHLAND GAMES ALONGSIDE THE COUNTESS OF CAITHNESS, WE ARE NOT JUST CELEBRATING A CLAN BUT ALSO ACKNOWLEDGING THE LEGACY OF A LEADER.

FURTHERMORE, WITH THEIR CHIEF THE RT. HONORABLE THE EARL OF CAITHNESS, AND THE COUNTESS OF CAITHNESS GRACING VARIOUS EVENTS, IT IS EVIDENT THAT CLAN SINCLAIR CONTINUES TO PLAY AN INFLUENTIAL ROLE IN CHAMPIONING SCOTTISH CULTURE AND HISTORY. CLAN SINCLAIR'S FLAME BURNS AS BRIGHT TODAY AS IT DID CENTURIES AGO.



# HONORED CLAN

## RORY SINCLAIR

OFFICAL PIPER OF CLAN SINCLAIR

RORY'S FATHER WANTED A PIPER IN THE FAMILY MORE THAN ANYTHING BUT IT WAS NOT WORKING OUT WHEN THE ELDEST COULDN'T CARRY A TUNE IN A BUCKET AND THE SECOND SON REFUSED OUTRIGHT. RORY TOOK TO THE PIPES QUITE QUICKLY AND WAS ON THE BIG PIPES WHEN HE WAS STILL A CUB SCOUT. ALAS AT 14 HE CEASED PIPING - MAYBE IT WAS THE GUITAR OR MAYBE THE GIRLS. ALTHOUGH LEAVING PIPES BEHIND FOR 35 YEARS, HE CAME BACK WITH A VENGEANCE AND TOOK SERIOUS LESSONS FROM A GOLD MEDAL WINNER FOR 20 YEARS. HE COMPETED AT GRADE 1 LEVEL FOR 8 YEARS. NONE OF HIS SUCCESS IN COMPETITION RIVALS THE HONOUR OF WHICH HE IS MOST PROUD: BEING APPOINTED BY HIS CHIEF AS PIPER TO THE EARL OF CAITHNESS.

OPENING CEREMONY - PIPE IN HIS CHIEF AND ALL DIGNITARIES - STARTS AT 11 A.M.

OPENING CEREMONY - PIPE GOD SAVE THE KING AND FLOWER OF SCOTLAND

KIRKIN' ON SUNDAY - AMAZING GRACE DURING THE KIRKIN' STARTS AT 9:30 A.M.



# SPECIAL GUEST BIOS



FRANCIS BREBNER WAS BORN IN THE TOWN OF PETERHEAD IN THE FAR NORTH EAST OF SCOTLAND, ON MY FATHER'S SIDE WE CAN TRACE OUR FAMILY BACK TO THE 1700S BUT ON MY MOTHER'S SIDE OF THE FAMILY IS THE MCLEMONS WHICH CAN BE TRACED BACK SEVERAL HUNDRED YEARS TO MY 22ND GENERATION GREAT GRANDFATHER EDWARD THE BRUCE KING OF IRELAND, EDWARD'S BROTHER WAS THE MORE WELL KNOWN ROBERT THE BRUCE KING OF SCOTLAND.

SGA WORLD HIGHLAND GAMES CHAMPIONSHIP 97  
 WORLD CABER CHAMPIONSHIP 91,93,96,98,99,20,01  
 WORLD RECORD HOLDER 56LB WEIGHT FOR DISTANCE 48FT 1"  
 WORLD RECORD HOLDER 28LB WEIGHT FOR DISTANCE 94FT 1"  
 BRITISH CABER CHAMPIONSHIP 92,93,95,96,97,98,99,20,  
 SCOTTISH CABER CHAMPIONSHIP 92,93,94,95,96,97,98,20  
 SCOTTISH 28LB WEIGHT FOR DISTANCE CHAMPIONSHIP 97  
 SCOTTISH 56LB WEIGHT OVER THE BAR CHAMPIONSHIP 97,98  
 BRITISH 28LB WEIGHT FOR DISTANCE CHAMPIONSHIP 01,02  
 BRAEMAR CABER CHAMPIONSHIP PRESENTED BY THE QUEEN 98, 99  
 NORTH EAST OF SCOTLAND ARM WRESTLING CHAMPION 87  
 SCOTTISH 56LB WEIGHT FOR DISTANCE CHAMPIONSHIP 93,94,96,97,98,99,20

IFSA WORLD GAMES CHAMPION 96  
 SCOTTISH CHAMPIONSHIP 90  
 EUROPEAN CHAMPIONSHIP 93  
 WORLD TEAM CHALLENGE 91,92  
 TOKYO CHAMPIONSHIP 90,91  
 ROYAL BRAEMAR GAMES 98  
 NORTH EAST OF SCOTLAND'S STRONGEST MAN 87

PRESIDENT OF INTERNATIONAL HIGHLAND GAMES FEDERATION



EDWIN H. MOORE, PH.D., (ED) WAS THE PRESIDENT OF THE INDEPENDENT COLLEGES AND UF'S, A TALLAHASSEE BASED ASSOCIATION OF 30 PRIVATE, NOT FOR PROFIT COLLEGES AND UNIVERSITIES SINCE 2003, RETIRING AS PRESIDENT EMERITUS IN 2019. HE ALSO SERVED AS THE EXECUTIVE DIRECTOR OF THE HIGHER EDUCATION FACILITIES FINANCE AUTHORITY IN FLORIDA AND AS CEO OF THE FLORIDA INDEPENDENT COLLEGE FUND, A NON-PROFIT ORGANIZATION.

HE CURRENTLY SERVES ON THE FLORIDA HISTORIC CAPITOL BOARD, THE NW FLORIDA FELLOWSHIP OF CHRISTIAN ATHLETES BOARD, IS A TRUSTEE FOR HCA FLORIDA CAPITAL HOSPITAL, SERVED AS A MEMBER OF THE BOARD FOR THE GOVERNOR'S FELLOWS PROGRAM, SERVED FOR MANY YEARS ON THE FLORIDA CHAMBER FOUNDATION BOARD, AND WAS APPOINTED BY GOVERNOR DESANTIS TO THE CONSTITUTIONALLY MANDATED GOVERNMENT EFFICIENCY TASK FORCE AND THE FLORIDA COMMISSION ON ETHICS. IN AN INTERIM ROLE, HE SERVED AS EXECUTIVE DIRECTOR OF THE ASSOCIATED INDUSTRIES OF FLORIDA RESET TASK FORCE HELPING LEAD FLORIDA'S ECONOMIC RECOVERY FROM THE COVID-19 PROBLEMS.

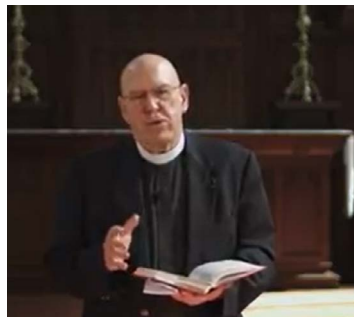
HE HAS BEEN MARRIED TO KATHLEEN FOR 49 YEARS AND HAS FOUR CHILDREN AND NINE GRANDCHILDREN. OVER THE YEARS ED HAS COACHED OVER 50 SPORTS TEAMS, BECAME A CERTIFIED SOCCER COACH IN TWO STATES REACHING THE PROGRAM FOR B LEVEL LICENSING. HE COACHED AS HIGH AS U-18 MEN'S TRAVEL. HE WAS ALSO A CERTIFIED REFEREE IN TWO STATES. HE ALSO WAS A CERTIFIED US SWIMMING REFEREE IN TWO STATES AND HELD NATIONAL CERTIFICATION AS A STARTER. HE FREQUENTLY SERVES AS A POLITICAL COMMENTATOR FOR SEVERAL OUTLETS AND AS A COLUMNIST FOR SEVERAL OUTLETS OVER THE YEARS. ED GUESTS ON MULTIPLE FLORIDA AND NATIONAL RADIO AND TELEVISION NEWS, INCLUDING REGULAR APPEARANCES ON THE USUAL SUSPECTS AND ON THE MORNING SHOW WITH PRESTON SCOTT ON WFLAFM IN TALLAHASSEE WHERE HE IS THE RESIDENT HISTORY PROFESSOR, IS A COLUMNIST FOR FLORIDA DAILY, AND IS A REGULAR GUEST ON THE ED DEAN RADIO SHOW ON WBOB IN JACKSONVILLE.

ONE SIDE OF HIS FAMILY, IRISH/SCOTTISH IMMIGRANTS, ARRIVED IN THE NEW WORLD IN 1650 AND BEGAN TO TRAVEL TO FLORIDA IN THE 1830'S, CHOOSING TO SETTLE, TRADE AND FARM IN WACAHOOTA. ANOTHER SIDE WERE IRISH IMMIGRANTS DURING THE MID-19TH CENTURY.

# SPECIAL GUEST BIOS



THE MOST REVD ROBERT DUNCAN, DD  
LEADER FOR TWELVE YEARS OF THE MOVEMENT THAT BECAME THE ANGLICAN CHURCH IN  
NORTH AMERICA, BISHOP OF PITTSBURGH FOR 20 YEARS, AND ONETIME CHAPLAIN AT THE  
UNIVERSITY OF NORTH CAROLINA (CHAPEL HILL), ARCHBISHOP DUNCAN IS AN  
ACKNOWLEDGED GLOBAL LEADER AMONG THOSE COMMITTED TO DEFENDING AND  
PROPAGATING  
THE FAITH ONCE FOR ALL DELIVERED TO THE SAINTS.  
AUTHOR, LECTURER, TEACHER AND PREACHER, THE CHAPLAIN TO THESE GAMES DID GRADUATE  
STUDY IN SCOTTISH HISTORY AT THE UNIVERSITY OF EDINBURGH. HIS GREAT-GRANDPARENTS  
EMIGRATED FROM THE KINGDOM OF FIFE, HIS WIFE'S GREAT-GRANDPARENTS FROM  
PERTHSHIRE, AND TOGETHER THE DUNCANS MAKE THEIR HOME AT THISTLE HILL IN THE  
VILLAGE  
OF DONEGAL IN THE LAUREL HIGHLANDS OF WESTERN PENNSYLVANIA. ARCHBISHOP DUNCAN  
IS A WINTER ASSOCIATE OF ST. PETER'S ANGLICAN CATHEDRAL, TALLAHASSEE.

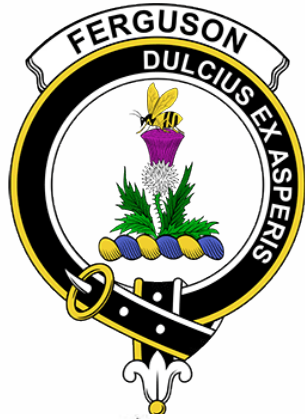


## INVOCATION AT OPENING CEREMONIES

PRESENTED BY: THE REVEREND SUDDUTH REA CUMMINGS

FATHER CUMMINGS IS ORIGINALLY FROM MISSOURI AND ATTENDED  
COLLEGE IN OKLAHOMA AND SEMINARY IN NEW YORK. HE WAS ORDAINED  
IN 1971 AND IS NOW RETIRED FROM FULL TIME MINISTRY. HE AND HIS WIFE,  
CHARLOTTE, HAVE LIVED IN TALLAHASSEE FOR 12 YEARS AND HAVE A  
HOUSE AT WESTMINSTER OAKS. HE IS ALSO A MEMBER OF THE ST. ANDREW  
SOCIETY OF TALLAHASSEE AND ST. PETERS ANGLICAN CATHEDRAL.

CLANS



CLANS



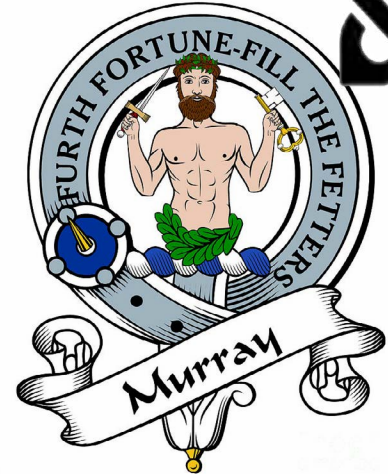
An Cìrean Cearn Cinnidh



MacLellan



MacNicol



Murray



MacPherson



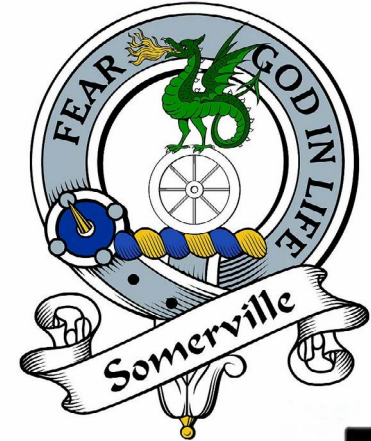
CLAN MacKinnon SOCIETY



Mackenzie

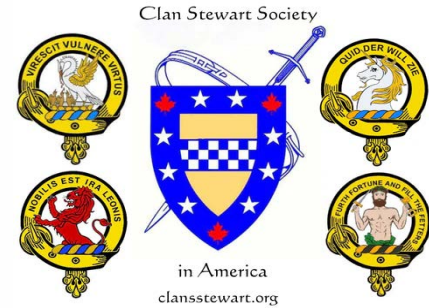


MacRae



Somerville

CLANS & SOCIETIES



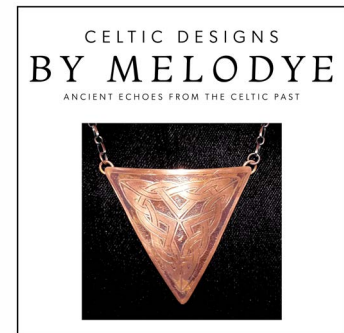


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## PERFORMERS

ROISIN MO CHROI  
PRONOUNCED ROSHEEN MA KREE  
(ROSE OF MY HEART)

LOCAL CELTIC BAND PLAYING TRADITIONAL TUNES AND SONGS FROM IRELAND, SCOTLAND AND CAPE BRETON. PROVIDING JIGS, REELS, HORNPIPER AND POLKAS ON TRADITIONAL INSTRUMENTS, AND SONGS OF LOVE AND LIFE FROM THE CULTURES OF THESE CELTIC REGIONS.

MARIE DONNELLY - FIDDLE, CONCERTINA, AND PENNYWHISTLES  
JUDY JOHNSON - GUITAR, MANDOLA, AND VOCALS  
ERNIE BROCK - IRISH FLUTE, PENNYWHISTLES, CONCERTINA, AND VOCALS  
CHARLES JOHNSON - MANDOLIN, BODHRAN, AND VOCALS  
RUSTY PFOST - UILLEANN PIPES



### KROOKED KILT

TALLAHASSEE'S OWN CELTIC ROCK FUSION BAND. ACOUSTIC AND ELECTRIC GUITARS, MANDOLIN, UILLEANN PIPES, HIGHLAND BAGPIPES, TIN WHISTLES AND FLUTES AND DRUMS. AVAILABLE FOR FUNCTIONS OF ALL SORTS.

LISA POLOMBO - LEAD VOCALS & GUITAR  
JULIO GALLO - VOCALS & BASS  
RYAN HENRY - LEAD GUITAR  
BRUCE MCCULLOUGH - DRUMS  
MICHAEL BILEY - BAGPIPES & TIN WHISTLE, UILLEANN PIPES



KROOKED KILTS NOW  
FEATURING LISA POLOMBO!

## PERFORMERS



[tallahasseeirishstepdancers.com](http://tallahasseeirishstepdancers.com)

Tallahassee Irish Step Dancers (TISD) is the oldest Irish Step Dance company in Tallahassee, FL. TISD is regionally known for performing both traditional Irish set dances and original Irish choreography by director David Jones. They perform in soft shoes and hard shoes, year-round, at events and gatherings of all sizes.



[ta-dallc.com](http://ta-dallc.com)  
850.893.8754



Our dance program runs on an annual schedule. Classes begin the first week of school in August, and conclude in December before the winter holidays. Spring begins in January after the holidays and runs through May concluding with our annual recital. Our summer semester begins in June and runs 9 weeks, ending in August.

## PERFORMERS

### MUSIC

#### SYR

Kyle MacCallum - lead vocals and guitar  
Laurel MacCallum - vocals and djembe  
Worth Lewallen - fiddle  
Kelly Vance - bass  
Greg Vance - drums

#### Dram O'Day

Johnny Andrews - Guitar  
Marie Donnelly- fiddle  
Madelon Horwich - whistles & flute  
Kirill Litvak - accordion  
Laura Rush - mandolin

#### Tallahassee Pipe Band

Bagpipes:      Drums:  
John Koehler      Bill Dewar  
George Ohlin      Jeff Sumrall  
Michael Bailey      Kathy Bailey  
Jeff Toth

#### Fiddle Workshop & Jam Session

Dr. Aisha Ivey - fiddle & instructor  
Bert Ivey      Jaden Sanzo  
Ethan Mauterer      Fern  
Michael Mesa      Allison Cort  
Alyssa Donnal      Grace  
Sponsored in part by the Florida  
State Fiddlers Association

### DANCE

#### Tallahassee Irish Step Dancers

Hayley Baysee	David Jones
Cameron Broder	Lily O'Donnell
Erin Broder	Elizabeth Powell
Volker Crede	Nikki Ptachick
Evan Deering	Alyssa Rawls
Maureen Furino	Savanna Ray
Lauren Futch	Alissa Rudloe
Willa Hazelip	Arden Seaquist
Amy Huggins	Mary Thomas
Caleb Huggins	Nicole Truncone
Grace Huggins	Skylar Van Whittle
Luke Huggins	Evan Ross

#### Timberlane Arts & Dance Academy

Sarah Brown	Heather Bas
Lisa Eikeland	Amanda Jenkins
Natalie Towers-Best	Margaret Waldbauer
Nancy Witter	Monroe Spencer
Aubrey Collins	Aubrie Matveichik
Emma Burke	Rivers Morgan
Adelyn Powell	Addison Borneman
Elise Eikeland	Abigail Griggs
Evelyn Harris	Ava Kahn
Megan Kahn	Brielle Ottley
Lena Williams	Shelby Witter
Alyssa Yandell	Cadence Dow
Gabby Goode	Christina Roeder
Lizzie Roeder	Emery Simon
Faith Simon	Melody Taylor
Gianna Walker	

#### Isle of Skye Highland Dancers

Lindsey Mallon	Wren Orteneau
Lilly Maher	Carlee Bruggeman
Grace Nelsen	Kimberly Bert
Jane Achenbach	Shay O'Connor

#### Sycamore Assembly Dancers

The Hunter Clan

### OTHER

#### Athletics

Francis Brebner - emcee

#### Guest Judges Highland Athletics

David F. Glasgow	Diane M. 'Gunner' Glasgow
Chad Ullom	Thomas Earl Van Vleck
Jeremy Hoornstra - meet director, Stones of Strength	

#### Kirkin' O'the Tartan

The Most Reverend Robert W. Duncan

#### Blacksmith

Chris Cauthen FABA

#### Archery

Dave Anderson The Jefferson Longrifles

#### "The Mane Event" Beard Competition

Leslie Phillips- emcee

Sponsored by the North Florida Facial Hair Society

#### Whisky Tastings      Falconry

Chris Tarquinio	Michael Morrison - Southeast
Toni D'Avico	Alabama Highland Games

#### Wool Waulking Demo

Ann Durham

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