

# THE COCHRANE HERITAGE

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## FROM THE PIPES OF THE HIGH COMMISSIONER

Dear Clanspeople:

The meeting at Stone Mountain was a great success. I had the opportunity to meet the backbone of our organization. I was very pleased with the enthusiasm I encountered. During the course of some rather frank discussion Linda Burchell and Marsha Turner agreed to act as the membership committee. All monies will be handled by Marsha, Linda will send out membership cards and also handle all the trinkets we hope to be selling this year. John Cochrane of Atlanta, Georgia has been in the past a great help with the games in the Atlanta area and will now represent us as the Commissioner for Georgia.

Many other developments have occurred. Donald Cochrane, who lives on Vancouver Island, will take over the job as editor for this newsletter. Don has experience with newsletters. I'm looking forwards to his first publication in March. Donna Linder in Massachusetts will be publishing the newsletter and other printed material for us. We will be able to upgrade the quality of the newsletter.

I think we are beginning to have some real involvement of our Clanspeople. I have high hopes that we will find the recognition our Clan deserves.

Saus Alba

Michael

## RESEARCH DISCOVERS SCOTS IMMUNE TO SATURATED HAGGIS! (Reprinted from the New York Times)

The “British Medical Journal”, a weekly publication famous for its science but little known for its whimsy, has broken new ground in both fields.

In a recent issue, the scholarly journal carried a report on the health effect of Haggis, the national dish of Scotland that includes a variety of meats mixed together and boiled in a sheep’s stomach.

The researchers concluded that the Scots should continue to eat it, in spite of its fat and salt content.

Whether foreigners should do so was left unclear, but the authors suggested that, “the Haggis tolerance test may be useful”.

The scientists described their work modestly as ill conceived and badly designed, but brilliantly executed.

We studied 16 healthy male volunteers that is, conscripted medical colleagues, that is six expatriate Scots and 10 Sassenachs, the report said.

Each volunteer ate 200 grams of Haggis for breakfast, with apple or orange juice “to help with swallowing, but whiskey was withheld until the end of the study” the report stated.

The experimental dose of Haggis was made from a traditional recipe. It contained lambs’ heart and lungs; pigs’ liver; beef suet and coarse oatmeal. The mixture was cooked minced and seasoned with salt, black pepper, coriander, and ginger, then boiled in a sheep’s stomach.

The volunteer’s blood was tested periodically for fat content after eating. The tests indicated that within 90 minutes of the meal, the level of certain blood fats rose sharply in the Sassenachs.

But the Scots seemed resistant, the researchers said, adding that “the reasons are the subject of intense speculation”.

“The Scot who showed the greatest postprandial fall in triglycerides concentrations spent the interval between 30 and 90 minute samples performing cardiac surgery which suggests that this may have a protective effect,” the report said. “But the practice of cardiac surgery could hardly be advocated as a mass preventative measure.”

The Authors speculated that the Scots may have evolved a genetic tolerance to Haggis and that this might be implemented by “auto regulation of intestinal Haggis receptors or depression of alternative catabolic pathways for Haggis.”

They suggested that epidemiological studies of trends in Haggis consumption and heart disease over the centuries would be valuable.

Ethical approval was not sought, and informed consent could not be obtained as so little is known about the consequences of eating Haggis,” the scientists noted, adding; “There is no control group because we deemed it unethical to withhold from any subject.”

## CLAN CAP PINS!

Many of our members have asked about Clan Cap Pins. There is only one vender that carries the Cochrane Badge and that is Scots World in Fairfax Station, Virginia. Call Ann Dyer at 1-800-423-6556 and be sure to tell her I sent you.

## THE GENEALOGIST'S REPORT Virginia Risdon Roberts

I haven't received any more inquiries. Members are encouraged to send both questions and answers or general information. Here are a few bits and pieces that may be useful.

\* The most famous dish in Scotland is compounded of the bits of sheep that less frugal folk might well ignore. Haggis is a round sausage, slightly smaller than a bowling pin, stuffed into the stomach bag of a sheep. (These days, the bag is likely to be synthetic). You need oatmeal, chopped mutton suet, the liver of the sheep, along with its heart and lungs, and an onion. When you have toasted the oatmeal until it is crisp, you mix the ingredients together, sew them into the sheep's stomach and then boil the bag for four or five hours. Haggis is traditionally served on New Year's Eve with potatoes and turnips (tatties and neeps) and plentiful libations of good malt whisky.

Now that there are deep-freezers in the Highlands, a great deal of meat is eaten uncured but the unique taste of "reestit" is still very popular. Reestit mutton will keep for years. You take a leg or shoulder of mutton and put it in pickle, which is just coarse salt and water; it has reached the proper strength when a potato or egg will float in it. The joints are pickled for about three weeks to make sure the salt penetrates to the bone. Then hang it up to drip, and dry it in a room with a peat fire until it is rock hard. To make hardy reestit mutton and potato soup, boil the mutton until almost tender, skim off the fat; add potatoes, an onion, some turnips, cabbage and carrots. Serve with oatmeal bread.

For uisge beatha, "the water of life", workers at Glasgow cooperages repair used American whisky barrels for use by the distiller's of Scotch whisky. U.S. Bourbon must age in new barrels only.

\*\* Soft northern lights and lowering mists create a Highland still life at Strathfarrar Nature Reserve near Inverness. Scots who were transplanted (transported?) to Canada recalled such scenes of home when they sang their émigré's song: "Yet the blood is strong, the heart is Highland, and we in dreams behold the Hebrides."

Christianity flourished in the Hebrides after St. Columba arrived from Ireland and landed on the tiny island of Iona in 563. It is said that forty-eight kings of Scotland lie there, along with four kings of Ireland and eight of Norway. Pilgrims sail across every day from Mull to visit the little bay where St. Columba may have landed. There is stillness and calm about Iona, a Holy Island, that can seize the imagination of those who visit it.

\*\*\* A sentimental longing for the old days, seen by many Scots today as proud and glorious, when men were braw and clans were clans, still survives and is manifested in clan gatherings. The Highland Games are held not only in Scotland but also in North America, Australia, and New Zealand. The most famous games are at Braemar, always attended by the royal family.

The more poignant are the Glenfinnan games played on the very spot where the old clan spirit breathed its last.

## CLAN COCHRANE IN AUSTRALIA



Archibald, 9<sup>th</sup> Earl of Dundonald

### VIVE LA FRANCE

No doubt you have missed our genealogical sniffing dog in recent issues of the Newsletter. There is a good reason for this as he is, at present, employed by the Grange Intelligence Service who's Principal and Staff is no less than our Sandy Cochrane. As the tricolor indicates "Snifter" has been busy in, of all places, France!

A good-ladye of Cochrane descent, ex-Rhodesia (or Zimbabwe as it is now known) was intrigued to read in T.F.C. (*The Fighting Cochranes*) that her great-grandfather, 9<sup>th</sup> Earl of Dundonald died penniless in a Paris slum in 1831. Without further ado, as she now lives in France, she set out to find his grave, but, alas, without success. As is the custom with us inquiring Cochranes, she appealed to Sandy for help (he is the cheapest of all Private Investigators). With the assistance, then, of our sniffing pooch Sandy was able to advise the good-ladye to look in the Pere Lachaise Cemetery in Paris. To her dismay the grave was located – unmarked – and about to be “repossessed” as “abandoned” by the Cemetery Authorities!

Our "P.I." continues the story, thus:

"With her family background to help her she set about righting matters and, as it happens, the woman in the Repossession Bureau in Paris came from Chile and instantly recognized the name of COCHRANE as being one of Chile's national heroes and did all she could to assist her. In the meantime she sent me a photograph of the grave and got in touch with the present Earl. Permission has now been granted by the French Authorities to restore the grave, and a committee has been formed from Madame Cochrane's contemporary relatives to deal with the matter.

In the course of her researches, the good-ladye found the grave of the Earl's younger brother, Admiral Sir Alexander Forrester Inglis Cochrane and other Cochrane graves, and discovered, too, the 10<sup>th</sup> Earl's countess (Kitty Barnes) had been buried in Boulogne. She is most enthusiastic about her discoveries and has good reason to be!

She is now interested in a place called "Ironbridge" in Shropshire (named after the oldest cast-iron bridge). The bridge still stands though it is closed to vehicular traffic. There are considerable deposits of various chemicals in Ironbridge with the development of some of which, notably tar, the 9<sup>th</sup> Earl was concerned. She expects to come to England later on this year, and, if she does she hopes to visit me. I hope she does, and I look forward to that!

Sandy has promised to return "Snifter" to us when his services are no longer required.

Editor's note: Because of his growing fame as a Cochrane Investigator, Sandy is thinking of going incognito and he proposes to use the original Cochrane derivation of "Red Brook" translated into the ancient Pictish Gaelic. The Picts were either poor spellers or were lazy as they wrote "M" instead of "Mac". So if you see the following advertisement you will know you have the right man.

Sandy M'Struthain Ruadh	=	Sandy, son of Red Brook
Cochrane Investigator		Cochrane Investigator

#### CLAN COCHRAN HONORED CLAN AT JACKSON MISSISSIPPI HIGHLAND GAMES!

Clan Cochran(e) made history at the first Jackson Highland Games held November 3, 1990 in Jackson, Mississippi! It was the "Honored Clan" at the event, with United States Senator from Mississippi Thad Cochran the "Honored Guest". "Thad" as he likes to be called, was unopposed in the recent election, and on November 13<sup>th</sup>, was elected to chair the U.S. Senate Republican Conference.

Senator Cochran participated in the "Parade of Tartans" and spoke at the official Noon Opening Ceremonies of the Jackson Highland Games. He and his wife, Rose, were special guests at the Cochran(e) Tent, greeting visitors and graciously posing for pictures. The Cochran(e) Tent was prominently located on the "Avenue of the Clans", next to the Caledonian Society of Mississippi Tent. Trudi Nicholson of Jackson was Tent-Manager.

All Cochran(e)'s are invited to attend the 1991 Jackson Highland Games scheduled for November 2<sup>nd</sup> at the Mississippi Agricultural & Forestry Museum grounds in Jackson, Mississippi. Trudi Caldwell Nicholson

## The 20<sup>th</sup> Annual Alexandria Christmas Walk

It was a cold and brisk December morning and as the temperature began to rise Clan Cochrane was represented for the first time in this colorful and musical prelude to Christmas.

A total of 85 groups participated in this annual event which winds thru Old Town Alexandria. With the help of "Boots" Northrup from Clan Ross the Cochrane Banner was proudly carried thru the streets.