

Vol. XIII No. 3 *Beth's Newfangled Family Tree* October 2019 Section A

## Confirmation of Chief of Carruthers

### Clan Carruthers

As we announced last week, after a gap of 210 years (and after 12 long years of research, hard work and waiting) Clan Carruthers has a chief, Dr Simon Peter Carruthers, who now becomes known as 'Carruthers of Holmains'.

Simon Peter Carruthers' (known as Peter) claim to chiefship has been upheld by the Lord Lyon King of Arms, the head of the Lyon Court, which is the supreme heraldic authority for Scotland and Scots living overseas.

As readers will know, a Scottish chief is a hereditary title and is conferred by confirmation of the right to bear the clan's or family's chiefly Arms. To do so, the Lord Lyon must be satisfied that the petitioner is the rightful heir of the last recognised chief and bearer of the chiefly Arms.

After much consideration, the Lord Lyon was satisfied, and in a decision issued on 19 August 2019 and published on 9 September 2019, he found Peter

“entitled to be recognised in the name, style and title of 'Simon Peter Carruthers of Holmains, Chief of the Name and Arms of Carruthers'” and maintained, ratified and confirmed “the plain undifferenced Arms of Carruthers of Holmains originally matriculated c. 1672”.

This Decision followed nearly 20 months of proceedings before the Lord Lyon, including two hearings of the Lyon Court in Edinburgh, as the second



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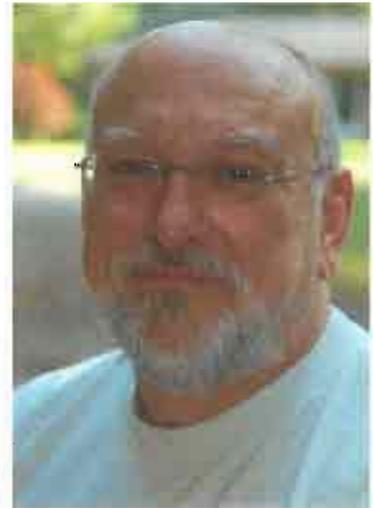
**October 26 is National Pumpkin Day!**

**A PUMPKIN A DAY**  
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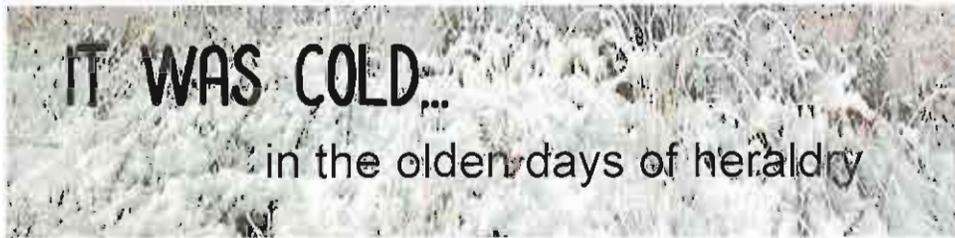


# Letter from your editor...

This time, our Guest Editor is Thomas R. Freeman, Jr.,  
Heraldic Artist



Tom NEVER has had bad hair days!



**H**is name was Ian. He lay face down near the top of a small rise toward the east end of a great field. It was cold...enough to make his body ache but not enough to bring him to full wakefulness. The wind was moaning low over the ground and, from the sound, it seemed the earth must be hurting, too

He was a young lad, maybe thirteen, maybe younger, but stoutly built and old enough to swear an oath of fealty to his Chief. Old enough that, when the call to arms came, he would not be left behind when his father and brothers headed to battle.

He didn't know it yet but one of those brothers was now dead, crushed under the weight of a horse as it charged when the fighting had moved away, leaving him suddenly exposed, alone and an easy target. Now, he too lay twisted on the cold, hard ground, his spear broken beneath him as he fell.

The wind that had come in gusts all day, now blew steady from the north, bringing the rain that had threatened off and on since dawn. It was icy and stinging where it spattered against exposed skin and, at last, it was enough to bring young Ian around.

At first, he didn't remember where he was or what he was doing. He did know that his head ached as if his uncle had used it as an anvil to bend hot iron. His hand went to his right temple and came away red and dirty. Rising to a sitting position, he looked about him and, in a rush, knew exactly where he was and exactly what he had been doing.

Bodies of men lay all about the small hillock

where he sat. Some were covered in blood while others appeared to simply have lain down to take a nap. But none were moving and he understood enough to know he needed to find his way back to the fighting. His father and brothers might need him and his strong sense of personal honor allowed him no other course of action.

The staff he had carried as his only weapon was nowhere to be seen, but there were weapons scattered about, enough to fill his needs. He stood on shaky legs and, taking a few steps down the hill, reached out his hand to grasp the hilt of a dirk that lay nearby. As with many of his kin, he had never held such a weapon and his hand marveled at the feel of it, well worn and much used. Its edge, though chipped and notched, was still sharp, the blade straight. The fact that it remained unclaimed on the field reminded him that the dirk's former owner would never hold it again. Now was his turn to wield it as best he could or die honorably in the trying.

He remembered what his father had told him as they prepared to leave that very morning: If you get lost in the fighting, look to the Chief's banner. If you cannot find it raised above the melee, it may be that we have lost the day. Then you must run home and tell your mother and all the others who await our return.

Ian strode to the top of the highest ground nearby and turned his gaze to the farthest borders of

*Continued on page 13*



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Cordially invites membership inquiries from all HOME, HUME & Allied Families.

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Clan Home Society (Int.) Stone Mountain 2015

# The Triumphant Return of the UK's Insect-Eating, Bog-Loving, Rad-Looking Great Sundew Plant

Jessical Leigh Hester, *Atlas Obscura*, Subscribe for FREE

Joshua Styles doesn't exactly take pleasure in finding flies and spiders roaming around his home in northwest England, but he does find them useful. Their fate, he says, is "unfortunate." When Styles spots an insect, he kills it, dismembers it, and feeds it to one of the numerous carnivorous plant cuttings he's nurturing in his garden. "I wouldn't normally do it," Styles says. "But without animal tissue to digest, they just don't grow, and eventually will die without it."

Styles wants these insect-eating plants to take root in the lands where they once flourished. Many carnivorous plants, including the great sundew—also known as the English sundew, *Drosera anglica*—used to be much more common across Britain. Then many of the peat bogs where they lived, which are rich with decaying plant matter, were drained and harvested. Now, Styles says, that species—a pink-haired punk of the carnivorous plant world—clusters in fewer places in England. The U.K.'s National Biodiversity Network's digital atlas notes its endangered status, and the IUCN Red List has described it as "near threatened," adding that existing populations are fragmented, and many are

declining. Through his conservation organization, the North West Rare Plant Initiative, Styles is partnering with other nature groups around Greater Manchester—including the Lancashire Wildlife Trust, Chester

Zoo, and more—to cultivate and reintroduce them into parcels of land that are becoming boggy again.

According to the Risley Moss nature reserve, in Cheshire, 94 percent of the lowland bogs in the U.K. have been devastated or badly damaged by large-scale, mechanized peat harvesting. Peat has long been used for fuel and agriculture in Europe, but because the harvest releases greenhouse gases and marks the landscape, several places, including Ireland and the U.K., have pledged to phase out the practice and,

where possible, restore the bogs.

Before he transplants them to the bog, Styles cultivates the plants in little containers in his garden.

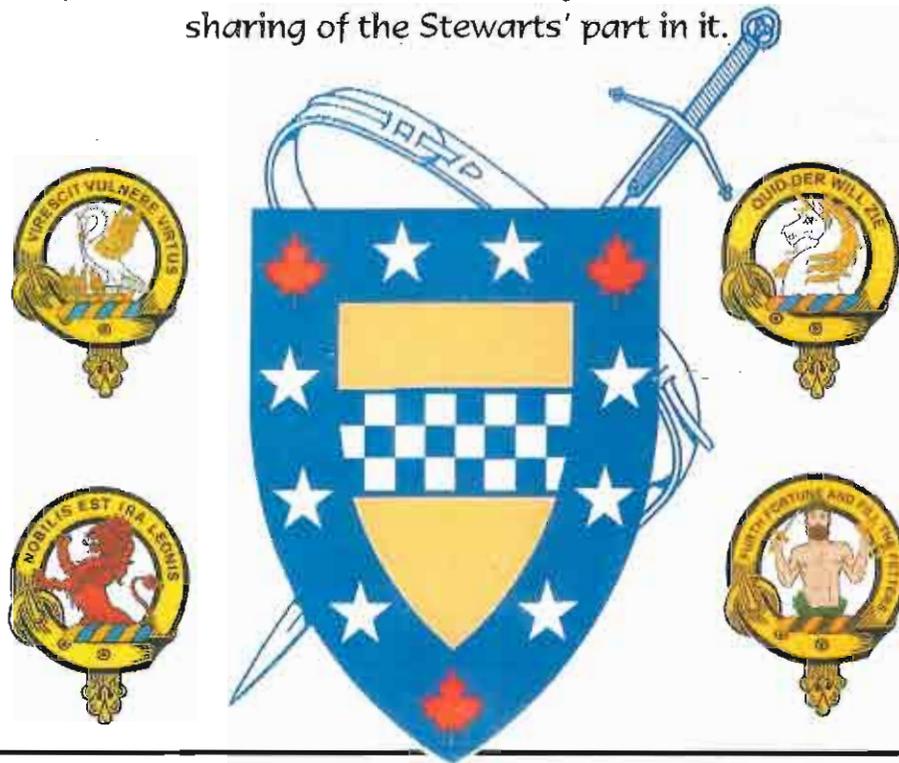
Risley Moss was once one of those scarred places. Peat was harvested there from 1872 to 1928.

*Continued on page 17*



# Clan Stewart Society in America, Inc.

501(c)(3) Not For Profit Organization dedicated to the preservation of Scottish Heritage and History and the sharing of the Stewarts' part in it.



The Stewart dynasty descended from King Robert I's daughter and her husband, Walter the Steward. Despite early unrest and weak government caused by several Stewart kings succeeding as minors, the dynasty flourished for over three centuries.

During this time, Scotland moved forward to become a modern and prosperous nation. Stewart monarchs such as King James IV and VI were Renaissance patrons of artistic, scientific, commercial, religious and political endeavour, sponsoring figures including the poet, Robert Henryson, and humanist, George Buchanan.

Also of significance was the arrival in the mid-sixteenth century of the Reformation movement, bringing about the replacement of Catholic Mary Queen of Scots by her son King James VI.

It was through the Stewart dynasty that the two thrones of England and Scotland - and later the governments - came to be united.

The 'Marriage of the Thistle and the Rose' took place at Stirling Castle in 1503 between King James IV and Princess Margaret Tudor, daughter of King Henry VII of England.

This union of the Scottish and English Royal families eventually led in 1603 to the succession of a Stewart (now with a change of spelling) to the throne of England.

**CSSA is represented at approximately 40 Scottish/Celtic events around the country each year. We are always looking for folks with our passion to volunteer to start more.**

**We also have a presence on the Internet with a website, <clansstewart.org> (official) and a Facebook page listed as *Clan Stewart Society in America* (unofficial).**

**Though we have maintained our low annual \$25 membership, we are still able to sponsor trophies for dance, drums and pipes and establish scholarships for institutions providing cultural Scottish curriculums and we also sponsor the competition of a record-holding female athlete.**

**For CSSA membership information: <clansstewart.org> (You may pay your dues at that site, too.)**

## Chief for Clan Carruthers,

*continued from page 1*

of which (held in March 2019), Peter Carruthers was represented by Sir Crispin Agnew of Lochnaw, Bt, QC (who himself is a Chief - of Clan Agnew).

Peter succeeds his fourth great-grandfather, John Carruthers, 12th of Holmains & Kirkwood, and 8th Baron (died 1809), the last recognised head of Carruthers. John 12th was a direct descendant of the first chiefs of Carruthers, dating back to the 13th century. From the 16C, Holmains, in the parish of Dalton in Dumfriesshire, was the seat of the senior house of Carruthers.

Peter is an agricultural scientist. For many years he was staff member at the Centre for Agricultural Strategy, University of Reading. He then worked in environmental education and rural policy. He also has qualifications in management and theology, and currently leads a Christian charity that supports rural churches. He is a co-founder and former Chairman of Farm Crisis Network (now the Farming Community Network) in the UK and member of the Royal Society of Biology.

"The Carruthers are a unique and special family", he said. "There are many more of us in Scotland, the UK and around the globe, than people realise! And over the centuries we have had many distinguished family members, some celebrated, some unsung, who have served their countries and contributed to the common good. It is a great honour and a sober responsibility to have inherited the position of Chief of Carruthers and I will do my best to lead and serve the family in our future together."

We have looked forward to the appointment of a chief for many years. Now, with the confirmation of our hereditary Chief, we are no longer an armigerous clan and can take our rightful place alongside the many other Scottish clans with legally accepted chiefs and be recognised in our own right as a 'noble incorporation'.

This is wonderful news for all Carruthers worldwide and more importantly for all of our family who proudly look to Scotland's heritage and culture for their roots and a sense of belonging.

For information about membership in Clan Carruthers, visit <[www.clancarruthers.com](http://www.clancarruthers.com)>.



Many of you know John Thoma, a member of the Board of Governors of the American College of Heraldry, a longtime member, and a strong annual supporter of our works. He is also one of my close personal friends.

John has just informed me that he will be out of the picture for a while, as it seems he has just been diagnosed with advanced cancer of the esophagus.

He does not yet know the prognosis but is hopeful it is not end-of-life.

I will keep you posted as to his treatment, as per his request.

He has asked that I let College members know of this situation, as all prayers will be appreciated. Saint Michael is his patron Saint, and per John: "he's been known to kick ass when necessary."

Should you wish to contact John directly, his email is <[jt093812@aol.com](mailto:jt093812@aol.com)>. Please note, do not hit REPLY TO ALL should you decide to email John.

Thank you.

David Robert Wooten

Executive Director

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# Munro bagging dog and ex-Army owner close in on incredible feat of scaling all 282 peaks

Genghis was adopted three years ago after his original owner died and he and Mountaineer Mac Wright have been very busy since then.

An elderly spaniel and his ex-Army owner are close to bagging all 282 of Scotland's Munros.

Mountaineer Mac Wright, 52, adopted 10-year-old Genghis after his owner died three years ago.

Since then the pair have become hiking partners and tackled 268 Munros—a mountain more than 3000ft high—with just 14 to complete.

Last month, the pair scaled the nerve-shredding Inaccessible Pinnacle atop *Sgurr Dearg*, the second-highest summit in the Isle of Skye's Cuillin mountain range.

Mac hoisted springer spaniel Genghis to the peak using a bag and a climbing rope.

The spaniel's name was chosen by his previous owner but is very apt.

Genghis Khan, the founder of the Mongol Empire, was born and buried on a mountain and encouraged mountain worship.

Mac said: "Genghis's owner died and six months later his widow gave me the dog. It wasn't an easy decision.

"I was walking him and taking him away for a few days."

Trained as a gun dog, Genghis was used to being out and about.

So Mac, from Milnathort, Kinross-shire, had to

find a new way of exercising his new pet and keeping him occupied.

The first Munro the pair scaled was 3232ft Ben

Vorlich near Loch Earn, Perthshire, which they completed in the winter of 2016.

Mac set up a Facebook page, Genghis the Spaniel, to document their adventures.

He said: "We had a really good winter in 2016 and we were doing winter climbs up until May.

"We've repeated many Munros but around October or November 2017 we started bagging them.

"We're doing the Cuillins at the moment. We've done nine but there's 12 and we're going back soon."

Mac and Genghis are hoping to complete their mammoth challenge by the end of September, when Genghis turns 11. The final peak they plan to climb is 3261ft Sgor na h-Ulaidh in Glencoe.

Despite nearly losing

Genghis in a snow cornice on Ben Lomond, Mac said heading off on their expeditions in his VW campervan is always "good fun".

Construction worker Mac said: "Instead of doing Munros, we'll go back to places like Snowden and visit the Lake District.

"I've enjoyed climbing since I was a young lad and I was in the Army for 25 years, so I was brought up in the outdoors soldiering and training."



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Contact Tom Hodges:  
[sijepuis@bellsouth.net](mailto:sijepuis@bellsouth.net)

Allied Families and Septs of  
Clan Colquhoun are:  
Colquhoun, Calhoun, Cowan,  
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# Clan Blair Society

Memberships are cordially invited for Blair  
descendants and other interested parties.



**[www.clanblair.org](http://www.clanblair.org)**

President Clan Blair Society: Jim Blair  
7200 S. Prince Street  
Littleton, CO 80120  
Email: [president@clanblair.org](mailto:president@clanblair.org)



Membership Chairman: Charles Diman  
3413 Sunnybrook Drive, Charlotte, NC 28210-4715  
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It was cold, *continued from page 3*

the open land about him. He turned slowly seeing no movement at all. How could so many men have clashed where he now stood and then have so completely disappeared? Except for their dead, he thought. He had come almost full circle when, as he turned westward, he saw a far off mass of moving men. Like ants pouring from an anthill. He could just make out the sound of metal on metal. His people, most importantly his father and brothers, must be there somewhere and he must go and find them.

It was at that moment the lowering sun dipped beneath the clouds and lit the top of a far hill. The brief light fell upon a great standard whipping in the wind and rain. Ian had the eyes of a hawk, as his father often said, and he could just make out the image of a rearing black lion against a background of gold. It was his Chief's banner and Ian knew it was where the fighting would be the worst. He was also sure it was where the men of his family would be, in the thick of it.

He took a deep breath, spat out the trickle of blood that had collected in his mouth and set off as fast as his legs could carry him over the mournful broken ground. For his Chief, his family, his clansmen and his own honor.

Thus was heraldry used in battle, for good or ill. Today, the need for flying heraldry on the modern battlefield has been reduced to emblems and patches worn on modern standard uniforms. Some additional uses include identifying marks on aircraft, tanks and the like.

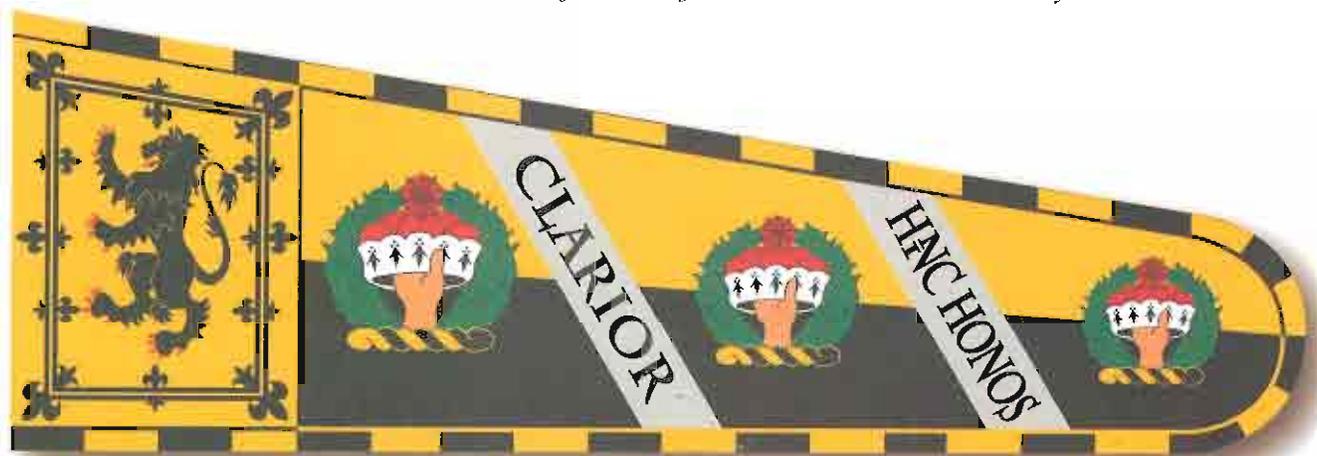
But today, tanks and planes can destroy each other without ever coming anywhere near or within sight of each other. The new identifiers are digital signals: radar, sonar, heat seeking receivers and radio detection. A new heraldry for a new age.

It is still true, however, that, when the inevitable fallen warriors are returned home, they do so o'erdraped by the flag of the country and people they so valiantly served.

## And, nowadays, in the "modern" days of heraldry these are the "flying heraldry" you'll see!

### Examples of Modern Heraldic Flags and Their Uses

For illustrative purposes, the examples shown here are among those created for the newly named Chief of Clan Buchanan, *Clan Buchanan's first Chief in more than three hundred years.*



#### The Standard

A long tapering flag twelve feet in length by four feet at the hoist (the end closest to the flagpole) with the fly end rounded. Standards for peers and barons will have the end split and rounded. The hoist end usually bears the arms of the armiger (the individual who has been awarded a grant of arms by Lyon Court). The remainder of the flag, in this example, consists of three copies of the owner's crest spaced by two transverse bands bearing the motto, all shown on a field, or background, of the two main livery colors. The standard is used as a 'headquarters' flag to denote a base or rallying point for the Chief's followers and clansmen.



# OH, CANADA!



<https://electriccanadian.com>





### The Pinsel

The pinsel is a small triangular flag granted by the Lord Lyon to chiefs or special chieftain barons to whom the chief has granted authority to act in his behalf on a particular occasion.

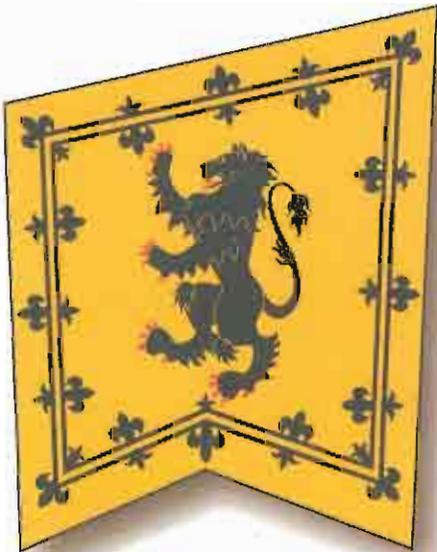
The pinsel is four and one half feet long by two feet at the hoist. It depicts the chief's crest encircled by a strap and buckle bearing the motto, that being enclosed by a circlet bearing the chief's title. The fly of the pinsel bears the plant badge and a scroll bearing the motto or slogan.

### The Heraldic Banner as House Flag

The Heraldic Banner is designed to identify and show the location of the armiger. When it is flown over his house it indicates his property while, in other places, it designates his presence.

When used as the house flag, it has the option of different dimensions than those of a parade banner. The size should match the height of the home and the flagpole on which it is flown. It should be large enough to be identifiable from a reasonable distance and is generally square, though some, depending on the individual arms, may be slightly larger vertically for a better appearance.

There is another heraldic banner designed to be carried in processions and the like. It is generally smaller and carried by the armiger or his designated bearer.



### The Pipe Banner

The pipe banner is designed to be displayed hanging from the bass drone, longest of the three drones found on the Great Highland Bagpipe. The top edge of this banner is slanted to hang vertically from the drone and down behind the piper's back. It may have a single rounded, double tail or any other sort of shape as best presents the arms of the armiger.

The pipe banner may have two different sides and, if so, a layer of black fabric is sewn between the two sides, preventing light from showing through. A fringe may be used, either plain or of the appropriate tartan.



# clankeith-usa.org

Official website of The Clan Keith Society USA, Inc

If you have genealogical ties to the surname Keith (including alternate spellings such as Keeth) or any of Clan Keith's Sept family names, you were born into the Clan Keith!

Septs and spellings include: Achindachy - Astine - Aston - Austen - Austin - Cate(s) - Dick - Dickson - Dicson - Dixon - Dixon - Falconer - Faulkner - Harvey - Harvie - Hackston - Haxton - Hervie - Hervey - Hurrie - Hurry - Keath - Keech - Keeth - Keith - Keyth - Kite - Lum - Lumgair - MacAustin - MacDick - MacDicken - MacDickie - MacDeetch - MacKeeth - MacKeitch - MacKeith - Marshall - Urie - Urry

The Clan Keith Society would be delighted for you to join us as a member. For more information, please email [membershipclankeith@mindspring.com](mailto:membershipclankeith@mindspring.com) or call 404-539-5222.



Dunnottar Castle, stronghold of the Keiths (near Stonehaven)

Please plan to attend your local Highland Games and, if you see our tent, please come by for a visit. The tent convener will have information about Clan Keith's fascinating history as well as membership information. Membership in the Clan is not expensive but one of the finest investments that you will every make. Hope to see you soon!

## The bogs return, *continued from page 5*

But since the late 1970s, efforts have been underway to help the bog recuperate, including several rounds of rewetting. Now, Risley Moss is becoming a waterlogged wonderland again—and it's one place where Styles recently planted some of his sundews. The way Styles puts it, he's simply helping to return altered landscapes to their former states. Great sundew, like other plants that thrived around peat, "used to be there, but weren't seen in a long time," Styles says. "I've just put it back."

To prepare the plants for their future homes, Styles raises them in handheld versions of the mossy landscapes: containers holding lumps of damp peat from the site where they'll wind up, covered with mesh overlay to keep birds out.

He knows it's time to feed the plants whenever their leaves unfurl. When the hairs are visible, "that's when you put a bit of dismembered spider onto it," he says. Small plants can't handle bigger bites, he adds: "If

you're feeding a very small plant a very big object, it can fall off the leaf." (In an 1875 volume about insectivorous plants, Charles Darwin, who was famously fascinated by their hunger, once recounted feeding a great sundew "bits of roast meat" and "two bits of boiled cork, one bit of boiled thread, and two of coal-cinders taken from the fire," to see what diet

it preferred.)

Before Styles tucks a plant into its forever home, he canvasses the prospective location to make sure it stands a good chance of surviving there. One promising sign is the presence of "common associates," he says—other plants with similar preferences that are already thriving in the area. Ideally, the plants will go into the ground between April and August, when the peat bogs are least likely to be flooded. To make sure the little plants are adjusting well, Styles visits each reintroduction site once within the first six months, and annually thereafter.



Ten of his great sundew plants went into bogs this year. "Although that doesn't sound like a lot, each individual can produce thousands of seeds," Styles says. (In all, he hopes to help buoy the ranks of 43 species, carnivorous and otherwise.) It's too soon to say how many itty bitty great sundews will sprout from the "dust-like" seeds that the initial 10 will re-

lease—but the population of a boggy neighborhood can boom quickly. Last year, Styles planted a cohort of 15 lesser bladderwort, a rather dainty-looking carnivorous species, in Risley Moss. Their numbers have already grown to 3,000. "A small population, in the right conditions, can turn itself into a big one in no time at all," he says.



### St. Martin's Kirk still stands in Haddington, Scotland

The Romanesque St Martin's Kirk is estimated to have been built in the 1150s, near the start of Scotland's current parochial division system. It belonged to the Cistercian Nunnery of St Mary's, which was founded by Ada, Countess of Northumberland and wife of Prince Henry of Scotland. Used by both nuns and common folk, the kirk was one of Haddington's main houses of worship and is now the only part of Countess Ada's project still standing.

# The Families of Clan MacTavish Welcome You to Discover Your Scottish Heritage!



Chief Steven  
MacTavish

Family names associated with Clan MacTavish:  
*Cash, Kash, MacCamish, MacCash, MacCavish,  
MacComb, MacCombie, MacComich, MacComish,  
MaComie, Macomie, MacCosh, MacLaws,  
MacElhose, MacLehose, MacTavish, McTavish,  
Mactavish, Mactavis, M'Tavish, MacThomas,  
Stephens, Stephenson, Stevens, Stevenson, Tavish,  
Tawesson, Thom, Thomas, Thomason, Thomasson,  
Thompson, Thomson, Tod, and Todd, and all variant  
spellings.*

## We Are Clan MacTavish!



For information about joining us email: [clanmactavishUSA@gmail.com](mailto:clanmactavishUSA@gmail.com)

# Scottish ship praised for life-saving role in Bahamas Hurricane *Dorian* rescue

The Royal Fleet Auxiliary's *Mounts Bay*, which was built in Glasgow

Stephen Stewart, in Scotland's *Daily Record*

Services personnel on board a Scottish ship have been hailed for saving hundreds of lives in the storm-ravaged Bahamas.

The Royal Fleet Auxiliary's *Mounts Bay*, built in Glasgow's Govan, has been praised for its role in relief efforts in the aftermath of Hurricane Dorian.

Defence chiefs lauded the vessel and its crew for having "made a material difference to the lives of thousands of people".

Lieutenant Colonel Anton Gash, the UK's defence attaché to the Caribbean, said *Mounts Bay* personnel had been "working to the extreme parameters" of their endurance.

He said: "*Mounts Bay* has made a material difference to the lives of thousands of people, whether it be through getting critical aid to them or evacuating those injured or delivering medical care.

"Personnel have been working around the clock. They have been working to the extreme parameters of endurance, beyond what they were designed to do.

"Everybody on board understands the criticality of the situation, that people are genuinely suffering, and everybody is clearly prepared to go the extra mile and more."

Royal Navy and British Army personnel are continuing to assist with the relief effort following the hurricane. They have been delivering water, shelter kits and medical care, and evacuating casualties.

A Wildcat chopper has been delivering aid from

*Mounts Bay* to islands in the Bahamas.

At least 43 people have been killed in the islands with thousands more being evacuated, including a British citizen who was rescued by UK military personnel.

Fleet Commander, Vice Admiral Jerry Kyd, said: "The shocking level of devastation which Hurricane Dorian has caused to the Bahamas is now becoming clear.

"The men and women embarked in RFA *Mounts Bay* – drawn from across our defence personnel – are giving their all to provide assistance on the ground.

"I am hugely proud of their achievements so far, and I'm pleased they have been reinforced by a fur-

ther medical capability. This is core business for the Royal Navy, being deployed worldwide and ready to respond whenever and wherever we are needed."

This week, an extra 18 medical personnel have been deployed to the disaster zone.

They are military staff who maintain their skills by working with the NHS in the UK.

Lieutenant Commander Anna De-Saint leads the team. She said: "It is absolutely essential that teams like us and the humanitarian teams already in the region are ready to respond to an emergency like this at short notice.

"We are held at 48 hours' notice to move so we are a high-readiness unit who are available to go at short notice anywhere in the world."



The Royal Fleet Auxiliary's *Mounts Bay*, which was built in Glasgow



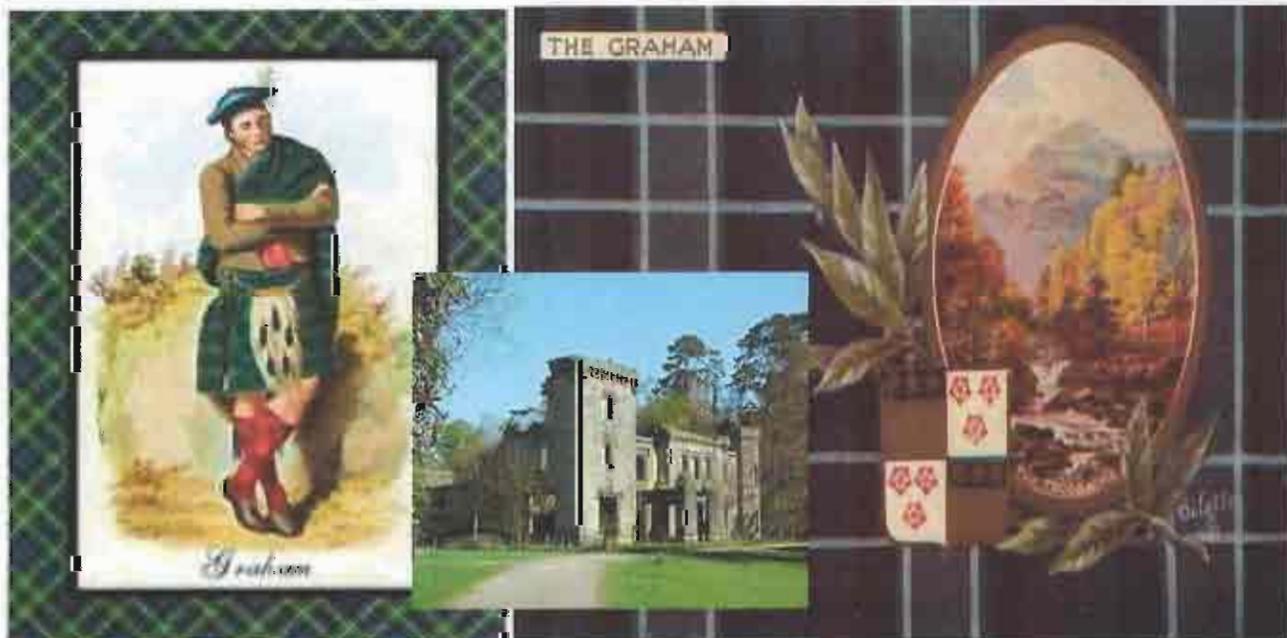
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# CLAN GRAHAM SOCIETY

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# Eat Like an English Peasant With This Medieval Cookbook

*It makes peasant food pleasant.*

## Gastro Obscura

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for FREE

KING HENRY I'S ONLY LEGITIMATE son, William, drunkenly drowned in the English Channel in 1120, leaving the throne heirless. When Henry I died 15 years later, civil war erupted. The period known as The Anarchy witnessed mass torture, extortion, and rebellion across the countryside. Susan Jones, of the living history group Iron Shepherds, calls it "an interesting time for foodies."

Iron Shepherds' *Medieval Meals: Cook & Eat in the 12th Century* features some of the oldest written recipes in the Western world, according to Jones, who co-authored the book. The non-profit, volunteer group showcases how commoners lived, and ate, in their home county of Cumbria, in the North of England, while the country became embroiled in a bloody civil war shortly after the Norman Conquest. Chairman Stuart Appley adds that their region was, at the time, home to cultures ranging from the invading Flemish and Frenchmen to Celts and even Norse Vikings. Their thoroughly researched cookbook is a rare snapshot of the resilience of peasant kitchens during a transformative moment in England's history.

As such, the dishes exclusively feature ingredients present in 12th-century kitchens. A recipe for barley bread calls for honey and ale, while a one-pot rabbit stew employs a simple mélange of herbs and leeks. As lead writer, Jones sourced most of the recipes from medieval art, literature, and manuscripts, as well as experimental cooking done with period ingredients over an open fire with suspended pots and spits. For Jones, however, it's less about the food than the history behind it.

Cumbria's unique situation during the chaotic century is the Iron Shepherds raison d'être. Preemptively handed over to Scotland ("no doubt a way to keep the Scots from causing problems while The

Anarchy raged on," says Appley), the region was spared much of the chaos. The lives of these fortunate few are celebrated by the

group, whose displays of turning bowls on a pole lathe, knitting large fishing nets, and, of course, cooking, are a testament to early Cumbrians adapting to an England in transition.

Cumbria's peasants, it turns out, ate much as we strive to today—though for vastly different reasons. Lack of access to an international array of foods meant the peasants' diets consisted of plant-based, low-sugar meals of locally sourced, if not home-grown ingredients; the book's simple "Roast Onions with Thyme" recipe is emblematic. Voluntary, intermittent fasting wasn't uncommon either, says Jones, albeit in the name of religious self-discipline rather than detoxification. An excerpt from a contemporary work by Bishop Grosseteste indicates that table manners were to be observed ("Never eat bread with abandon till they have set down the dishes. People may think you are famished"). An aside on at-home cooking describes a "home-delivery system" that catered to the many families who, rather than couch-laden, had no kitchens whatsoever.

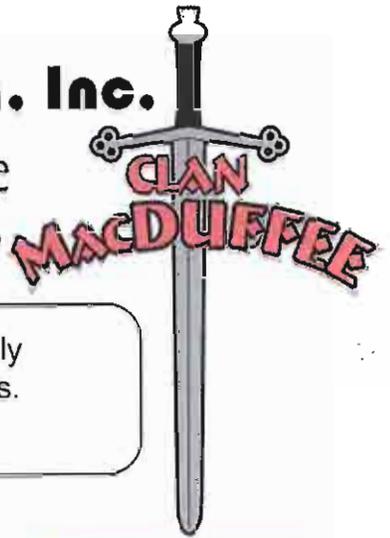
Elsewhere, *Medieval Meals* highlights the religious and culinary boundaries that shaped the peasants' diets and made them so different from our own. A recipe for Monastic Beans with pork lard is a ref-



*Continued on page 23*

# MacDuffee Clan Society of America, Inc.

of Clan Macfie



*Ceud Mile Failte! 100,000 Welcomes!*

Annual General Meeting held each year in July  
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[tpmijm@aol.com](mailto:tpmijm@aol.com)

**Treasurer: David M. McDuffie**

[dnmcduffie@gmail.com](mailto:dnmcduffie@gmail.com)

**Genealogist: Richard Ledyard**

865-671-2555

[rledyard@tds.net](mailto:rledyard@tds.net)



MacDuffee  
Clan Society  
of America



erence to the Rule of St. Benedict. With beans so easy to grow and hard to spoil, writes Appley, monks were prescribed a pound daily alongside a pound of bread—much to the recorded chagrin of many in the monastery. Peasants outside the clergy, whose days “started off with bread and ale,” fared little better. God’s animals were spared slaughter four days a week in reverence of Noah’s Ark, although Medieval Meals nods to a conveniently flexible, if not altogether bizarre, medieval interpretation of meat: “Fish didn’t count as meat ... and beavers were eaten because of the superficial resemblance of the tail to fish.”

Anarchy aside, Jones points out that the 12th century in England was one of culinary evolution. Returning crusaders introduced exotic berries, citruses, and spices from the Middle East, evinced in the book’s recipe for Tardpolene, a baked fruit pastry of pears, cinnamon, and raspberries. The northward Norman expansion, says Jones, also brought the terms “beef” and “mutton” into the English language, while introducing early forks to the previously spoon-centric English table.

Hidden in this tumultuous century that the Iron Shepherds so diligently showcase is a resilient society surviving and thriving despite limited supplies and strict religious dietary dogma. Moving through the book from simpler breads and beans to richer stews and fruit-laden sweets, one gets the sense of a weight being lifted; of long-absent fathers returning home with strange spices and fruits; and of a people, against all odds, well-fed.

For for ordering instructions...and how to sign up for when there are more of these cookbooks in stock, visit, please: <https://ironshepherdslivinghistory.co.uk/shop/medieval-meals/>

## What's for dinner? Frumenty? Plumentum? Tardpolene? Or is it beans again? These are just four meals and treats from the middle ages.

Medieval Meals - Eat & Cook in the 12th Century, by Iron Shepherds Living History, is about everyday eating: where food came from, how it changed

from the 12th Century onwards, how to cook, how to serve, when to eat and the all important medieval table manners.

With 10 recipes adapted for 21st century cooks, you'll be eating like a 12th century peasant in no time!

*Medieval Meals - Cookbook*

This 40 page A5 cookbook costs just £5.00 and all money raised by the sale of this book goes to

us, the Iron Shepherds, to help fund our living history displays, events and further books like this.

As a non-profit group all the money we raise through donations and purchases is funneled straight back into the work we do, to bring history to life.

No money is given to individuals.

--- **SOLD OUT** ---

Due to a sudden influx of interest we have sadly sold out of online stock. We have placed an order for further copies and these should be with us towards the end of September.

To receive an email notification when the book is back in stock, sign up to our mailing list by visiting <https://ironshepherdslivinghistory.co.uk/shop/medieval-meals/>

Have you purchased a copy of *Medieval Meals*?

We'd love to know what you think. Feel free to leave a comment on our Facebook page or drop us a message.



# Clan Forrester

## Society

*Come - join the Forresters*

Membership is available for all spelling variations of Forrester: Forrester, Forester, Forrister, Forister, Forest, Forrest, Foster, Carstarphen.

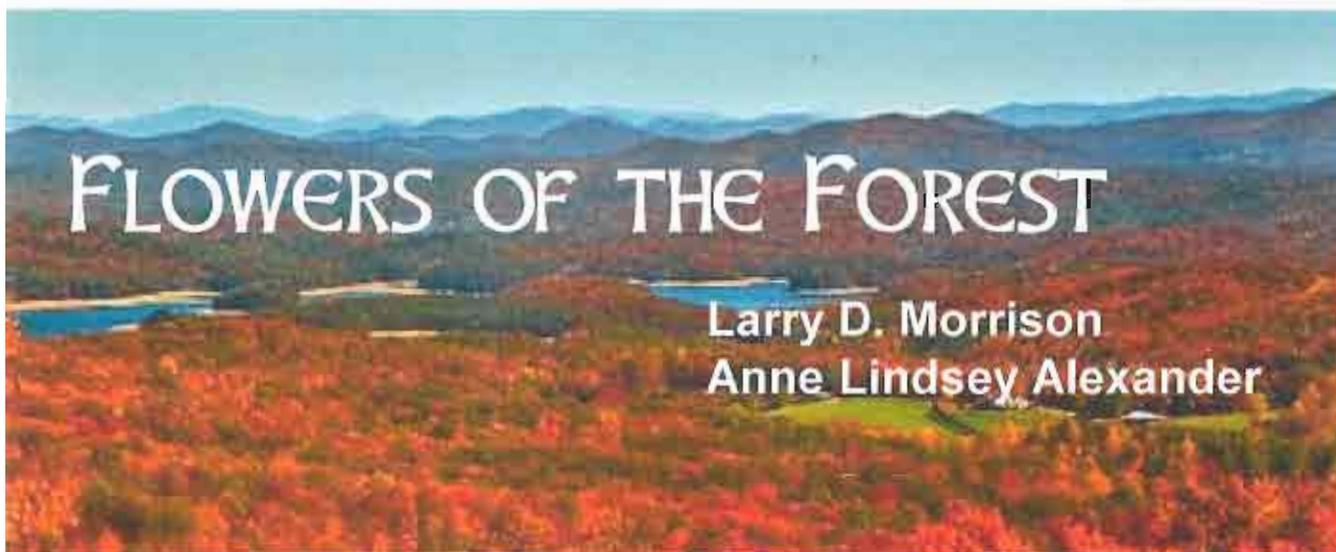


Contact: **Ben Forrester**,  
Membership Chairman  
1034 Blue Heron Drive  
Commerce, GA 30529  
Phone: 706-335-7688  
Email: [benbf@windstream.net](mailto:benbf@windstream.net)



### FOSTER SURNAME DNA Project

• Genealogy Research on Foster / Forster / Forrester / Forester /  
Förster / Forstler / Forster / Forrester / Vorster / Voster Families



**Larry Morrison** passed away after a short illness on September fifth. He was a member of The St. Andrews Society of Atlanta for only a short time, however his contributions were significant as a member of the Hospitality Committee.

His ready smile and enthusiastic engagement will be sorely missed.

A native of Riverdale, Georgia, Larry was a private detective and known throughout the metro area for his work. Fugitives would often turn themselves in to him.

He saw every person as a child of God first, praying that he would not have to draw his weapon and could effect a peaceful resolution in his work.

Larry was a Corporal in the U.S. Army Reserves who saw active duty from Germany to Afghanistan. He received many medals but the one of which he was most proud was the Humanitarian Service Medal.

Larry served as a Deacon at Rock Spring Presbyterian Church, an Apprentice Brother of the Grayson Masonic Lodge #549, a founding member of General Elijah Clarke Post #60 Scottish American Military Society, and a number of professional organizations including the Association of Former Intelligence Officers, The Georgia Association of Professional Private Investigators, Professional Bail Agents of the United States and the Georgia Association of

Professional Bondsmen.

He is survived by his father, Douglas Morrison, his brother, David Morrison, three nephews, and friends too numerous to name.

He was preceded in death by his mother, Donna, and his sister, Janice.

A short memorial service for Larry was held Wednesday, September 18, 2019 and was followed by a reception in the church Fellowship Hall.

The service was held in the sanctuary of Rock Spring Presbyterian Church.

The funeral service was held on Friday, September 20, 2019 at 2:30 P.M. in the Georgia National Cemetery in Canton.



**Mrs. Anne Lindsey Alexander**, age 80, of Roswell, GA passed away Thursday, May 16, 2019. Anne was born in Nashville, GA, a daughter of the late John T. Lindsey and Sallie McNabb Lindsey.

Anne studied at Abraham Baldwin Agricultural College, utilizing her Library Science degree in her work at Emory University Medical Library in the early 1960's. She was most proud of her contribution to the bibliography for *The Heart* by doctors, Hurst and Logue, for which she was thanked by the authors in the pre-

*Continued on page 27*



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## The Stone Mountain Highland Games

### October 18-20, 2019 sees Clan Lindsay's Fall Council Meeting

Clan Lindsay will hold its Fall Council Meeting Friday, October 18 at the Hampton Inn. All members are welcome to attend. This meeting will be held at 12 noon and lunch will be provided for all.

As usual Clan Lindsay has booked rooms at the Hampton Inn Northlake at a reduced price of \$101 per night before taxes.

Hampton Inn Northlake 3400 Northlake Parkway Atlanta, GA 30345

Phone: 770-493-1966 or 1-877-461-1402

To receive the base rate of \$101 per night please mention Clan Lindsay USA when booking your room to receive the discounted price. As of now there are only two rooms left with the discount.

Please join the Lindsay's this year at Stone Mountain. Scottish Games attendance has increased this past year and we look forward to seeing many of you from around the south again. We have a wonderful Lindsay tent with room for everyone.

Join us as Clan Lindsay welcomes the Games' honored guest: Wilkins Fisk Urquhart 28<sup>th</sup> Chief of Urquhart

---

#### Flowers of the Forest,

*continued from page 25*

ace. Later Anne became active in her local parish St. Jude Catholic church as a Eucharist Minister, a member of St. Anne's circle and as chairman of the Women's Guild. She spent her leisure time on the tennis courts at Spalding Woods Club, serving and volleying on her ALTA team.

Proud of her Scottish heritage, Anne held several leadership positions in Clan Lindsay USA, Inc., and participated in the Scottish Games at Stone Mountain and Grandfather Mountain. She tended her garden and watched Atlanta Braves baseball games, keeping track of the team statistics. And for nearly 30 years, she and her husband played on The Old People trivia team, which they founded. Anne will certainly be missed by all who knew and loved her. Along with her parents, Anne is preceded in death by her six sib-lings.

She is survived by her loving husband of 55 years, Harry P. Alexander, Jr.; two daughters, Frances Foley (Michael) of Greer, SC and Margaret Brenner (Peter); two grandchildren, Lindsey Foley Ferreira (Kurt) and Alexander Foley; one great grandchild, Verna Grace Ferreira; and several nieces and nephews, extended family members and friends.

Donations may be made to the St. Vincent de Paul or the Alzheimer's Association in her name.

*Anne Alexander GA was a long-time member of Clan Lindsay USA. She served as Clan Registrar from 1992-93. In 1993 she began computerizing Clan Lindsay's genealogical records with her niece Cheryl Lindsey Hatos. From 1995-2000 she served as Clan Genealogist and Clan Historian from 2000-2002.*



# Lindsay





## **Elliot Clan Society, USA**

### **Membership Information 2019**

The Elliot Clan Society is a worldwide organization, with active branches in Australia, Canada, New Zealand and the United States. In accordance with Scottish Clan Law, Clan membership includes all Elliots, Elliots, Elliotts, those of whose mother or grandmother was so named and their spouses. This also applies to Elliotts of known Scottish descent.

If you are a person of Scottish ancestry bearing the name Elliot, Elliott or Eliott (Including the spouse or descendant of such person) and wish to join the Elliot Clan Society, please fill out the membership form. Those forms may be found on the "Official ECS Website" at:

# [www.elliotclan.com](http://www.elliotclan.com)

For US residents, please make sure that you send your completed ECS USA membership forms to the Membership/Treasurer. Once you join the Society, you will receive periodic newsletters from the ECS USA and our Parent Society in Scotland. The newsletters will inform you of Scottish festivals in your area and other announcements of importance to our Clan. Membership allows you to meet other Elliots with similar interests who share our Scottish heritage.

Contact Patricia Tennyson Bell

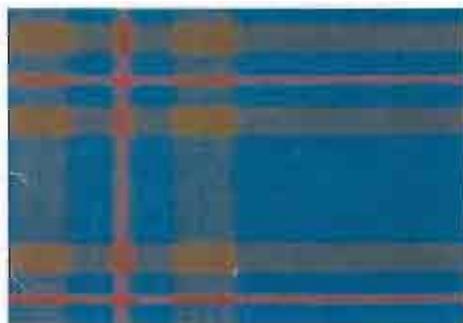
*Email: [dublincollen@sbcglobal.net](mailto:dublincollen@sbcglobal.net) or write*

2984 Siskiyou Boulevard

Medford, OR 97504

*(Fortiter Et Recte)*

*Boldly and Rightly*



# Lord Crawford's Lions

With thanks to the August 2019  
Clan Lindsay USA Recorder



Have you ever looked closely at the Coat of Arms of our Clan Chief, Lord Crawford? In the second and third quarters of his shield there are rampant lions and they have **blue tongues and blue claws!**

First of all, how do they come to be on Lord Crawford's Arms? This is a long story back to Malcolm III, King of Scots who was married to Margaret, known as Saint Margaret in 1069. The Royal Coat of Arms has a rampant lion surrounded by the double tressure. (See right.) One of Malcolm's sons formed the line of the Earls of Fife and they displayed the rampant lion on their Coat of Arms but dropped the royal double tressure. (See left.)

A younger son of this line formed the line of Abernethy. For their Arms they adopted the rampant lion but it was differenced by adding a diagonal black line across the lion. (See left.) Around 1325 a lady from the Abernethy line, Maria Abernethy, married Sir David Lindsay of Crawford and brought with her the Arms of Abernethy. David Lindsay's grandson, also a David Lindsay, became the 1st Earl of Crawford

in 1398 and used the combined Coat of Arms quartering the Lindsay of Crawford Arms with those of Abernethy. (See right.)

All the Earls of Crawford up to the present day have used this Coat of Arms respecting the blood line back to King Malcolm III and St Margaret.

So, we know where the lions came from but what of the blue tongues and claws? This is one of the ancient rules of heraldry and is clearly displayed in the "*Armorial of Sir David Lyndsay of the Mount*", circa. 1542, from which these images have been copied. As a general rule, beasts of prey will show their claws and tongues in a different colour from the colour of their bodies. Red beasts usually display blue tongues and claws, as can be seen on the current Royal Banner of Scotland, the Scottish Lion Rampant flag.

## Diarmid F Lindsay

Hon. Secretary  
The Clan Lindsay Society  
Scotland

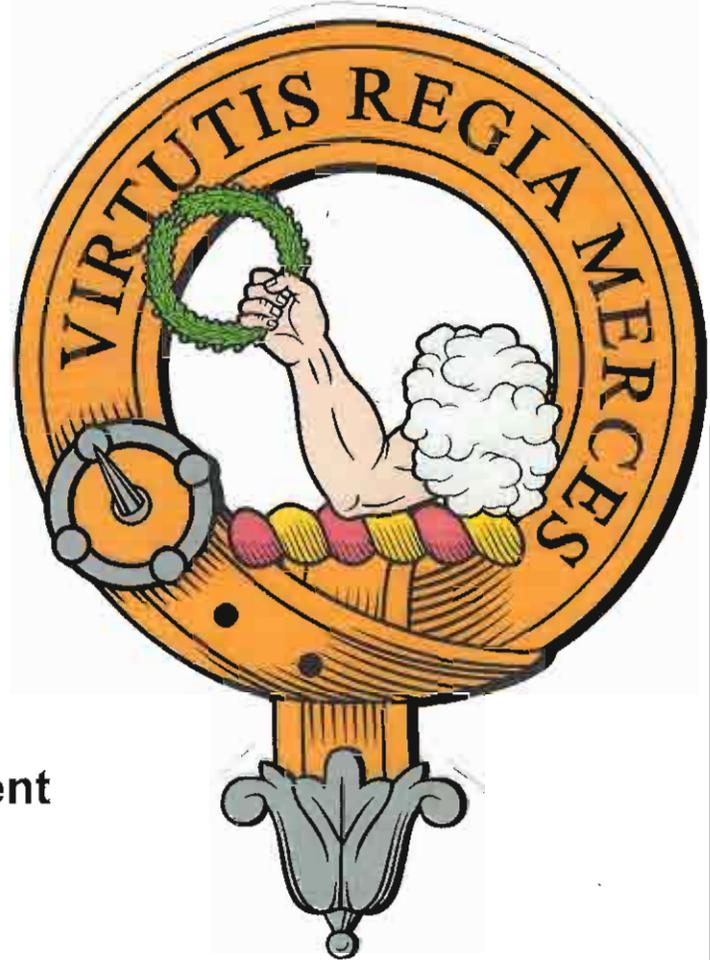
For Clan Lindsay membership information:  
contact: John Lindsay, Registrar & Ex-Officio  
<lindsayjj@comcast.net>



# The Clan Skene Association, Inc.

The Clan Skene Association, Inc., invites membership from SKENE and septs CARISON, CARNEY/ C A R N I E , CURRIEHILL, DYAS, DYCE, DYER, HALL, H A L Y A R D / H A L L Y A R D , MacGAILLARD, RENNIE & SKAINS.

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273 Amy Clegg Drive  
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# Home sources are sometimes great help learning about your family

Bryan L. Mulcahy, MLS, Reference Librarian

When beginning the genealogy research process, it is wise to look for items of genealogical value stored in your home or a family member's home. While there is no guarantee that such items will be useful for research purposes, most people find items that at the very least provide clues. In some cases, a home source has obvious genealogical value – like an obituary or a birth certificate – but other items can also have research value.

Some of the most beneficial in terms of information and/or clues are:

1. Church and civil certificates such as baptism, birth, deaths/funerals, marriages, ordinations, and patriarchal blessings often reveal information about parents, dates, and places of residence.

2. Citizenship papers of immigrant ancestors usually include birth dates/places, parentage, date of arrival, port, and name of the ship.

3. Items such as diaries and letters can be interesting sources of family information that may never be found elsewhere. They often contain personal thoughts that may shed light on issues and circumstances that were previously unknown or never discussed openly.

4. Family Bibles are extremely valuable if the “genealogical record” portion was filled out. Sometimes religious certificates can be found stuffed between pages.

5. Family heirlooms such as jewelry, clothing, pictures and plates can be especially valuable if

they are engraved and/or contain brief biographical details.

6. Legal papers such as wills, deeds, mortgages, and grants are valuable because of the names, dates, and places mentioned in them.

7. Military records include discharge papers, pension information, medals, ribbons, etc.

8. Memorial cards were the primary way deaths were announced to friends and family members until the technological advances of the 20th century took over.

9. Newspaper clippings often contain information relevant to the family. Subjects included may be birth, marriage, and death notices, anniversaries, civil,

church, and social events, etc.

10. Occupational records such as apprenticeship and pension papers may be stored in the home. Awards, citations, and other achievements may be of value for research.

11. Photographs and photo albums are often the most cherished family possessions. How much information they contain often depends on whether they were labeled or if there is someone elderly in the family who can still identify their significance.

12. Scrapbooks may supply clues and facts of interest. Home sources can offer surprising clues. Don't underestimate the possibility of finding some good information.

Bryan L. Mulcahy  
Reference Librarian  
Fort Myers Regional library





## LOVE TARTAN...?

The Scottish Tartans Authority is a registered charity based in Scotland and we are the only organisation dedicated to the preservation, promotion and protection of tartan. We would love you to join us as a member and support our worthy cause...



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Or contact us at

[admin@tartansauthority.com](mailto:admin@tartansauthority.com)



# Beret Dernbach makes clean sweep of **FOUR** Highland Dance competitions in Scotland

Dear Clan Henderson,

I hope that this email finds you all well! I want to share some very exciting news with you...

Last month I spent 3 weeks in Scotland to compete in four championships, culminating in the World Highland Dancing Championships at the Cowal Highland Gathering. I won all four of these internationally attended competitions, and claimed my second consecutive World Champion title!! I am very honored to be only the third American ever to win multiple World titles!

In addition to the very exciting dancing part of our trip, I also had an amazing time just being in Scotland. We stayed in Dunblane, (a small town just north of Stirling) for the first two weeks. This gave us easy access to everywhere in Scotland, using the amazing train service. We visited Edinburgh and Glasgow, as we do every year, but I also got to see some new things that I haven't seen before, like the Kelpies in Falkirk! We stayed in Dunoon for the final week to prepare for the World Championships. Dunoon, where the Cowal Gathering is held, is easily my favorite place in the world. It's a very quiet, small town, and with gorgeous views of Holy Loch and the beautiful mountains. Our time there was a very relaxing experience before such an important event.

All in all, it was a great 3 weeks, and of course, finishing it off with another World Championship title was simply amazing!! I can't wait for next year's trip; I am already counting down the days!

This trip truly wouldn't have been possible without your scholarship support! Spending 3 weeks overseas on top of all of the trips we do around the US and Canada to compete costs quite a lot, so we greatly appreciate the financial support Clan Henderson has provided. The scholarship funds take care of my dancing lessons throughout the year, which frees up family funds to pay for international compe-



tion expenses.

And of course, it always helps to have a great fan base back home in the USA cheering me on!! It is a great boost to know that I have you all rooting for me!

I have a couple of more trips planned for the rest of this year, including Alexandria, VA at the end of September, where I have been invited to perform at the BATD North American Scholarships as the current World Champion. I will also be able to take classes and workshops at this event from international Highland Dancing professionals to prepare for next year's competitions. In October, I will be traveling to Ventura, CA for the Seaside Highland Games--I hope that I will see your clan tent there so I can stop by to say hello!

All the best, and thank you sincerely for your scholarship this year!

*Beret Dernbach*



# The Armstrong Clan Society

Dedicated to the Armstrongs, Crosiers, Fairbairns, Grosiers, Nixons and those interested in these surnames.

The Armstrong Clan Society was organized on October 8, 1981 and is incorporated in the State of Georgia, USA. The Society is recognized as a Section 501 (c) (3) not for profit organization and exempt from United States Federal Income Taxes. On September 24, 1984, the Lord Lyon, King of Arms in Scotland, granted warrant to the Lyon Clerk to matriculate in the Public Register of All Arms and Bearings in Scotland in the name of the Armstrong Clan Society, Inc., the Coat of Arms in the upper left corner of this page. Our motto "Semper Invictus" can be translated as "Always Unconquered."

## Objectives of the Armstrong Clan Society

1. To seek friendship and unity among all Armstrongs, its septs and associated families.
2. To provide for the preservation of all Armstrong artifacts unique to the family.
3. To serve as a genealogical and historical resource for the membership and the general public.
4. To provide news, Armstrong history, items of general interest and genealogy via our newsletter, *The Armstrong Chronicles*.
5. To establish worldwide geographic membership representation.

## Membership

All Armstrongs, Croziers, Fairbairns, Grosiers and Nixons (regardless of the spelling and their descendants, are eligible for full membership in The Armstrong Clan Society. In the United States and Canada, dues are \$25 per year or \$45 for two years. All memberships are family memberships which includes two adults and all minor children. In all other countries, dues are \$35 per year. All dues are payable in US funds.

For a membership application, email Peter Armstrong at [peter.armstrong1.3@gmail.com](mailto:peter.armstrong1.3@gmail.com) or download from <http://www.armstrong.org/membership.htm>. Note: "spouse" on the application includes: spouse, domestic partner or any other adult living at the same address.

Buy your tickets: October 19, 2019

# Anam Cara Awards Gala



The Irish Cultural and Learning Foundation, the founding organization of the Irish Cultural Center and McClelland Library, is coming up on our major charity event of the year, the Anam Cara (Soul Friend) Emerald Anniversary Gala to be held on Saturday, October 19, 2019! We're looking forward to having you attend this fundraising effort, which supports our mission and goals.

Join for what promises to be a great night of dinner, live music and entertainment to showcase what we're all about, a silent auction, laughter and craic, and a gathering of friends old and new!

The Irish Cultural Center and McClelland Library host the annual Anam Cara Gala as an evening in which we recognize individuals who have exhibited exemplary individual or community service and leadership to the Irish community and Celtic culture.

Contact Us for ticket information:

Phone 602.258.0109.

Email General Inquires: [info@azirish.org](mailto:info@azirish.org)

We are located at: 1106 North Central Avenue  
Phoenix, Arizona 85004

# THE CLAN GREGOR SOCIETY

*'S Rioghal Mo Dhream!*

**Royal is my Race!**

Fàilte! The Clan Gregor Society is a growing organisation with membership throughout the world. It's most active objectives are to extend the links of kinship and friendship between MacGregors, wherever they may be, and to provide a focal point for all members of the Clan and interested visitors who wish to learn more of our noble past.

**Sir Malcolm MacGregor of MacGregor**

7th Baronet of Lanrick and Bálquidder

**24th Chief of Clan Gregor**

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**Join Clan Gregor today! [www.clangregor.org](http://www.clangregor.org)**

# Christian MacLagan honored with a new plaque in Sterling, Scotland



Just recently, a new plaque, part of a Historic Environment Scotland's commemorative plaque scheme, was unveiled in Stirling to commemorate the life and achievements of none other than Christian MacLagan (1811-1901), one of Scotland's earliest female archaeologists. Here Morag Cross MA (Hons) MCIfA FSA Scot writes a few words on Stirling resident Christian MacLagan...

Christian MacLagan straddled the divide between archaeology and antiquarianism. Her extensive fieldwork on brochs, hillforts and carved stones distinguishes her as one of Scotland's earliest female archaeologists. Christian's ceaseless writing and travelling between the late 1860s and 1880s inspires astonishment at her energy! Nevertheless, her interpretations, suggesting stone circles were ruined houses, were viewed as eccentric, rather than scientific.

In the late 1800s the Society of Antiquaries of Scotland published four of her papers, although she was understandably upset when she, like all women, was forbidden to address their meetings. Even as their second 'Lady Associate' member, Christian still wasn't permitted to use their important research library.

Christian was fiercely intelligent, and deeply aware of the legal restrictions on women, and never ceased to protest against them. Her large collection of stone rubbings and detailed site plans, including lost sites, is her primary legacy. A complex, sometimes contradictory character, she richly deserves her plaque.

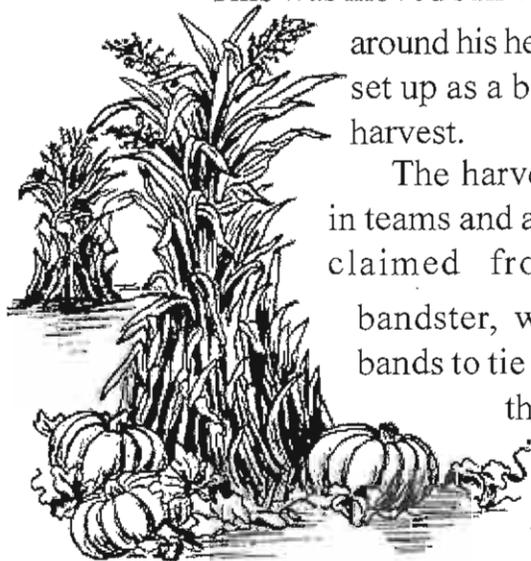
## Harvesting in early Scotland

The climax of the farming year was the Hairst. The bringing in of the harvest, especially if it was a good one, was a time of great celebration and ritual.

As the reapers gathered they drank a toast and the farmer would lay his bonnet on the ground, lift his sickle, face the sun and cut a small handful of corn.

This was moved sunwise three times around his head and a chant set up as a blessing on the harvest.

The harvesters worked in teams and a kiss could be claimed from the girl-bandster, who made the bands to tie the sheaves, if the band broke.



# The Clan Macneil Association of America

If you are a Macneil or any of the following "Sept Names" then you have found the clan you have been searching for.



"O'n D'thainig thu."

Remember the men from whom you have come.

**The Clan Macneil President: Kenneth McNeil,**  
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<mckennypam.1203@hotmail.com>

- |              |             |             |            |
|--------------|-------------|-------------|------------|
| * Macneil    | * Mcniel    | * Niell     | * McGougan |
| * MacNeil    | * McNiell   | * O'Neal    | * McGrail  |
| * Macniel    | * Mcneill   | * O'Neil    | * McGraill |
| * MacNiell   | * McNeill   | * O'Niel    | * Mcgrail  |
| * Macneill   | * Mcneal    | * O'Neill   | * Mcgrail  |
| * MacNeill   | * McNeale   | * Oneil     | * McGugan  |
| * MacNeillie | * McNeilage | * Oneill    | * Macgugan |
| * Macneal    | * Mcneilage | * Nelson    | * McGuigan |
| * MacNeal    | * McNelly   | * Neilson   | ...and     |
| * Macneale   | * Mcnelly   | * Nielson   | * Mcguigan |
| * MacNeilage | * McNeally  | * MacGougan |            |
| * Macneilage | * Mcneally  | * Macgougan |            |
| * MacNelly   | * Neil      | * Macgrail  |            |
| * Macnelly   | * Neal      | * MacGugan  |            |
| * MacNeally  | * Neall     | * Macgugan  |            |
| * Macneally  | * Neale     | * MacGuigan |            |
| * Mcneil     | * Neill     | * Macguigan |            |
| * McNeil     | * Niel      | * McGougan  |            |



# Samhain

## All Hallows Eve

Of all the seasonal holidays, Halloween is a favorite. It might not have the spiritual significance or inspire the same giddy expectation as Christmas, but there's just something about its macabre theatricality which never fails to bring out the big kid in most everyone.

Massively popular in the United States and celebrated to a lesser extent in the UK and other countries in various 'guises' – excuse the pun – people are often unaware of the celebration's strong Scottish connections. With its atmospheric landscape and array of haunted castles, peculiar superstitions and occasionally morbid history, it's not surprising that Halloween first took root here.

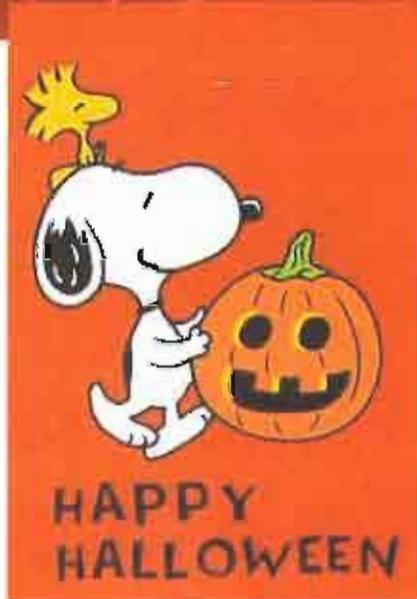
Halloween or Hallowe'en takes its name from All Hallows' Eve, the night before the Christian festival of All Hallows or All Saints Day. But it's possible to trace its beginnings back to the ancient Celtic festival of Samhain (Samhuinn in Gaelic), held on 1 November, which marked the culmination of summer and the harvest period with the onset of winter.

Robert Burns' 1785 poem 'Halloween' details many of the national customs and legends surrounding the festival, many of them pagan in origin, which had persisted even with the advent of Christianity.

Here are some other old fashioned Halloween traditions from Scotland that you might want to incorporate into your own festivities this year:

Fires and 'neeps lanterns' – To ward off potentially malevolent entities, large bonfires were lit in communities and it is believed that this practice survives today in the tradition of carving pumpkin lanterns with creepy grimaces.

While the use of pumpkins is actually an Ameri-



can invention, in Scotland it has been custom to carve lanterns out of 'neeps' or turnips.

Guising or 'galoshin' – Instead of trick-or-treating, children would literally disguise themselves as evil spirits by blackening their faces and dressing in old clothes to go guising. According to folklore, this was so

that they could venture out safely without being detected by wicked ghouls. Guisers also couldn't simply knock on the doors of their neighbours yelling 'trick-or-treat' and expect sweets in return. They had to perform a 'trick' first by reciting a song, poem or joke before being rewarded with goodies.

Dookin' for apples – A staple of children's Halloween parties across the country, this time-honoured game involves trying to grab apples floating in a tub of water using your mouth, with your hands tied behind your back. If you want to up the stakes have a go at catching them with a fork.

Treacle scones – Once again with your hands tied, this messy game challenges participants to take a bite out of treacle covered scones hanging from ropes.

Nut burning – Recently engaged? Find out if you and your beloved will live happily ever after. Toss a nut each into an open fire. If they quietly smolder amongst the flames your union will be a good one, but if they hiss and crackle you could be in for a bumpy ride!

**43<sup>rd</sup> ANNUAL CENTRAL FLORIDA**

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18-19, 2020**

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