

bring them at your own risk. The ACMS “Travelling to Parliament” web page has a leaflet you can download with technical specifications for geeks abroad in Scotland.

- Personal medication and copies of any prescriptions, including eyeglasses.
- Personal first aid supplies, including pain relievers, allergy relief, sleep aid, ointment for skin diseases, stomach upset, **insect repellent**, sunscreen, etc. UK visitors should note that the range of over-the-counter medicines that you can buy in your home country may be different than what you can get in the UK. It’s wise to bring anything with you that think you might need.
- Camera (a disposable one is a good practical choice), journal, and drawing or writing supplies.
- Keep in mind that personal electronic music players and gaming devices can be anti-social. The NRG experience should be used as an opportunity to interact with other people.

Consult your country’s Department of State for any inoculations that may be required for travel in the UK. Note that when you return to your own country, you will have been on foot in animal grazing areas and other land used by livestock.

### A note about personal conduct

Persons 18 years of age and over can purchase alcohol in Scotland. Tobacco use by persons over the age of 16 is permitted by law, although strict anti-smoking legislation has been in place in Scotland since 2006. All laws governing the use of restricted substances must be obeyed during NRG and Parliament. If you are found to be in the possession of or using any illegal drugs, or abusing drugs, alcohol, or medication of any kind, you will have to leave Parliament immediately, returning home at your own expense.

### Hope to see you in 2010!

The 2010 NRG programme will give young MacLeods an opportunity for fellowship and to visibly contribute to the communities living on historical MacLeod lands. If you have any further questions about the North Room Group, please contact Christy MacLeod, ACMS Youth Membership Coordinator, at [YMC@clanmacleod.org](mailto:YMC@clanmacleod.org).



## North Room Group 2010

### What is the NRG?

At the fourth Clan MacLeod Parliament in 1965, eighteen young MacLeods representing six countries met in the North Room of the Castle. The group became called the North Room Group or “NRG”, and now sometimes “Energy”. The purpose of the group was to provide activities that were meaningful for young people in the Clan during the years when they were coming of age, and to encourage those young people to be involved in the Clan throughout their lives.

The NRG continues to be encouraged to involve itself in the mainstream activities of the Clan. Over time, many of our Clan leaders have participated in NRG when they were young. While having their own identity, they are considered an integral part of Parliament. Beginning in the 1990s, NRG has taken on service projects for the Castle estate and for Parliament itself. There is additional information about the history of NRG on the ACMS website at <http://www.clanmacleod.org/>, under the Youth Section.



*The first NRG, in 1965*

### The NRG of today

The NRG re-forms itself at every Parliament, bringing together young Clansfolk from all over the world. There are occasionally NRG activities in between Parliaments, sometimes alongside other MacLeod World Gatherings and occasionally on their own. In 2006, NRG had an ambitious agenda. For the first time, the service project was located on the Isle of Harris. Under the supervision of the North Harris Trust, the NRG performed much needed drainage and surface work on the section of the 3,000 meter Millennium Forest trail that

passes next to the Scaladale Centre. The NRG were housed at the Scaladale Centre during the project. While there, they hosted a morning tea for the participants in the pre-Parliament trip to Lewis and Harris, and participated in other Parliament events in the outer islands and later in Dunvegan.



*The NRG – in the North Room – in 2006*

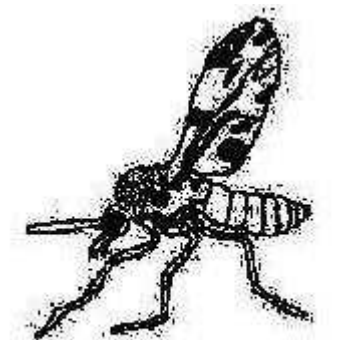
In 2010, both the NRG service project and the pre-Parliament trip provide another opportunity to engage with the greater Scottish community, this time in Assynt. The parish of Assynt is an historic homeland for MacLeods on the mainland of Scotland. Situated in the remote north, the stunning landscape is populated by only small crofting and fishing communities, leaving the natural beauty of the area largely untouched. Mountains, caves, cliffs, historic ruins, and sandy beaches offer quiet escape or outdoor adventure, while the vibrant village of Lochinver opens its pub and shop doors to our young MacLeods.

The NRG will be working with one or more of a number of community groups that support projects in the area. One of these organizations is the Assynt Foundation (<http://www.assyntfoundation.org>), a remarkable group tasked with the management of the 44,000 acre Glencanisp and Drumrunie Estates. The community of Assynt bought these Estates under the provisions of the 2003 Scottish Land Reform Act, and now operates these lands under a series of initiatives with broad historical, environmental, economic, and human impact. Another enterprise is the Culag Community Woodland Trust <http://www.culagwoods.org.uk/> which owns and manages several areas dedicated to environmental observation and recreation. There is also the famous Assynt Crofters Trust <http://www.assyntcrofters.co.uk>, who led the historic Assynt community land buyout in 1993.

**FURTHER NRG SERVICE PROJECT INFORMATION WILL BE AVAILABLE IN JULY**

### **Clothing to bring:**

- “Cool summer weather” clothes, including swimsuits for optimists,
- Underwear and pyjamas (you can tell someone’s mother made up this list),
- Outdoor work clothes - including gloves,
- Study shoes or boots that can get dirty, and/or hiking boots (than can double as work gear),
- Raincoat or poncho,
- Layered outdoor clothing for unpredictable weather (windbreaker, sweater, shirts); if possible, bring garments that can dry quickly,
- Tartan trousers and/or kilt for formal dinner, the clan dances, and ceremonial events, and
- Other tartan finery or something nice.



*The Scottish midge  
(the REAL top of the food chain!)*

Note that at Parliament everyone – especially the ladies – is encouraged to add tartan to their wardrobe in imaginative and dignified ways. Tentatively, clansfolk will be invited to model and discuss their creations during the games night on Tuesday evening in Dunvegan. Certificates will be awarded for the most outstanding traditional/classic, historic, and modern use of tartan.

### **Other things you will need**

- Your passport (if you reside outside the UK) or some other government-issued photo ID. The nations who host MacLeod Societies currently have no unusual restrictions on tourist travel to the UK. The British Tourist Authority (<http://www.visitbritain.com/>) has a good source of legal and medical information for all travellers.
- At least one recipe for a meal that you can cook and which will feed as many as 20 people. If the recipe includes meat, please be able to produce a vegetarian variation for some of our NRG.
- Sleeping bag, or sheets and blanket. Pillows will be provided.
- Personal toiletries, including bathing soap, shampoo, toothbrush and paste, facecloth, and towel. If you need a hairdryer, plan to purchase a “travel” model that meets UK power requirements at the airport or from a local pharmacy.
- A flashlight and batteries may be very helpful.
- You may have opportunities to use your mobile phone or laptop, but you

you are not of the legal age of consent in your home country, this must be signed by your parent or guardian. Please note that because of the provisions of certain child protection laws in Scotland, it is not possible for anyone less than 18 years of age to participate in NRG.

- You must also be prepared to assume the cost and effort of getting yourself to and from Parliament. Again, there is a “Travelling to Parliament” page on the ACMS website that can help you make your plans.

### Other NRG programme activities

In 2010, there will be sessions during which NRG will be able to meet with Clan and community leaders. More information about these sessions will be made available when arrangements are complete. These are opportunities for the NRG to better understand how the Clan is run, how local communities are developing new tourism and sustainable business programs, and how to make the best use of the team building and event management experiences at Parliament.

NRG will also host a reception in Dunvegan for NRG “graduates” and younger people in the Clan who may be interested in joining a future NRG programme. Also, there will be a new Parliament segment, tentatively named “Loyalty”, which will include NRG graduates and other young adults who are interested in the Clan. There will be other opportunities for NRG to mix with Loyalty in social as well as formal activities.



### Personal expenses

In addition to planning for your registration and travel expenses, each member of NRG should each bring at least an additional £50.00 to cover the balance of the cost of your meals and other personal items. The ACMS subsidises NRG accommodation, intra-Parliament transportation costs, and gives NRG a small food allowance, but meeting the remainder of food and entertainment costs is up to each of the NRG personally.

### What to bring

You should pack enough clothing, medicines, and other sundries so that you can survive on your own for a couple of weeks, but try not to bring too much. (“Pack suitcase, close suitcase, reopen suitcase, remove half of the contents, close and lock suitcase.”)

### Calendar for NRG at Parliament 2010

Overall, it is important that the NRG experience is not trivial but instead truly meaningful to the next generation of MacLeods. Parliament is an opportunity to establish the friendships and experiences that will help support the fellowship and future of the Clan MacLeod. NRG is not just a good idea for Parliament – it is essential.



MON	TUES	WED	THUR	FRI	SAT	SUN
<b>JULY 19</b> First day of SERVICE PROJECT. [afternoon activity to be announced]	<b>JULY 20</b> NHT SERVICE PROJECT. [afternoon activity to be announced]	<b>JULY 21</b> NRG SERVICE PROJECT. [afternoon activity to be announced]	<b>JULY 22</b> NRG SERVICE PROJECT. [afternoon activity to be announced]	<b>JULY 23</b> NRG SERVICE PROJECT. [afternoon activity to be announced]	<b>JULY 24</b> Leave Assynt and travel to Dunvegan. Evening wine and cheese reception. Start of DUNVEGAN PARLIAMENT SUPPORT, as needed.	<b>JULY 25</b> Clan Lunch, opening of Parliament. Evening social hour. DUNVEGAN SUPPORT.
<b>JULY 26</b> Tour of Orbst. Castle burs. Ceilidh at Dunvegan Hall. NRG reception (to be scheduled). PARLIAMENT SUPPORT.	<b>JULY 27</b> Piping at Borreraig. Games Night, Silent Auction at Dunvegan Hall. Loyalty outing (“Viking Picnic”). PARLIAMENT SUPPORT.	<b>JULY 28</b> Raasay Day. Dinner and ceilidh on Raasay. PARLIAMENT SUPPORT.	<b>JULY 29</b> Climb MacLeod Tables. Taste-in dinner, fashion show, and concert at Dunvegan Hall. PARLIAMENT SUPPORT.	<b>JULY 30</b> Visit Clan Donald Centre. Clan Ball. Fireworks at the Millennium Stone. PARLIAMENT SUPPORT.	<b>JULY 31</b> Pack up, clean up, and leave Dunvegan. UNLESS you plan to attend the DUNVEGAN SHOW, an annual community agricultural fair.	



Big picture of Parliament 2010

NRG 2010 is part of the larger Parliament Programme in 2010. Using the map below, you can trace the overall “route” of Parliament, and the location of the key events in the NRG calendar:

17 July	NRG arrives in Inchnadamph, Assynt
21 July	Pre-Parliament trip arrives in Assynt; programme includes excursions to Lochinver and Kylesku.
24 July	Parliament opens in Dunvegan, programme includes excursions to nearby Orbst and Borreraig, as well as Raasay and Armadale.
30 July	Last day of Parliament in Dunvegan
31 July	Dunvegan Show (optional community event)



Area outlined in the map of Britain and Ireland (at right) shows context of larger Parliament map (below).



Service project week: Saturday 17 July to Saturday 24 July

During the service project, the NRG will stay in hostel-style housing near Inchnadamph, which will include cooking facilities. Accommodation will be paid for by the ACMS, who will also provide a subsidy for food. The service project is expected to require work on Monday through Friday mornings, with most afternoons left free to explore the area. ACMS will rent a minivan for the NRG’s use in Assynt. NRG are expected to pay for fuel used on any outings.



NRG are included in the Clan dinner at the Inchnadamph Hotel on Thursday evening, and the Lochinver Pub evening on Friday. On Saturday 24 July, NRG will travel from Assynt to Dunvegan on either the minivan or the motor coach rented for other Parliamentarians.

Parliament week: Saturday 24 July to Saturday 31 July



During Parliament week in Dunvegan, the NRG will take part in Clan activities and assist with running Parliament. Accommodation will be at the bunk rooms at the Dunvegan Hotel, with additional housing available in the Dunvegan area if required. NRG should expect to contribute to the cost of accommodation, although some fundraising is underway that may help reduce the cost. There will be a food subsidy from ACMS during the week in Dunvegan. Kitchen facilities for evening meals will be available either at the Village Hall or another venue. The NRG is responsible for preparation and cleanup of its own meals.

What to do if you want to participate in NRG

In order to participate in the North Room Group, there are several things you must do:

- You must be a member of one of the national Clan MacLeod Societies. Please refer to the ACMS website “Links” page for National Society contact details.
- You must then register for the North Room Group at Parliament. Registration instructions are on the Parliament “Registration” page of the ACMS website. Please be sure that you will be available to participate in the entire two weeks of the North Room Group programme.
- You must complete a health history form, and include emergency contacts. If