

Nine young Hendersons awarded CHS Scholarships in 2020

Mary Lane Henderson

Through your generous donations, we were able to award nine young people this year.

Thanks to all of you who made monetary donations, thank you to all who made and sold Clan Henderson crafts during games and auctions and to Mark Henderson and those who joined him in the "Hiking for Hendersons" challenge.

It is through these efforts we are able to support the next generation in Scottish arts, history and culture.

We are also able to award young people who have made great academic achievements.

If you have ideas for fundraisers this year, please contact me at <marylanehenderson1@gmail.com>.

This year's winners are: Academics - Erica Milner, Alex Schmidt, Anna Binkley

Highland Dance - Cami Reid, Audrey Trawick, Beret Dembach, Chase Leadmon and Alayssa Leadmon

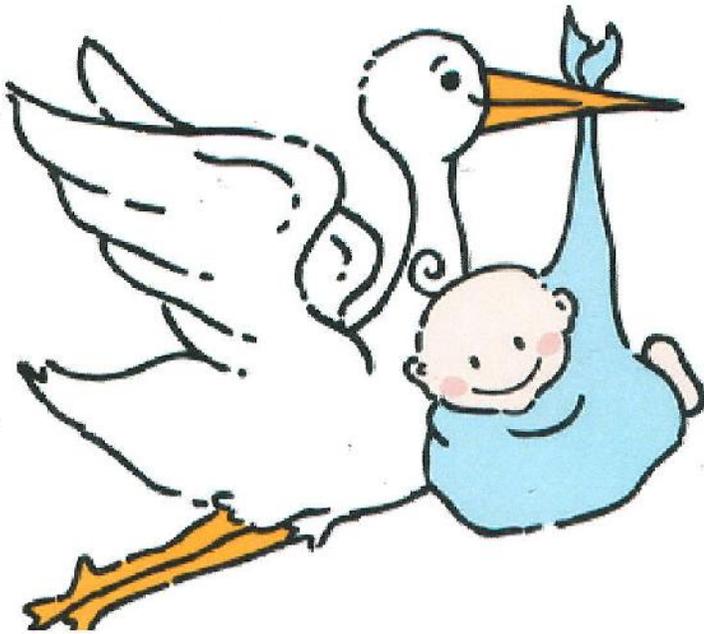
Bagpiping - Aiden Henderson



Chase Leadmon, youngest of the Clan Henderson Scholarship winners for 2020.



* Henderson * Henryson * Hennisoun * Henders * McHendry * McHenry * Hendrie * Hendron * d'Hendresson
 * Eanrig * Eanruig * Enderson * Endherson * Endirsone * MacCanrig * MacCanrik * McKendrick
 * Mackendry * McKendree * Kendric and other versions of MacEanruit, which means "Son of Henry"



WELCOME
TO THE WORLD
BEAUTIFUL
BABY BOY!



Great Grandfather, Dr. Horace Loftin, announces the arrival of his

Great Grandson, Theo Hyman!

Theo was born 9 February 2020.

He is shown above with his three-year-old big sister, Adeline.

Adeline and Theo are the children of

Horace's granddaughter, Ashley, and her husband, Nat Hyman.

Ashley is the daughter of Horace's son, Rex.



President's Quarterly Message

Leon Hicks

*Clan Henderson Society
President*

This year's Annual General Meeting (AGM), previously slated to be held in Big Cedar Lodge in Missouri, has been cancelled due to concerns about the ongoing pandemic; however, according to the statutes governing not-for-profit corporations, we are still required to have an AGM.

Clan Henderson Society (CHS) was established as a not-for-profit corporation under the statutes of the State of North Carolina; therefore, the laws governing the holding of an AGM are directed by the Secretary of State of North Carolina.

The Governor of the State has enacted an Executive Order (EO) that allows corporations to conduct virtual AGMs.

The problem for CHS is that the EO is set to expire in September and we have no assurance it will be extended. Given the uncertainty of the situation, we are going to proceed, assuming the EO will be extended, and set up a virtual AGM to be announced next month. According to statutes we are required to give a 30 day notice to our members prior to the AGM.

We have three key items on the agenda; the principal among them is the election of officers.

We will need to develop a methodology to

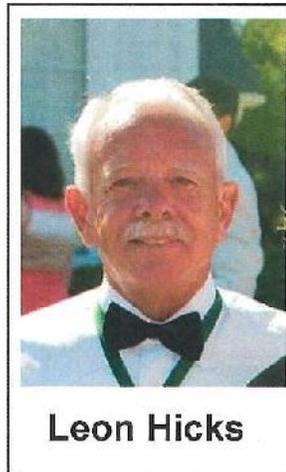
do this. The other two items are the review and approval of the rewrite of the Constitution and By-Laws of the CHS and a review and approval of the initial Constitution and By-Laws establishing a foundation to support the CHS gifts and scholarships program.

It is possible that the review and approvals of the Constitution and By-Laws may prove to be too difficult under these circumstances, and may need to be postponed until a future AGM.

We will have an on-line Executive Session to discuss this in more detail. If the EO is not extended, we will do our best to find a location most accessible by the most members in order to generate a quorum.

We will be conducting the virtual AGM using the zoom application. All those who wish to attend the AGM will need to download this free application onto your computer. It is fairly intuitive to operate, however, we will be happy to help you to navigate. Please continue to monitor our website for updates related to the AGM.

Please monitor our website at <clanhendersonsociety.com> to get the latest information and updates.



Leon Hicks



**A very proud Clan
Henderson member!
*Lois Beiroa Troiteira***

She writes, "My kilt pin with the coat of arms of the Henderson Clan has already arrived at my home in Celtic Galicia (northwestern Spain) from Scotland. And, as a gift, a keychain in the shape of a sporran.

I am very proud!"

And, Clan Henderson is proud to have YOU as a member.

*Think heritage
as an anytime
perfect gift!*

Gift CHS memberships.

They are perfect gifts for
Birthday & Anniversary!
Give the gift of heritage for only
\$20.00.

Just visit: <[https://
www.clanhendersonsociety.com
/donations-and-gifts](https://www.clanhendersonsociety.com/donations-and-gifts)>

**I thought
growing old
would take
longer.**

**Wanna see and read
CHS's Meri Russel's
absolutely great
spreadsheet on
Scottish games?**

**Just email:
russell.charm@gmail.com**





Chief
Alistair of
Fordell,
who celebrated
his birthday
July 8!

May the year ahead
be ful'o'fun
May the road no' be
A bumpy one
May ye rise each day
tae greet the sun

Til yer birthday's here again!



*They say that if someone forgets your
Birthday, you don't get older that year.*

***Best Wishes,
from everybody***

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PATRIOT DAY WE WILL NEVER FORGET 9.11.2001

Patriot Day is an annual observance on September 11 to remember those who were injured or died during the terrorist attacks in the United States on September 11, 2001. Many Americans refer to Patriot Day as 9/11 or September 11.

Is Patriot Day a Public Holiday?

Patriot Day is not a public holiday. Businesses have normal opening hours.

Patriot Day remembers those who lost their lives during the 2001 terrorist attacks in the United States.

Patriot Day remembers those who lost their lives during the 2001 terrorist attacks in the United States

Observe Patriot Day

On the direction of the President, the flag of the United States of America should be displayed on the homes of Americans, the White House and all United States government buildings in the whole world.

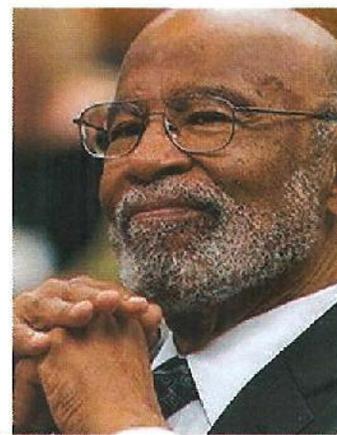
The flag should be flown at half-staff as a mark of respect to those who died on September 11, 2001.

Many people observe a moment of silence at 8:46 AM (Eastern Daylight Time). This marks the time that the first plane flew into the World Trade Center.



Influential Hendersons

The Honorable Thelton E. Henderson, Federal District Judge



Suzanne Henderson Emerson,
South Pacific Region Commissioner, Clan Henderson Society

As a boy growing up poor in Shreveport, Louisiana and South Central Los Angeles, no one would have guessed that Thelton Henderson would grow up to be a federal court judge. Through his hard work, and application of his quick mind and deep empathy, he excelled – serving as a federal judge for 37 years, including seven years as Chief Judge of the U.S. Federal Court for the Northern District of California.

For genealogy buffs: Judge Henderson's maternal ancestors, the Herrings, are from Franklin County, Mississippi. His Henderson line has generations of ancestors in and around Shreveport, Louisiana.

Thelton Henderson was born in Shreveport in 1933 and raised during his early years primarily by his grandmother. Thelton's mother, who had been working full time as a maid since she completed 8th grade, was "in service" – a live-in maid, only able to visit her own family on occasional weekends. His grandmother, mother, and entire extended family moved to South Central Los Angeles when Thelton was young, and when he was about seven, his mother was able to purchase a house and raise Thelton herself. Although his father lived with the family in South Central Los Angeles for a time, he was not a major presence in Thelton's upbringing.

As high school football and baseball team captain and an avid reader, a teacher suggested Thelton apply to the University of California at Berkeley for a college sports scholarship. At Berkeley, Thelton

played both varsity football – he was "small and fast" – and later, after a knee injury, played varsity baseball. Thelton was the first member of his family to attend college. His mother expected him to "be somebody," so he applied to and was accepted into law school at U.C. Berkeley (Boalt Hall), but was drafted into the military shortly after his college graduation. After serving in the army, Thelton was able to begin law school, where he was one of only two black students in his class.

Immediately after taking the California Bar exam in 1962, Thelton began working for the Civil Rights Division of the U.S. Department of Justice, which was investigating and litigating cases in which blacks were prevented from registering to vote in the Deep South. Although he started out performing voter case research, his job soon became more complicated. As the only black Justice Department lawyer in the South, he was soon making connections with civil rights leaders – and expected to report back on their activities. But living and working in the segregated South was dangerous and one run-in with the police left one of his hands permanently disfigured.

Thelton knew that he was not supposed to become involved in the political aspect of the civil rights movement. But in October of 1963,

Continued on page 7

The Honorable Thelton E. Henderson, continued from page 6

Dr. Martin Luther King, Jr. and his associate Rev. Nelson Smith, asked to borrow Thelton's car. They needed to drive 88 miles from Birmingham to Selma, Alabama, but were concerned that with the poor condition of Rev. Smith's car, an auto breakdown on rural Alabama roads could put them in a deadly position. So Thelton loaned his car to Rev. Smith who drove Dr. King to Selma. When the State police spotted them and learned the car had been rented by the Justice Department, the segregationists argued that the Justice Department was inappropriately supporting the civil rights movement and Thelton lost his job.

Moving back to California, Thelton developed a local Legal Aid center and served as an Assistant Dean at Stanford Law School, teaching and developing their minority admissions program. Henderson was appointed as a federal judge in 1980.

Judge Henderson's stellar legacy as a judge is marked by empathy – towards plaintiffs and defendants, prison inmates and guards. He is known for being inquisitive, soft-spoken, humble, quick-witted, and showing respect towards all who appear in his court. According to one of his clerks, "The most important thing for him is that people leave feeling they've been heard."¹

"Lawyers who have appeared before Judge Henderson, regardless of whether they were on the winning or losing side, acknowledge his fairness, compassion, knowledge, and commitment to the rule of law."²

Over a period of 15 years, Judge Henderson made a series of rulings enforcing federal laws to protect dolphins from needless slaughter by the tuna fishing industry. His ruling on Agent Orange

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Ask me about

Clan Henderson Society's

Scholarship Program

The Honorable Thelton E. Henderson, *continued from page 7*

required the Veterans' Administration to treat vets for many ailments caused by exposure to the chemicals.

Judge Henderson has made politically-unpopular decisions, including rulings defending affirmative action, supporting the equal rights of gay employees, and upholding the rights of prisoners. In one case, he ruled that inmates had proven the conditions of their confinement in California's Pelican Bay State Prison constituted cruel and unusual punishment. In another case, after a class action led to years of Court efforts to get the California Department of Corrections to come up with a plan to improve its prison medical system, Judge Henderson took the unprecedented action of placing the entire California prison medical system under court receivership. As he stated in one rul-

ing, "We must be careful not to stray into matters that our system of federalism reserves for the discretion of state officials. At the same time, we have no duty more important than that of enforcing constitutional rights, no matter how unpopular the cause or powerless the plaintiff."³

In 1998, Judge Henderson stepped down from the Chief Judge position when he assumed senior status, performing one-fourth the work-load instead of taking full retirement. Judge Henderson said, "I realize I love this job, for many reasons. I love it for the intellectual challenge and the stimulation, I love it because . . . you can actually do some things that I think are beneficial to society."⁴ He retired from the Court in 2017, and now is a Distinguished Visitor at UC.

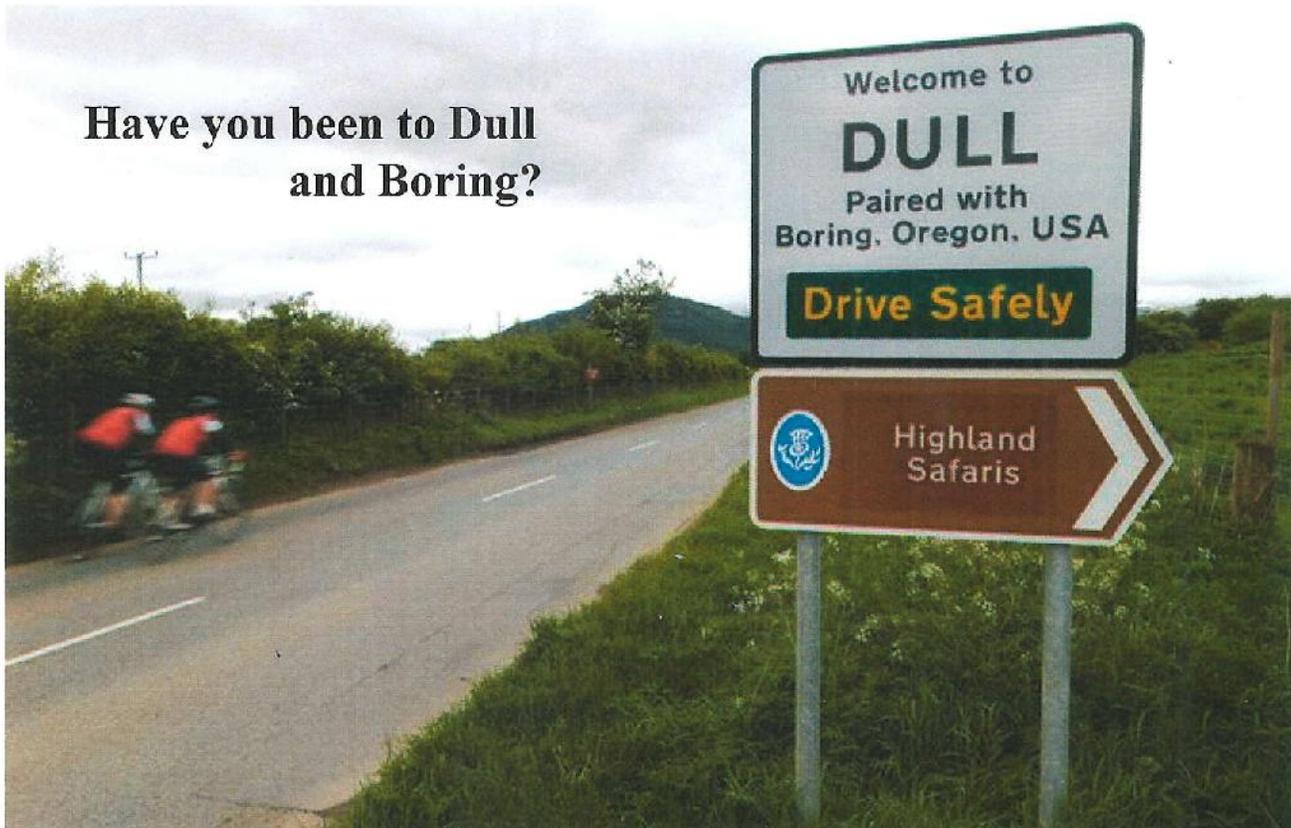
³Kuhns, Richard B., *JUDGE THELTON HENDERSON: BREAKING NEW GROUND* (2017) at 101, quoting Emily Galvin.

²Kuhns at 97.

³*Madrid v. Gomez*, 889 F.Supp. 1146 (N.D. Cal. 1995).

⁴Leah McGarrigle, *The Honorable Thelton E. Henderson: Making a Difference, the Federal Judiciary and Civil Rights in the United States, 1933-2002*, Regional Oral History Office, Northern California U.S. District Court Oral History Series, Bancroft Library, U.C. Berkeley (2005) at 325.

**Have you been to Dull
and Boring?**





Subject: Correction

I was doing some research on the Henderson Waves Bridge that was shown in the December 2019 issue of *An Canach*.

You may want to run a correction since the Henderson Waves Bridge pictured is actually a pedestrian bridge in Singapore. The first sentence in the description is for the bridge in Singapore ending in metre length. The second sentence in the description in the magazine is for the Henderson Wave Bridge in Rhode Island as described. It is for vehicles. Please tell me that I am not the only one who noticed this.

Perhaps if you knew that I am a retired college librarian, you might understand my curiosity!

Your cousin,
Pat henderson

Sorry folks. Your editor used the photo and description offered where I found the Henderson Waves Bridge picture in 2019. At this point, I have no idea where that was. I just thought it was neat to have a Henderson bridge of any kind anywhere.

A note from Mary Lane Henderson

Dear Clan Mates of the Southeast,

I hope you are all doing well and staying safe. Our region has been hard hit with the Covid virus. I know of some of you who have battled the virus. I pray for all of you.

We all miss the Games and gathering together. Meanwhile, here are a few Clan Henderson updates.

Charm has updated our website - Clan Henderson Society.org. The games can be found by region now. The Youth Scholarship awardees for 2020 are pictured on the Scholarship page. Congratulations to our own Audrey Trawick of Florida! We are proud of each one!

Pres. Leon and Steve Henderson VP-OP have set up a Clan Henderson History project for us. This is designed to collect the informal stories of families for prosperity. More information and forms can be found on the website. Check it out and share your family stories!

On the updated Genealogy section of the website you will find links and connections to help you with your research. I've been using "Stay Home" time to work on mine. Our team is always ready to help.

Available on the website are Clan Henderson face masks. Sarah Hobday, schobday9@yahoo.com has them. They fit great and look great too. Mine is very comfortable. They are \$15 plus \$5. shipping. Five dollars from each sale goes to Clan Henderson Society.

Stay safe and stay well!

Mary Lane

*I have a little
china cup
that says, "
Think of Me"*

Beth Gay Freeman

Before the story: My grandparents on my mother's side of the family were Annie Roberta McDonald (1887 - 1960) and Robert Benjamine Bishop (1885 - 1912).

Robert Benjamine Bishop's parents were Robert L. Bishop, Jr., (1856 - 1913) and Mariah Frances Henderson (1856-1931).

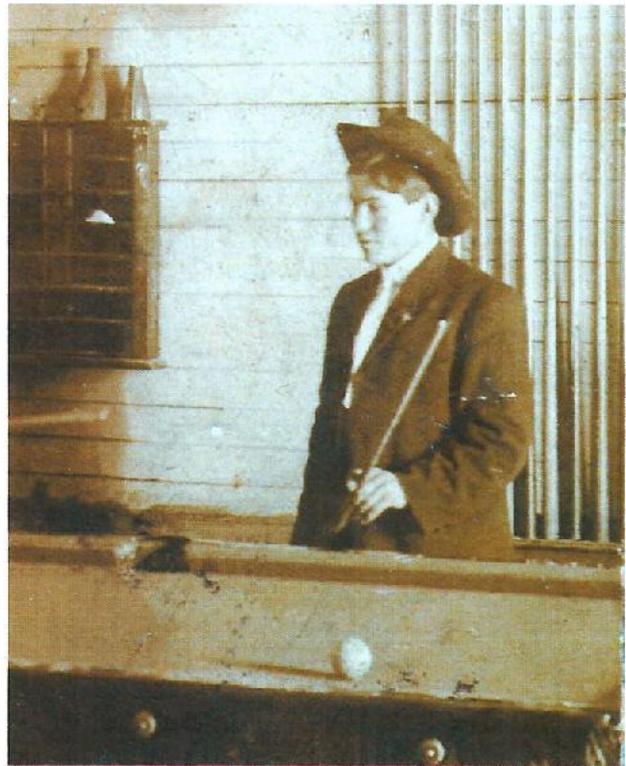
Mariah Frances Henderson's parents were David A. Henderson and Nancy Popwell.

I have a little china cup that has written on its side in faded gold and pink lettering, "Think of Me."

The handle is gone and the rim is chipped - and the gilt is worn so thin. Two dainty pink roses ornament my little cup. It doesn't matter that time and use have dimmed the colors, the words still remind, "Think of Me."

I can hold my cup - for it is small - in the palm of my hand; and, when I close my fingers gently about the delicate porcelain, it speaks to me of long ago. It makes me think of other lives and other loves and another time.

My little cup has twice been a gift.



My grandfather, Robert Benjamine Bishop.

First, Robert Benjamine Bishop brought it, all whole and bright, as a birthday gift to Annie Roberta McDonald.

He with a worn straw hat on the back of his head and sky blue eyes that were sparkling in anticipation of seeing his beloved, had been away for a year and more.

He had made his way through the West Florida wilderness from Madison to Tampa to learn to be a storekeeper.

Now, he was home at last.

Robert Benjamine carefully tied his dappled gray mare to the post out in front of the house, dusted his broadcloth lapels and reached behind his saddle to the worn saddlebags where - swaddled in soft cotton, wrapped in layers of cushioning tissue paper and tied with a real and precious satin ribbon, pink to match her cheeks - was his birthday gift to Annie Roberta...a little china cup that said, "Think of Me."

Clutching his beribboned offering, he hurried through the clean-swept front yard, through the garden fragrant and glorious in its raiment of rainbow roses and to the wide front steps. He

Continued on page 11

crossed what seemed to be the vast front veranda of cypress boards - and finally arrived at the front door, majestic in its mantle of poured glass with glimpses of the starched snow white Scottish lace curtains inside.

His trip home through the alligator infested wilds of the untamed country between Tampa, Florida and Madison County, Florida had not seemed half as long as his journey from his horse to the front door of his beloved Berta's front door.

"Has she forgotten me? Will it be the same? What if she has found someone else?" drummed inside his skull as had those same questions for the last months and months.

Soon, he would have answers and he would see her beloved face.

All of his walking to the front door had been accompanied by the overture of baying hounds, making their sweet tenor music at any excuse.

Sweat dribbled down his cheeks and down his back.

The heavy lace at the door twitched.

Clearing his throat and taking his straw hat from his head, he juggled the package and the hat and sidestepped a big Bluetick Coonhound.

He raised his free hand to knock, just as the door opened wide.

"Miz McD-d-onald!" he said, mortified to hear his own voice break like that of a lad.

"Ben Bishop! It's a surprise to see you here today!" she said with a smile in her voice.

"Yes, ma'am. I mean, I'm not surprised to see me, but I did just ride into home late last night," he said, struggling to keep his voice manly and strong.

He reached to shake her hand as was proper, but realized he had both his hat and his gift for

Annie Roberta in his right hand. He dropped the hat.

Reaching down for the hat, he encountered a wagging, slobbering hound. The dog stepped on his hat with a great splayed dog paw. He licked our Ben right in the mouth.

Mrs. Zillianne Zaradora Phillips McDonald, descendant of Col. Walter Chiles of Jamestown, Virginia and the wife of John Daniel McDonald who owned River Bend Plantation. He was, himself, descended from "a wee, red-headed Scotsman who walked with a cane and ate from gold plates."

Mrs. McDonald was tall, elegant, with a stern and imposing expression on her face,

but with very kind eyes.

She saw the blush begin at Ben's celluloid collar and spread over his perspiring face into his soft blonde hair. She saw him take a big breath and saw his white-knuckled grip on a package tied with a pink ribbon. She smiled and said, "Won't you come in, our Ben. Welcome home!"

"Thank you, ma'am," Ben said as he followed Miz McDonald down the wide and cool hall into the splended Sunday Parlour. He only tripped once on the soft Persia carpet that had come to West Florida by way of a sailing ship around the Horn of Africa.

"At least," he thought, "the big-footed and slobbering Bluetick Coonhound is left behind on the front porch!"

Ben was not normally so tongue-tied and clumsy. Today was special. It was the day he would see his beloved once again and it was also July 11, her birthday!

"I would surely like to see Berta," he said.

Continued on page 14



My grandfather, Robert Benjamine Bishop and grandmother, Annie Roberta "Berta" McDonald.

If you shop Amazon, you could be donating to The Clan Henderson Society with every purchase!

For those of you that are unaware, Amazon will donate .05% of your Amazon purchases to The Clan Henderson Society.

The instructions to use this program are as follows:

Go to www.smile.amazon.com

- * Login or create an Amazon account if you don't already have one.
- * At the bottom of the screen you can "Pick Your Charitable Organization."
- * Type in Clan Henderson Society in the box and select search.

Once you have selected your charity Just shop and .05% of your before tax total will be donated.

Remember

You have to login to your Amazon account through www.smile.amazon.com

Not all items qualify for a donation to be made but most do.

It's that easy.

Ask your friends and family who already shop Amazon, to now shop Smile.Amazon.com and pick Clan Henderson Society as their charity.

Shopping Amazon any other way is just throwing money away. Every penny helps.

Staci Simpson



Congratulations on your honors!

Ian Carter

who has been honored with the
Order of the Chief

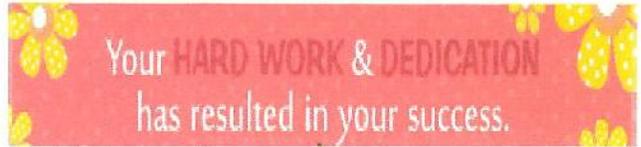
Nominated By: Mary Lane Henderson

Ian Carter passed away on July 5th, and was an upstanding member of the Clan Henderson Society. He and his wife, Robin, regularly attended and assisted in the Stone Mountain Highland Games. He was also very active in the community and was one of the founding members of the Druid Lakes Youth Lacrosse Association as well as an active member of the St. Andrews Society of Atlanta.

Dale German

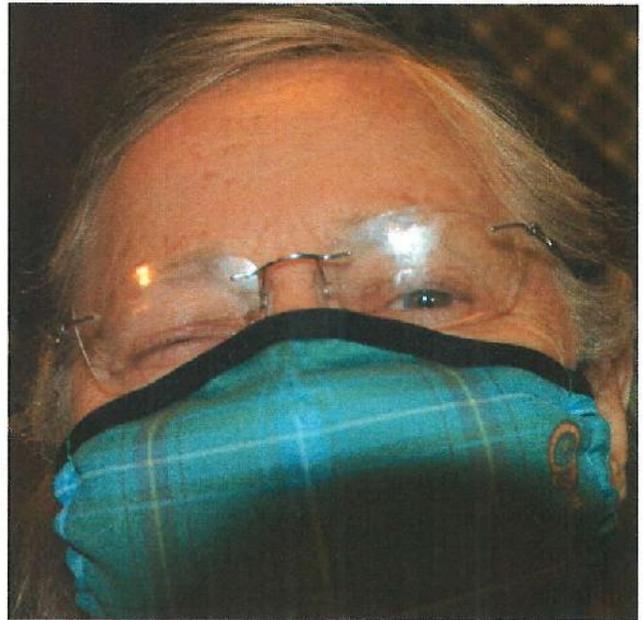
who has been honored with
the Order of the Chief

He is a member of the Regional Bodyguard and has assisted during emergencies at the Highland Games. He has also recruited members of the Oklahoma State Bodyguard.



Mary Lane Henderson, Chairman of the CHS Scholarship Committee, wishes to thank her team members who worked so hard on this year's Scholarship program.

The team members are: Mary Henderson and Jan Burdette. Joining the team in 2021 is Linda Williams.



My very first "selfie."

Your editor all dressed up in her Clan Henderson mask. C'mon folks, everybody send a photo of you in YOUR mask, Henderson or not, for the next *An Canach* issue!



Seeing double at school?

Scots teachers were left seeing double as NINE sets of twins prepared to start their first day of school this year.

The children, all aged four and five, are set to start at primary schools across Inverclyde - with one school set to welcome three sets of the twins.

"I'll get her for you, Ben," said Miz McDonald. "She's just outside in the vegetable patch. I'll get you something cool to drink as well. You just have a seat for a minute or two."

Ben couldn't sit down. He tried to slow his breathing and tried to calm himself. "What if she doesn't remember? What if she has forgotten me? What..?" The old questions returned.

He searched the gardens outside the parlour windows for just a glimpse of her.

In spite of the cool interior, his shirt was sticking to his back and his throat was desert dry. He realized his palms were sweating and imagined that the sound of his own heart beating could be heard at least across the room.

After what seemed to him like a day or two, he heard her light foot-steps coming down the hall. He turned.

There she was with a silver tray and two mint-garnished glasses of tea.

She smiled at him and his world was complete. She with the glossy black braids and laughing gray eyes, had known he would come back to her.

"Oh, my Ben, you are come home and on

my birthday."

All of the McDonald girls, all three - Emma Estelle, Jessie Mac and Annie Roberta were widely acknowledged as exquisitely lovely. They were known over several West Florida counties as "those beautiful McDonald girls."

The sisters all had past-waist-long shining hair, gray eyes and complexions of the softest porcelain.

In our Ben's eyes, Berta was perfection and to him, the fairest of them all.

He had dreamed of this moment for months. He had imagined this moment all of the miles through panthers, bears and snakes from Tampa to his lovely Berta. He had thought only of her through the heat and mosquitoes and discomfort. He had rehearsed what he would say to her all the way home.

Now that the moment was real, he could not say a word. He tried. Nothing.

Finally, he held out his hand to her - and

found he was offering his Berta his sweaty old dog-stepped-on straw hat. He swallowed and tried again. Nothing.

He held out his other hand with the carefully wrapped package.

"Oh, Ben! You've brought me a present."

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Mildred Bishop White, my Auntie Mildred, and my mother, Elizabeth Clyatt Bishop Palmer. My grandmother made these dresses and did all the handwork. Both my mother and grandmother were true artists with a needle.



Clan Henderson Society Flowers of the Forest

SFC Ian Mitchell Carter



SFC Ian Mitchel Carter, US Army (ret.) age 54 of Decatur, Georgia passed away Sunday, July 5, 2020, in his home.

Ian was born in North Kingston, Rhode Island. He had a very active military career. After retirement, he became an EMT or Prop Master on movie sets, even doing some SAG related stunts and background work.

Ian was active in the community and was one of the founding members of Druid Lakes Youth Lacrosse Association, an active volunteer to Stone Mountain Highland Games, and a member of St. Andrews Society of Atlanta. He was also a member of the Clan Henderson Society.

He also had a big heart and always checked in on others to make sure they were ok during these trying times.

Ian is survived by his wife Robin Carter of Decatur, Georgia, and their three children Keenan Carter (26), Caddock Carter (14), and Keely Carter (12). He also leaves behind four siblings and their families: Shaughn Carter (Georgia), Shannon Carter (Rhode Island), Nancy Ray (Georgia), and Jennifer Ward (Georgia). He was predeceased by both parents Nannie and Grayden Carter.

It was Ian's desire to be buried in Arlington National Cemetery. There is at least a seven-month wait before interment. A memorial to celebrate his life will be planned in a couple of months, further information is to follow. A. S. Turner & Sons of N. Decatur Road will handle the arrangements.

In lieu of flowers please donate to St. Judes Hospital. Ian really believed in all the hard work that they do for children. He really loved his kids and helping other children was his passion. <<https://www.stjude.org/donate/donate-to-st-jude.html>>

To learn more about Ian's military accomplishments or to stay updated about his memorial service, please go to <https://www.asturner.com/obituaries/SFC-Ian-Mitchell-Carter?obId=16668472#/obituaryInfo>



Céad Míle Fáilte



New Members to the Clan Henderson Society! One Hundred Thousand Welcomes!

Even in this “year without Scottish games,” the Clan Henderson Society has brand new members!

Mark Henderson, Veep of Membership with CHS announces a new member from Canada, Brian Henderson from Kamloops, British Columbia, Canada.

Joining in the Central CHS Region, Marquette Messick-Brown from Shawnee, Kansas, is one of our new folks! Welcome.

We have three new members from the Mid East Region of CHS. Ashley Fendt of Stafford, Virginia; Donald Henderson of Salisbury, Maryland and Ashley Hyman of Midlothian, Virginia. We’re delighted to have you all!

North Pacific Region is represented by a pair of new Henderson’s. Tamara Gabrielsen of Halsey, Oregon and Kyle Michael Henderson of Stevenson,

Washington are now “cousin” to us all!

All the way from Oceania comes brand new Henderson Louise Nettle from Sydney, New South Wales, Australia! Yaha! We’re tickled pink, blue and green to have you!

The South East Region welcomes Travis Smeltzer of Wilimngton, North Carolina. It’s wonderful to have YOU.

Clan Henderson South Pacific Region is represented this time by Russell Surber of Paso Robles, California. We’re all looking forward to meeting you.

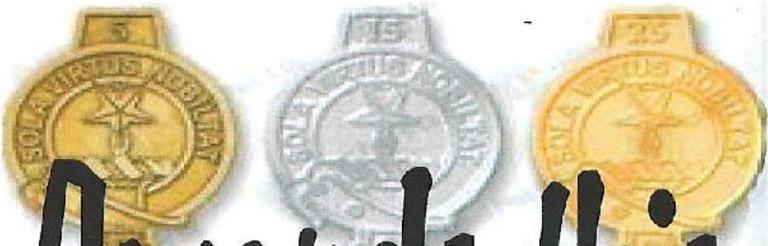
The South West Region has two new members this time. Jerry Floyd who hails from Bertram, Texas and Elizabeth Henderson Walley who comes from Mesquite, Texas are among our newest Hendersons! Howdy, cousins!

New Members! When you get your new kilt or kilted skirt in one of the Henderson tartans, don't forget to have it “christened” at the Henderson Clan tent at the next Highland Games you attend. Your garment will simply be anointed with a bit of the “water of life.”

WELCOME

New Members

The Clan Henderson Society, Inc., EIN 64-181635B. CHS IS a 501(c)3 tax exempt organization within that meaning of the Internal Revenue Service



Pin Awards this time

Mark Henderson, Clan Henderson Society, Inc., Vice President for members is honoring all of these members who are celebrating "milestone" memberships this month.

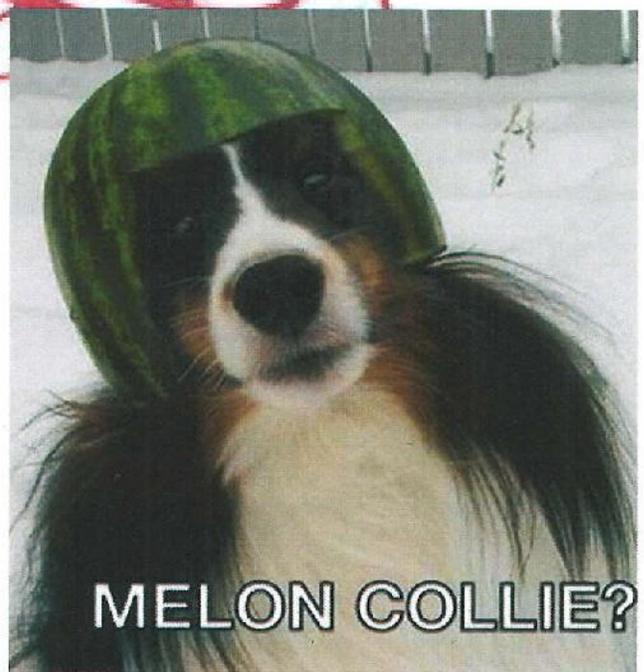
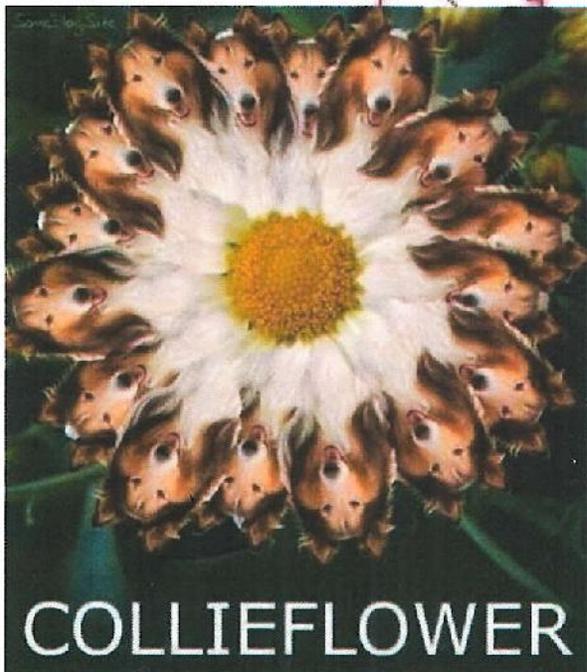
Twenty-Five Year pin awardees include Dorothy Henderson Ayers of San Diego, California; Beth Henderson Downey of Ocean Springs, Mississippi; Joel P. Henderson of Irving, Texas; Kathleen Henderson of Danville, Kentucky; Robert L. Henderson of Folly Beach, South Carolina; and Sharon Henderson of San Marcos, Texas!

Another quarter century pin awardee is : Debra K. Newland of Bandon, Oregon.

Fifteen-Year Pin awardees this month include Matthew S. Branson of Glen Allen, Virginia; Cynthia Henderson Callahan of London, Arkansas; Judith A. Corbett of Topeka, Kansas and Stuart H. Henderson of Charlottesville, Virginia.

Five-Year Pin awardees include Shelly Berryman of Corvallis, Oregon; Sandra Doucette of Narragansett, Rhode Island; Eamon Henderson of Modesto, California; Jim Henderson of Narabeen, New South Wales, Australia; John Ray Henderson of Rock Springs, Wyoming; Paul Donald Henderson of Pensacola, Florida; Beverly Pierce of Cookeville, Tennessee and Meri Ankeny Russell.

Congratulations



I have a little china cup that says, "Think of Me," *continued from page 14*

She placed the tray and tea on a table and took the package from Ben's trembling and nerveless fingers.

She untied the real pink satin ribbon and retired it on her own long, dark silken braid. She carefully unwrapped the tissue paper and removed the cotton wadding.

Finally, she held her gift in the palm of her hand - the little china cup, colors all bright and new - it's rim unchipped and the handle whole. The little cup said to her, "Think of Me."

They had loved each other all of their lives, as children, as neighbors, as friends.

They were married on 28th March 1907 in the little West Florida town of Madison.

The little china cup had a place of honor in their own parlour in the home in town that had been a wedding gift to the couple from her parents.

They, in time, had two little girls - one blonde and petite and one dark and lovely - Mildred Lois and Elizabeth Clyatt - the Bishop girls.

As a special treat, the little girls were sometimes allowed to hold the little cup when they had their doll tea parties with imagined royalty. One day, the rim was chipped, although no one ever knew from which little hand it had slipped.

Ben still had his unforgettable smile and his blue eyes were alight with happiness. He still had his old straw hat and he had his Berta and his girls. To him, life was complete and good.

Each year, on Berta's birthday, they would take the little china cup and share a cup of home-made elderberry wine. Ben would always say, "Ah, my Berta, do always think of me."

Berta would light his world with her own

smile and nod and promise to always think of him.

On her birthday, in 1912, they buried Ben. He hadn't been ill but a day or two. Today, we would take an antibiotic and go back to life...but, back then, you died from a simple kidney infection.

My mother, Elizabeth, was only two and didn't remember.

My Aunt Mildred, at four, had ground-itch and had to go to her father's funeral barefooted and embarrassed and heartbroken.

She remembered and would cry about it - until her own death at the age of 107.

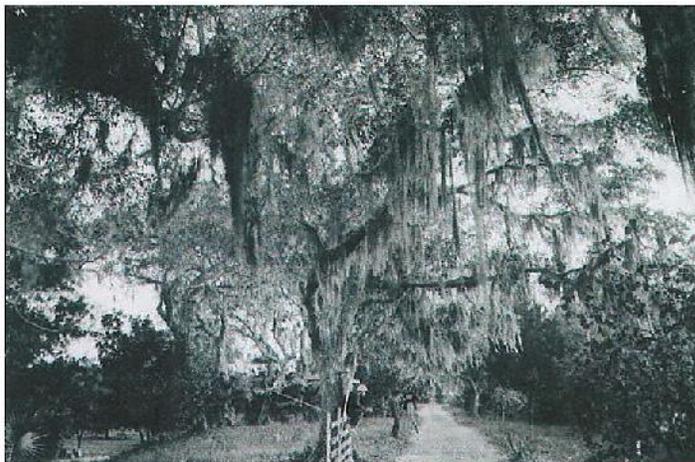
That night, she said, her mother took down the little cup and filled it with the last of their elderberry wine - as had been their custom on her birthday. She smiled through her tears and nodded her head...and took a sip in remembrance of her Ben.

When I came along, and I can remember back and see plain in my mind, that little cup, rim chipped, but otherwise whole - on the mantle in my grandmother's living room. The colors weren't new, but that little cup always held a place of honor.

I will never, ever forget the day my two little brothers put a box on a chair and a book or two on top of the box and climbed up and brought down that little cup to examine in their small boy play.

They played at games and the little cup was soon forgot. In their rough-housed way, the cup was knocked awry - and the sudden, sharp crack of breaking china brought our world to a stop.

My grandmother, who almost never cried, cried that day. She took soft cotton and wrapped the little cup. She then covered it with tissue pa-



The road to Tampa from Madison

Continued on page 19

I have a little china cup that says, "Think of Me," *continued from page 18*

per and tied it with a new real pink satin ribbon and put it safely away.

On my own birthday, when I was 21, my Granny cooked liver and onions - a treat only we two enjoyed. She served it in the old flowerdy china tureen and put upon the table a little package wrapped in cushioning cotton and tissue paper and tied with a pink satin bow - just like her own cheeks, still so soft and pink.

She gave that package to me - although of course I could not know it then, but it was the last of my own birthdays that we two would share.

I untied the bow and retired the ribbon around my own long braid. I unwrapped the cotton and tissue and rediscovered the little china cup, now chipped with the handle gone and the colors betraying the years.

She told me this story then, of her beloved Ben.

We two, my grandmother and I, filled the little cup with some secret elderberry wine from the high shelf in her closet and shared a sip.

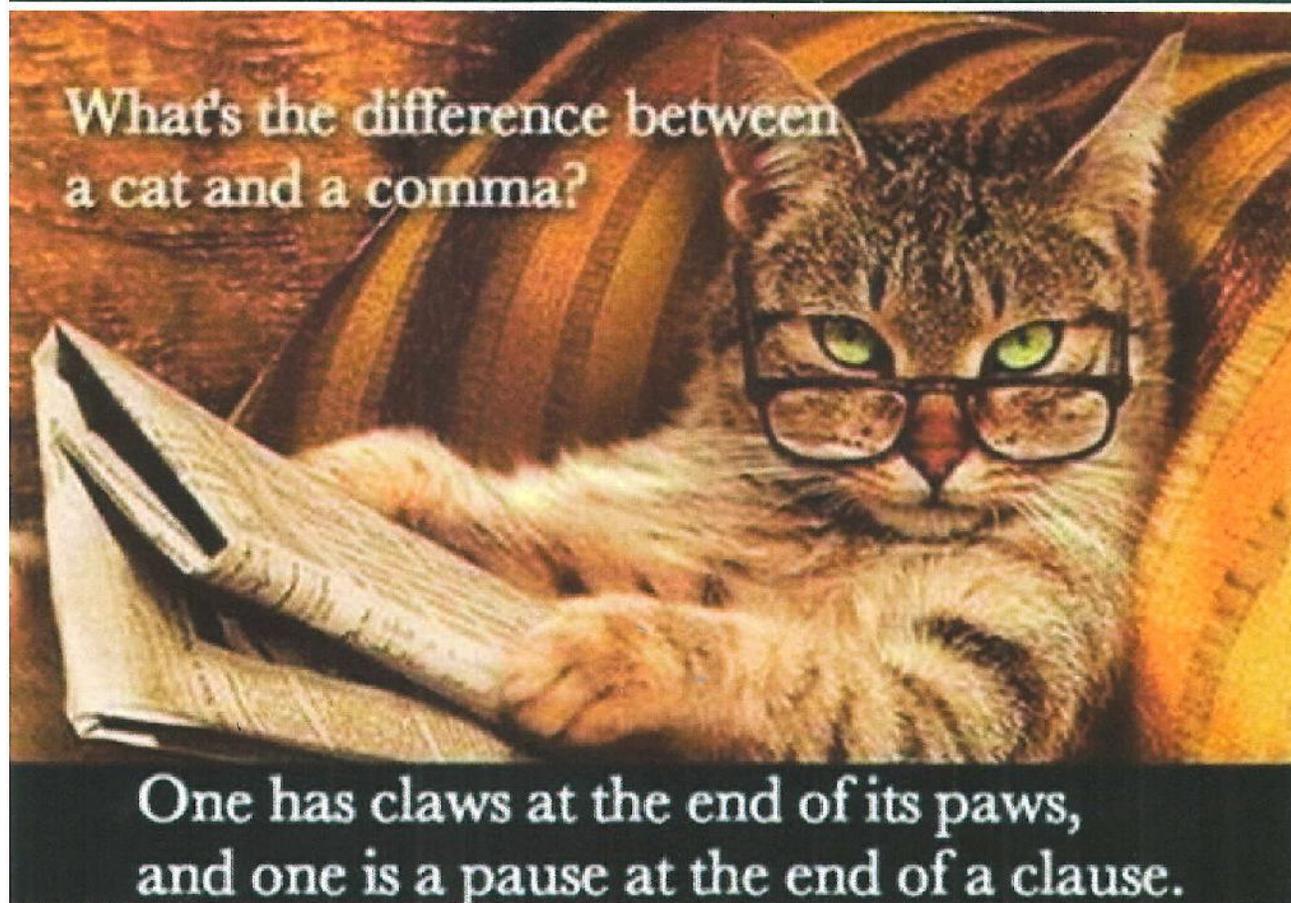
My grandmother said then to me, "Ah, my darling grandchild, always think of me and think of the life and love we've all shared. Think of me and my Ben...and of my own love for you."

That was June 18. My beloved grandmother died that October 30.

Ever since then and for as long as I am on this earth, on my own birthday, I fill that little cup with some not so secret elderberry wine and hold the cup in the palm of my hand and think of Ben and his Berta. I always, not only on that day, but every day, think of my grandmother's endless love.

Oh, yes, I have a little china cup that says, "Think of Me."

This little story was published some years ago in a wedding book of *Chicken Soup for the Soul*



What's the difference between
a cat and a comma?

One has claws at the end of its paws,
and one is a pause at the end of a clause.



The magnificent Scottish Clydesdale!

POSTED JULY 17, 2018, BY CARNEY HERITAGE PRODUCTIONS

As a Scottish heritage film maker, one of the most interesting features I have filmed is that of the Clydesdale horse. Here is part of their interesting story.

The Clydesdale is a breed of draft horse derived from the farm horses of the Clydesdale region of Scotland now known as Lanarkshire.

The breed developed as a result of breeding with Flemish stallions which were bigger and stronger than the Scottish horse.

Thought to be over 200 years old and bred extensively for pulling heavy loads in rural, industrial and urban settings, the Clydesdales made an invaluable contribution to both the industrial and agricultural revolution not only in Scotland but all over the world.

At one time there were at least 140,000 Clydesdales known in Scotland. By 1949, just 80 animals were licensed in England. Clydesdales have since seen resurgence in popularity and population,

with an estimated global population of around 10,000 horses. Clydesdales are now most numerous in the United States where many foals are born each year.

Clydesdales are noted for grace and versatility; they stand on average between 16 – 17 hands in height (Multiply by 4 inches to get their height.) and can weigh up to one ton.

A Clydesdale has an elegant head, with a straight profile, small ears, large, dark eyes and a heavy forelock. The neck is long and slightly arched, the chest deep, the shoulders are well sloped and muscular. The hindquarters are well-muscled and have a distinctively rounded silhouette. Perhaps the most widely recognised feature of the Clydesdale's appearance is the abundance of feather, the long hairs that fall from just below the knees and hocks to cover the hooves.

Clydesdales may be of several possible col-

Continued on page 31

A note from your editor

Your editor found a treasure on electricscotland.com! It is *The Gowrie Conspiracy*...and is a fascinating and detailed part of Scottish history that does feature a Henderson, even in a minor role.

In this "Year Without Games," we can take advantage of a bit of space in *An Canach* to learn something about our Scottish past and maybe something about some of our very own ancestors!

We may have to serialize this as it is quite long...however, it is riveting and would make a fantastic action movie!

The Gowrie Conspiracy

With many thanks to electricscotland.com

Continued from our last issue.

The King's conduct after the event is not reassuring. The citizens would not believe his statement that the conspiracy was the act of Gowrie, and to such an extent did this feeling prevail, that he had to wait inside Gowrie House on the fatal day till it was dark, and then disappear clandestinely with his escort to Falkland, in order to save his life.

When he arrived at Falkland, the first thing he did was to dismiss on the spot two of Gowrie's sisters who were maids of honour to the Queen.

He made a bold effort to pacify the people of Perth by granting them charters and all kinds of privileges; visiting Perth on many occasions, eventually becoming a burghess and signing his name in the book of the Guildry Incorporation and afterwards becoming Provost

The purpose of all this is too transparent, we think, to mislead any one. But the question remains, what was his object in committing this crime, if he did commit it.

He was a jealous man. He was Gowrie's debtor for the sum of £80,000; he could not bear a rival to his popularity, while his throne might possibly be

in danger.

Gowrie, on the other hand, was a scholar, one of the most accomplished men of his time, a favourite at the Court of England, a general favourite in Scotland and, as Provost of Perth was beloved by the people; so much so, that when he left to complete his education in Padua, the Town Council of Perth, kept him in the Provostship during his absence (six years), and would have no other.

This is a compliment that never was paid to a Provost of Perth outside of the Ruthvens either before or since and it indicates to what extent they were respected in the Fair City. How far the Raid of Ruthven was responsible for this conspiracy it is impossible to conjecture.

If the King was an innocent man, why did he on the 23rd August execute, after a mock trial, the three confidential servants of Gowrie,—Cranston, Craiggelt and Macgregor,—all of whom were eye-witnesses of the event. The explanation evidently is that he was determined to remove every



James I of Scotland

Continued on page 22

The Gowrie Conspiracy, *continued from page 21*

person who would, or could, give evidence in Gowrie's favour, and the testimony of these three men was not only of the highest importance but would have settled the guilt or innocence of the King.

The event, as might be expected, created an impression over Scotland which was appalling and an inspection of the correspondence of the period reveals one conspicuous point, and that is that not one of the recorded letters condemns Gowrie.

It must be kept in view that, as the King was involved in this matter, no one was safe to write much about it unless they took his part. Nicolson's letters are noticeable; they are with one exception addressed to Sir Robert Cecil, Elizabeth's Prime Minister, and strange though it may seem, we have not been able to discover any of Cecil's replies. Nicolson was Elizabeth's envoy in Scotland, and, unlike some of his predecessors, he was a man of integrity and high principle.

Every word that he has written about this conspiracy may be accepted. In his estimation, the general opinion was that it was a conspiracy of the King to slay the Gowries. His letter of August 11 to Sir Robert Cecil is of great importance. He was compelled to send the King's version of the deed to England because "the King caused it to be written." In his position he had no alternative but he goes on to tell Cecil that there are great doubts of the truth of the King's report and that these doubts are greatly increasing.

"Unless the King bring the conspirators to the scaffold, the people will form dangerous opinions about him; they will believe him guilty and Gowrie

innocent."

But the most serious charge in this letter is that the reports of the conspiracy coming from the King differ. This is probably the strongest point recorded against the King, a point from which he cannot escape.

An innocent man could only have given one version and, whatever the King's intentions were, we fear he must stand convicted in the eyes of posterity. Nicolson is careful and guarded in his language about the King. He tells us that Alexander

Ruthven wore on the occasion a silk cut doublet without armour; whether with or without weapon he does not seem to know. Gowrie himself, he alleges, was without arms, save two rapiers, which he had to borrow.

Nicolson's reference to the attitude of the clergy is very cautiously put; but, reading between the lines, these were not at all convinced of the bona fides of the King's narrative. And in view of the Ruthvens being both defenseless, this is a strong argument in their favour.

But Nicolson, though he makes no comment, makes it clear to Cecil

what he means.

"The matter is believed to be otherwise than the King reports it: all parts of the country, so far as I can learn, are in great suspicion at the King's attitude. It would appear that, before the conspiracy a Convention of some importance was summoned by the King, at which he made a demand for money for his honourably entering on the Crown of England after Elizabeth, and in order to



Sir Robert Cecil, Elizabeth's Prime Minister

Continued on page 23

gland after Elizabeth, and in order to effect his purpose he proposed that an excessive tax should be levied on the people. The meeting was out of sympathy with him."

The Earl of Gowrie made a speech about the extravagant proposal of the King, expressing his strong dissatisfaction with it, at which the King fell into a rage and dismissed the Convention.

The King made his position more ludicrous by his desperate and persistent efforts to break the obstinacy of Bruce, one of the ministers of Edinburgh, and those who stood by him. Bruce refused to thank God for the King's deliverance, as he believed Gowrie to be innocent

Then came this scene. The King asked Bruce: "Now are ye yet persuaded? Ye have heard me, ye have heard my ministers, ye have heard my Council, ye have heard the Earl of Mar, touching the report of this treason: are ye yet fully persuaded or not?"

"Surely, Sir," says Bruce, "I would have further light before I preached it to persuade the people. If I were but a private subject, not a pastor, I could rest upon your Majesty's report as others do."

Then the King asked Balfour, another minister: "Are ye fully persuaded?"

He answered: "I will speak nothing to the contrary, Sir."

"But are ye not persuaded?" says the King. "Not yet, Sir," said he.

Watson, another minister, answered after the same manner.

Balcanquhal, another minister, said that he

would affirm all that David Lindsay said from the pulpit in presence of His Majesty yesterday.

"What said Mr. David?" says the King.

"Mr. David founded himself upon your Majesty's report and a faithful rehearsal of it; and so shall we."

"Think ye," says the King, "that Mr. David doubted my report?"

"No; David was sent from the Continent."

They said unto him:

"Are ye not certainly persuaded of this treason?"

"Yes, Sir," said he, "I am persuaded in conscience it."

"Now," says the King, "Mr. Balcanquhal, are ye truly persuaded?"

"Indeed, Sir," said he, "I would have further time and light."

The King asked John Hall, another minister: "Are ye fully persuaded?"

He answered: "I would have the civil trial going before, Sir, that I may be persuaded."

In a second interview with Bruce, the King referred to his secretary, Sir

Thomas Erskine, to satisfy the obdurate minister about the facts. "As for Sir Thomas Erskine," said Bruce, "I trusted him in a part; but there were other things that I thought hard."

"What was that?" said the King.

"That part which concerned the Master of Gowrie and your Majesty."

"Doubt ye of that?" said the King, "then you could not but count me a murderer." "

It followeth not, if it please you, Sir," said Bruce, "for ye might have some secret cause."



James I of Scotland

Continued on page 24

The Gowrie Conspiracy, continued from page 23

The King urged him to preach the articles which were sent to him.

Bruce said he had given his answer already to those articles and had offered to the ambassadors that which all men thought satisfactory far more than preaching.

"What is that?" said the King.

"That I will subscribe my resolution," said Bruce.

"Trust you it," said the King.

"Yes, Sir," said Bruce.

"If ye trust it, why may ye not preach it?" said the King.

"I shall tell you, Sir," said Bruce. "I give it but a doubtful trust, for I learn this out of Bernard— in doubtful things to give undoubted trust is temerity, and in undoubted things to give a doubtful trust is infirmity."

"But this is undoubted," said the King.

"Then bear with my infirmity," said Bruce.

"But ye say it is more than preaching," said the King.

"Sir, I ought to preach nothing but the word of God," said Bruce.

"Obedience to the princes, suppose they are wicked, is the word of God," said the King.

"I will lay a wager that there is no express word of King James VI in Scripture. Yet, if there be a King, there is a word for you also."

At a third interview with Bruce, "Ye must subscribe my innocence," said the King.

"Your own conscience, Sir, can do that best," said Bruce; "It is very hard for me to do it"

"Why is it hard?" said the King.

"Had ye a purpose to slay my lord?" said Bruce.

"Why brought ye him not to justice?" said Bruce, "seeing ye would have had God before your eyes?"

"I had neither God nor the devil before my eyes, but my own defence," said the King.

The attitude of Bruce does him great credit, particularly the independent way in which he addressed the King, and the firm and unflinching position he maintained during the entire discussion.

The Town Council were ordered to hold a court of inquiry, which they did, and of 355 persons examined, "the greater portion had nothing to tell."

Why so is not stated, but may be conjectured.

If there was a conspiracy, it is necessary to suppose that there were several persons in the plot prepared to support the principal actor.

At any rate, it is certain that the people of Perth did on that occasion show strong attachment to the Gowrie family, and by their

behaviour indicated that the death of Gowrie and his brother was a cruel murder.

One would have imagined that their resentment of the deed would have induced the King to keep at a distance from Perth and to banish all thoughts of it for years to come; but before three months were over, to find him heaping honours and riches on that very city where such a horrid plot had been contrived, was so far the King's policy of bravado.

The heaping of these honours on the Ancient Capital was to show "his gratitude for his miracu-

Continued on page 25



Gowrie House in 1600

lous deliverance," and to convince the people that he was an innocent man: these honours would further show his high sense of appreciation of his wonderful escape.

The next act of the drama was the examination of witnesses in order to prove Gowrie's guilt.

Under the presidency of the Lord Chancellor, the Court met at Falkland on the 6th August, four days after the event. A second Court met there on the 20th August, presided over by the Lord Chancellor.

Among the witnesses examined were the Duke of Lennox, Earl of Mar, Andrew Henderson, the Abbot of Inchaffray, Abbot of Lindores, Sir Thomas Erskine, Sir John Ramsay, John Graham of Orchil, John Graham of Balgowan, Andrew Roy, bailie of Perth, George Hay, Prior of the Charter House, etc. (Lord Kinnoull).

These were supporters of the King and it is not difficult to see what would be the scope of their evidence. Such a volume of depositions against Gowrie would no doubt be intended to influence the people at the time.

The evidence is worthless in respect that it is not the testimony of independent men, but of mere partisans of the King.

On the 22nd September the Town Council held another Court in order to take some precognitions.

This Court was presided over by the Provost and was to receive the testimony of the whole inhabitants. None of the witnesses were in Gowrie House, consequently they could only speak to the circumstances from second hand.

But evidently the tragedy was not yet played out.

The vindictive spirit of the King was not appeased.

In order to divert suspicion completely from himself, he must have their dead bodies exhibited in Parliament in order to receive sentence.

Consequently, on the second day after he returned to Falkland, he sent the following dispatch to the Magistrates of Perth: "As John, Earl of Gowrie, and Alexander his brother, being in the

actual execution of a horrible and traitorous conspiracy against the King, it has pleased God most miraculously to deliver His Majesty from their intended treason and to turn their traitorous practices upon themselves, who have deservedly suffered death, as they were in the actual pursuit of His Majesty's person.

Wherefore it is necessary that the bodies of the said Earl and his brother be kept and preserved pending further investigation of the matter.

Therefore charges the bailies of Perth to preserve and keep the bodies unburied until they know the King's pleasure as they shall answer to His Majesty on their highest peril."

Then follows a charge to the keepers of the Earl's Castles of Ruthven, Strathbraan and Gowrie House, to deliver the same with goods and gear with inventory to the King's treasurer and that they "remove furth thereof within six hours after the charge under pain of treason and if they fail, to be denounced as traitors and proceeded against according to the laws of the Realm."

On the 1st November the posthumous trial of Gowrie and his brother took place at Edinburgh and their dead bodies were transmitted from Perth and placed at the bar; an appalling spectacle. The trial appears to have been adjourned till the 9th, and on the 15th the Court of Parliament, presided over by James VI., announced that "John, Earl of Gowrie, and his brother, Alexander Ruthven, committed the crime of treason against the King in manner as contained in the summons: and therefore decrees and declares the name, memory and dignity, of John, Earl of Gowrie, and Alexander, his brother, to be extinguished, and their arms to be cancelled, so that their posterity shall be unable in all time coming to possess or enjoy any offices, dignities, honours, possessions, hope of succession within this nation which in any way pertained to John, Earl of Gowrie, and Alexander, his brother, the same to be confiscated, and in all time coming to remain the property of his Majesty for ever. the

We will continue this story to the end. It is quite long and while reading it myself, I thought it could be a movie, but, it is TRUE!. Thank you to Alastair McIntyre and electricscotland.com.

The Backyard Rebellion Scottish Festival in Lebanon, Tennessee

August 1st, 2020 - In spite of the Covid situation that has forced the cancelation of so many games and festivals this year, a group of rebellious athletes descended upon the small town of Lebanon, Tennessee just East of Nashville. There were more than 60 men and women competing in 7 different divisions.

Although this was labeled as a "Festival" due to the need for keeping safe distance it was a sanctioned games only consisting of the athletes, judges and their family members.

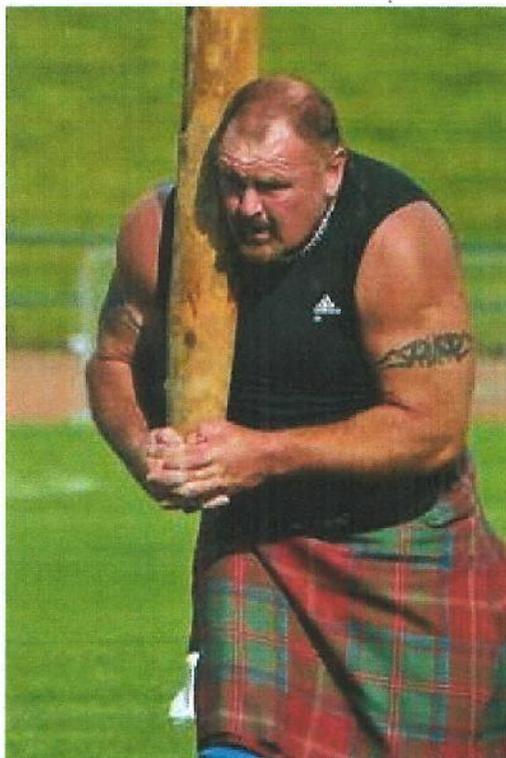
Luckily the Highland Games are structured so that maintaining a safe distance isn't very difficult.

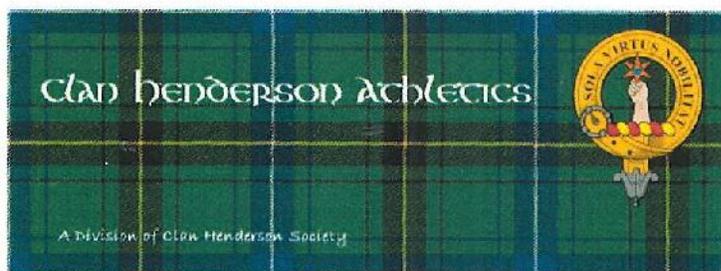
In that group of Rebels were 2 brothers competing and representing Clan Henderson. The Owens brothers Eric and Scott who proudly represented Clan Henderson in a group of Men's Masters that included the likes of Trevor McMurray and Pro Master Braidy Miller who, despite the rain that day, set a new World Record in sheaf for men 50yrs and up of **35' 6"**. **(The height and bag weight were verified by 2 judges and recorded on the NASGA database)**

This was Eric's second competition and Scott's first.

They both did great and I look forward to seeing both of them representing Clan Henderson in many games in the future. Hopefully this Covid crisis will soon pass and we can get all aspects of our lives back to a more normal state. Until then keep practicing and training when and where you can. Stay safe everyone.

Bryan Simpson, Athletics Director





Go CHS Athletes

Bryan Simpson
Athletics Director, CHS

Highland Games Rules Basics

Divisions – (Men’s) {Pro, Amateur A – B – C – Novice and Masters} These are men between the ages of 18 and 39 years old. Masters are ages 40 years and older. Some places will have additional divisions for men 50 years and up. An athlete under 40 years old starts out as a Novice for 2 to 4 competitions and is then ranked B or C based on how well they did. As they compete more and they reach certain distances with their throws they move up the ranks toward the Pro level. A’s are the last level before Pro. (some places do recognize the top A’s as Super A’s or those who are very close to the Pro level.) *NOTE once a Pro turns 40 they are listed as a Masters Pro. Most Masters Pro’s will compete for fun with the A’s group.* Many places also have a Light Weight division for men under 200lbs. They use the same weights as the Masters.

(Women’s) Pro, Amateur, Novice and Masters. Usually follow same age groups as Men’s. It is rare to find women’s divisions broken into A B C groups.

Breamar Stone – 20lb – 26lb stone all men’s divisions - Feet cannot advance forward in the box. You can pivot on one foot or switch feet as you throw. (Women 13lb – 18lb)

Open Stone – 16lb to 20lb stone all men’s divisions - Can move around freely inside the box. One foot must stay in the box at all times. You cannot touch the top of the trig or forward of the trig. You cannot touch out the back of the 7’ line of the box. (Women 8lb – 12lb) Unlike a shot put no 2 stones are shaped the same.

HWD – 56lbs or 4 stones - Mens’ A – B – C – Novice / 42lb masters and men’s under200lb (not all games have a men’s under 200lb division) (Women 28lb Womens Masters 21lb) Rules similar to open stone but back of box is 9’. Overall length of the implement including chain and handle will not exceed 18"

LWD – 28lbs all men’s divisions. (Women 14lbs) same rules as HWD

Heavy Hammer – 22lb all men’s divisions – Feet cannot advance toward the trig. (Not all games enforce this rule. Some allow one foot to move as long as it stays in bounds.) Many guys use bladed boots for leverage. (Women’s 16lb)

Light Hammer – 16lbs all men’s divisions – Same rules as Heavy Hammer (Women’s 12lb)

Sheaf Toss – 20lbs Men’s A – B – C – Sometimes Novice / 16lbs Men’s Masters and under 200lb. Sometimes Novice. You get 3 tries at each height. Miss all 3 you don’t move on. (You can choose to enter at whatever height you want) (Women’s 12lb / Women’s Masters 10lb)

Caber – Varies 100% by games. Typical 16’ – 22’ long weighing 65lbs to 125lbs. Will vary by division and who is the A D for that games. Scored by an angle score up to 90 DEG or a clock score if turned. Think hands on a clock. Where the thrower is facing when the caber is released is 12 o’clock.

Continued on page 28



You want the caber to turn and land as close to 12 as possible. (11 and 1 is same score / 10 and 2 is same score...) (Women's 12' to 16' 30lb to 60lb)

Weight Over Bar (WOB) – Same weight used for HWD. Same rules as Sheaf Toss.

The term Stone is a weight of measure equal to 14lbs. So a 56lb weight is 4 stones.

The throw box is 4.5ft wide with a back line at 7ft and 9ft depending on the event. The TRIG is a 4inch high 4inch deep piece of wood at the front of the throw box

Each athlete gets a score in each event. Best total score after all events wins.





Scottish heather honey is best for beating bacteria

New Zealand Manuka honey has long been held up as a powerful natural antibiotic with healing properties but it seems it's facing competition from bees in Scotland.

According to new research, Scottish heather honey is even more effective for treating infections than its New Zealand-based cousin Manuka.

The honey from the Inverness area effectively kills the strains of bacteria that cause MRSA and three other types of bacteria, the Glasgow University's School of Veterinary Medicine found.

Dr. Patrick Pollock, an equine surgeon who conducted the research, said the new findings suggest that now the honey could be used for treating humans and animals.

Up until now, the most famous honey used for medical purposes was Manuka honey from New

Matthew Elder III Appointed Regional Commissioner for the Great Lakes Region

Leon Hicks, President,
Clan Henderson Society

It is with great pleasure we announce the appointment of Matthew Elder, III, as the new Regional Commissioner of the Great Lakes Region.

Matthew has been a longtime supporter of The Clan Henderson Society joining the society in 2000.

He and his wife, Annette, have been very active attending Scottish festivals in the region and have been a "fixture" at the Alma, Michigan games and festivals serving as the Clan Henderson Society Convenor.

In recognition of his service to the Society, he has received both the Order of the Chief medal and the Order of the Chief medal with Distinction.

In accepting this position Matthew replaces one of the stalwart supporters of the Society, Doug Henderson, who has accepted the position of the Commissioner Emeritus for the Great Lakes Region.

Doug and Matthew have long supported each other in the Region and will make a great team going forward.

Please join me in extending a warm welcome to Matthew and Annette as the newest members of the Clan Henderson Society Leadership Team.

Zealand, but it is expensive to import.

"If we were able to use locally-sourced, cheaper honey as a wound dressing, it would be very beneficial, particularly in poorer countries," said Dr Pollock.

Honey helps to promote healing, cleans the wound and keeps it infection-free. It gets its anti-

Continued on page 30

Scottish Honey is medical, too,
Continued from page 29



bacterial properties from something called hydrogen peroxide.

The healing benefits of honey have been known since the ancient Egyptian times but today it is most widely used in veterinary medicine.

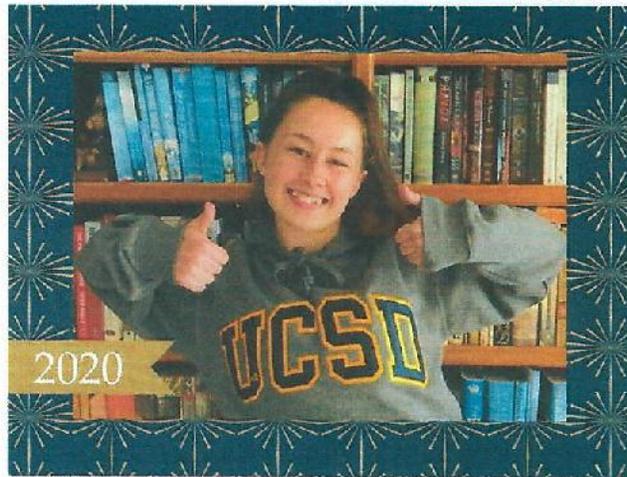
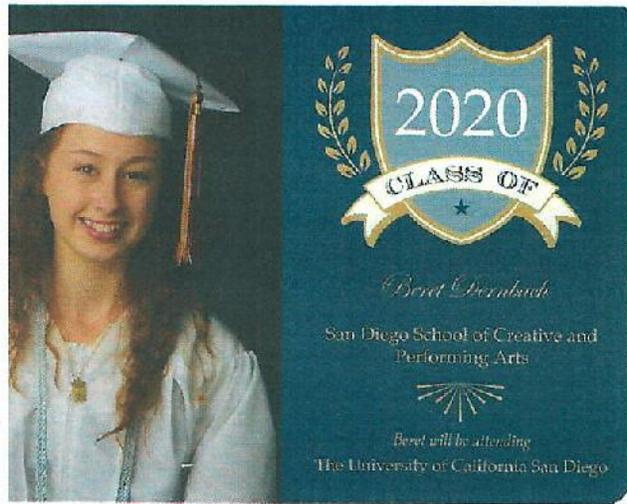
Dr Pollock said: "Honey is useful in equine medicine, particularly on wounds to legs. There is not much fat on the lower half of horses' legs so can take a long time to heal, or even never fully heal at all."

In future, it may be possible to identify honeys with activity against specific bacteria. This would allow a clinician to select the most appropriate honey type for a specific infection.

Researchers tested 11 kinds of honey and found that eight were effective against all the bacteria at concentrations ranging from two per cent to six per cent.

But heather honey from the Inverness area was shown to be particularly effective – killing MRSA microbes and three other types of bacteria at concentrations of two per cent.

This raises questions about cheaper, natural treatment of wound infections. Dr Pollock said: "In many regions of the world, access to expensive antimicrobial drugs is limited, therefore locally-sourced honey may provide an inexpensive alternative."



*Suzanne Henderson Emerson,
 South Pacific Region Commissioner,
 Clan Henderson Society*

The magnificent Clydesdale, *continued from page 20*

ors, including various shades of bay (sometimes called brown), chestnut (sometimes called sorrel) or black.

Clydesdales have a range of characteristic white markings which are generally present regardless of body colour.

Clydesdale foals, like all horses, are born after an 11-month pregnancy.

At birth, they weigh up to 82 kilograms (180 pounds). They are fast growers and for the first few months gain up to 2 kilograms per day; a Clydesdale mare needs to be capable of producing over 25 kilograms of milk per day in order to support this rate of development.

Here in the North East the Clydesdales were the main power source on farms, forestry and haulage for over 200 years until the power of the motorised engines replaced them from the 1920s onwards.

They were also used to pull heavy loads on the roads before the invention of steam power and the railways.

Breweries used them to pull their drow carts with barrels of beer and they were common sites in both rural and city settings.

They were also used in the forestry when all the trees were pulled out after being cut down by hand using saw or axe.

The Clydesdales were used in the First World War to pull heavy artillery.

The Household Cavalry today use Clydesdales as their Drum horses and can be seen at major Royal events all over the country.

Aberdeen City Council had several Clydesdales working in the parks and gardens.

In America the Budweiser Brewery still have their famous Clydesdales which are used to promote their brand.

The Clydesdale is also an attraction in the extravagant Disney parades for tourists.

Nowadays they are one of the most popular exhibits and displays at the agricultural shows and The Royal Highland Show at Ingelstone features

the Clydesdales in all their glory a site worth seeing.

Farmers used the Clydesdales to do all the tasks of agriculture.

The men who worked the Clydesdales on the farms locally would have had the "Horseman's Word" which gave them power over their horses. A strong bond between the horseman and his pair was formed and together they made a great working team for any farmer.

It was said that a ploughman would walk 11 miles per day while ploughing and would start work at 7 am.

Prior to that he would have fed and groomed his pair at 6 am before he got his own breakfast.

If you are in awe of these horses like me, and all of the other "gentle giants" of the horse world, there is a program called *Gentle Giants* on RFD-TV every week. You might also find it on the Cowboy Channel.

I think there is a farm on Skye which raises Clydesdales and makes it possible for you to actually visit and ride them!

Back in my radio days, I got to go and "Interview" the Budweiser Clydesdales several times. What a thrill for me. Those horses are "people in horse suits" for sure. So smart and so kind.



Thank you notes from our Scholarship winners!

Dear Clan Henderson Society,

Through your generous donations we were able to award nine young people with a scholarship. Thank you all who made monetary donations, those who sold Clan Henderson crafts and a big Thank you to Mark Henderson and those who gave through to the "Hiking for the Youth" challenge. Mark hiked hundreds of miles in the "Hiking for the Youth" challenge. If you have Fundraising ideas for this year, please contact me at marylanehenderson1@gmail.com.

Mary Lane Henderson
Youth Scholarship Chair



Dear Clan Henderson Society,

Thank you so very much for your generosity in awarding me a scholarship from your organization! I am deeply honored & humbled to have been chosen among many deserving recipients. Thank you for supporting my highest dance career, as well as my aspirations to become a full fledged Highland dance instructor. I thank you sincerely & with love and the scholarship committee with enjoy my hand-printed card made for you in gratitude. I also hope the rest of the coming 2020 year will be prosperous for your organization, & that your Clan members can stay safe throughout the coming months.

Many thanks & yours truly,
Associate Highland Dance Teacher
Lana Audrey Trawick. (Audrey Trawick)

Dear Clan Henderson,

I would like to take the time to express my appreciation for the award of the academic scholarship. That scholarship will be used to further my education and fulfill my dream of becoming a health care professional.

I will take my MCAT exam in January and apply to medical school shortly after.

These funds mean a lot to me and are greatly appreciated.

Thank you all very much. Respectfully, Erica Milner



Continued on page 33

Greeting Clans & Scholarship Committees,

I just wanted to check in with everyone and say hello and give an update to what's been happening in my Scottish Highland Dance community.

With the USIR cancelled this year due to COVID.....we've had a lot of different but fun activities to replace the emptiness in our hearts. Recently, I have competed in the Hebridean challenge online in Australia. It consisted of a Scottish Dance World Wide celebration broken up between 7 World Wide Regions. Points are given to each region based on each dancers submission.

I am happy to report that I was 3 of 20 USA online submissions for this choreography challenge. The USA had chosen intricate steps for the Fling, Swords, Sean T, and Reel Choreo. They were most fun as well as challenging. I would like to share my submission videos with you via *YouTube*. Please enjoy the three Choreo dances I was able to participate in with this challenge.

On another note.....I am still awaiting my scheduled day and time with the Scottish Adjudicators regarding my members exam. However, I am assured that it will be officially scheduled within the next few weeks. I will look forward to sharing that experience with all of you as well as my exam results when they are processed.

In the meantime I am blessed to say that my TBHD instructor Elizabeth Constantine continues to have in studio teaching opportunities for me, which I enjoy very very much. My little online dance students continue to improve every week as well.

I look forward to my next update with all of you. In the meantime please stay healthy and safe.

Audrey Trawick, Associate HD Instructor
Tampa Bay Highland Dancers, Clearwater FL.

Dear Clan Henderson,

Thank you so much for awarding me one of your 2020 Scholarships! I truly appreciate Clan Henderson's continued support of my highland dancing career!

It is very disappointing that every event since March has been cancelled. I am looking forward to getting back to competing once this is all over.

Thanks again!

All the best, Beret (Dernbach)



Continued on page 34

Anna Binkley
1603 High Hampton Ct.
Winter Garden, FL 34787

Dear Clan Henderson Society,
Thank you very much for your gracious award. I look forward to earning my teacher's certificate and greatly anticipate the opportunities it will provide to continue to further Celtic culture. Thank you again for supporting my efforts and for your kind words.
Sincerely,
Anna Binkley

Dear Mark,

This is Allison (Hendry) Dernbach - Beret's Mum.....I would like to thank you personally for the generous scholarship Clan Henderson has awarded Beret again this year!!

As the person responsible for the costs of her dancing endeavors, I would like to let you and everyone in the clan know how much this gift is appreciated by myself, as well as Beret!!!

I have been encouraging Beret more and more in the past couple of years to take over increasing responsibility in her applications for scholarships, and it has served her greatly in this past year with her college applications! With family, however, I would also like to say how much this means to me personally!

We are looking forward to the next competition that will actually be held, and Beret will be there, no matter where it happens! Highland dancing is such a huge focus of Beret's life, and therefore my own too! She is looking to win another world championship, and has not let up one bit on her daily commitment at home, despite there currently being no venue for her to feel rewarded by the hard daily work.....I am impressed at her dedication, and think she is going to be in a great place to accomplish her future goals, as there are probably very few dancers who have not taken this opportunity to slack off a bit - Beret is definitely not one of them!

I hope all of you in the clan are staying healthy, strong, and sane!! It's a difficult time, but this too shall pass, and we will be together again, appreciating our kin all the more for the time we have had to be separated!

All the Best to You, Yours, and Ours!

Allison

Dear Clan Henderson,

I wanted to update you on what has been happening since January.

In February, I broke my fifth metatarsal. I was in an aircast for a month. I was excited to go back to dance lessons, but then, COVID-

Everything has changed. I miss performing. I miss competing and I miss going to the nursing homes to dance. I miss seeing my friends at the games and events.

I started dance lessons one Premier steps for 2020 - 2021. I will complete again, I am still

When I get to compete again qualify for the USIR in 2021

I really hope that things go remember what normal is now.

I wanted you all to know that I am so thankful for your past support. I hope you will consider supporting me in the future if scholarship money is available.

Brynn Brown



19 ruined it. I miss performing. I miss competing homes to dance. I miss seeing everyone in the clan tents. I miss performing every day a week. I am learning all the Premier steps. Even though I don't know when I will be practicing, practicing. I hope to earn a spot to compete in Premier, I hope to earn a spot to compete in Premier, I hope to earn a spot to compete in Premier. I don't even



Thank you!

Dear Clan Henderson Society ,
My Name is Aiden Henderson and I am twelve years old and I will be turning thirteen later this year.

I would like to say thank you to every one in the Clan Henderson Society for this scholarship .

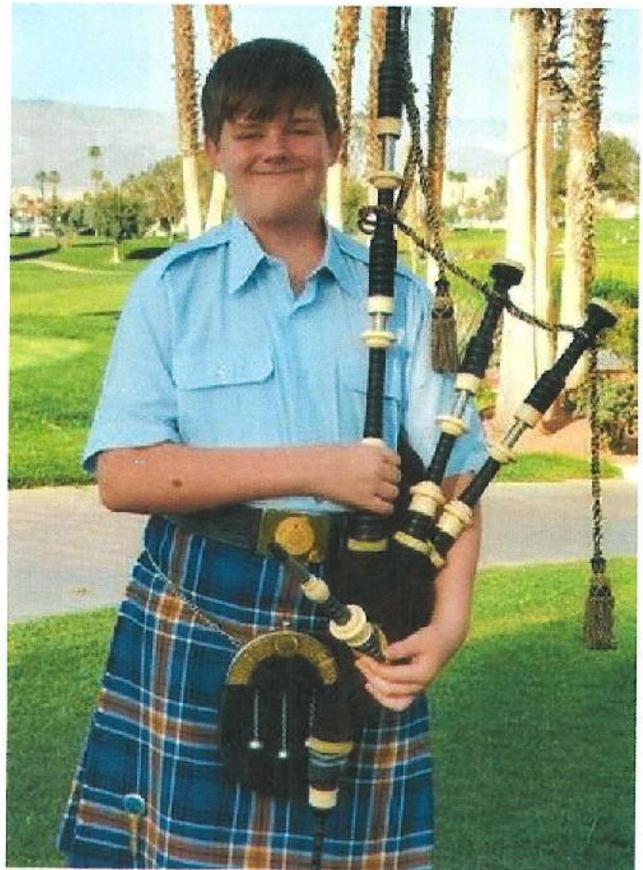
I am so grateful and will use the money responsibly.

I will spend the money on my lessons and the bagpiping and drumming camp in Carlsbad California .

With this Scholarship it will make it possible to pay for more lessons which will improve my skills greatly and I will be able to perform astoundingly in upcoming events and gigs.

Once again thank you to every one supporting the Clan Henderson Society and I'm looking forward to seeing some of you sometime in the near future .

Sincerely,
Aiden Henderson



Aiden Henderson, a piping recipient of a Clan Henderson Society, Inc. 2020 scholarship. Congratulations, Aiden!



Aiden Henderson pipes with the University of California Riverside Pipe Band.



Aiden and his Mom performing together.

Clan Henderson has some mighty fine young folks, including Erica Milner!

Erica Milner
96 Cross Road
Clarksburg, MA, 01247
Age: 20
Membership Number: 3048 (Carol Martin; mother)
Type of Scholarship: Academic
Pre-Medical Science major at Bay Path University



Dear Clan Henderson,

I am writing on behalf of the 2020 academic scholarship application. My name is Erica Milner and I am currently a Junior at Bay Path University in Longmeadow, MA studying pre-medical sciences in aspiration to become an Anesthesiologist. I am 20 years old and I also serve in the United States Army National Guard and am a member of the University of Massachusetts Army ROTC program. Being the daughter of two Marine Corps veterans, I have always been expected to go above and beyond to be successful. I have always had high expectations for myself and always push myself to the limit. I was a Scottish Highland Dancer for 12 years and unfortunately had to stop due to injury and continuing my education. Shortly after graduating high school in June 2017, I enlisted in the National Guard. I was then given the opportunity to join UMASS ROTC and become an officer in the United States Army when I graduate college in May 2021. Of course, I accepted and have been busy ever since, but I wouldn't have it any other way. I made my decision based off of the fact that I will still be able to go to college and become a doctor and also serve my country as my mother and father did.

If awarded this academic scholarship, I would put the money towards furthering my education. Textbooks and tuition are very expensive for my medical major. I am also planning on taking the MCAT this summer which is an exam that you have to take before applying to medical schools. That exam alone is over \$300.00, not including the preparation before the exam. Medical school has always been a goal of mine even though it costs hundreds of thousands of dollars. This scholarship would lift a weight off of my shoulder and allow me to have some stress relieved and be able to focus more on my education rather than the financial aspect of things. I currently have a 3.7 GPA and aspire to graduate with nothing less than that. Thank you kindly for your consideration for this academic scholarship.

I affirm that I have read the Clan Henderson Society goals and agree with them.

Respectfully,

Erica Milner



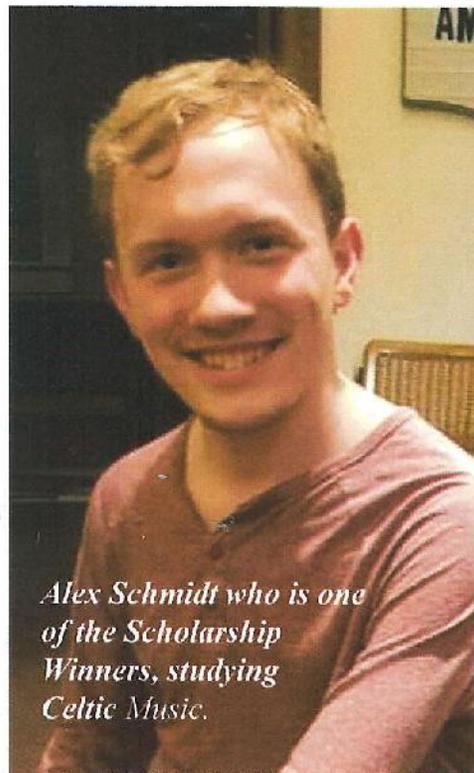
Above: Cami Reid (left) and her mom, Louise Reid, dancing with Seven Nations 2019 Grandfather Mountain. At right: Cami at the GMHG Games! She is a recipient of one of the CHS Scholarships.



Alayssa Leadmon a CHS Scholarship Winner!

Alayssa Leadmon, who is the sister of Chase Leadmon (on the front page) is a Highland Dancer who has been recognized by the Clan Henderson Society with a Highland Dance Scholarship this year.

Congratulations to you, Alayssa!



Alex Schmidt who is one of the Scholarship Winners, studying Celtic Music.

John Robert Mallernee all dressed up in his Henderson finery!

John Robert Mallernee, Author
Personal awards, on the left hand side of
my coat are:

- ◆ Air Assault Qualification Badge
- ◆ Bronze Star Medal
- ◆ Army Commendation Medal
- ◆ Good Conduct Medal
- ◆ National Defense Service Medal
- ◆ Armed Forces Expeditionary Medal
- ◆ Republic of Viet Nam Service Medal
- ◆ Korea Defense Medal
- ◆ Armed Forces Reserve Medal
- ◆ Republic of Viet Nam Campaign Medal
- ◆ Expert Rifleman Badge
- ◆ Expert Pistol Badge
- ◆ Unit awards on the right hand side of

my coat are: ◆ Infantry Branch Cord

- ◆ 101st Airborne Division Unit Insignia
- ◆ Meritorious Service Unit Award
- ◆ Republic of Viet Nam Cross of Gal-
lantry Unit Award
- ◆ Republic of Viet Nam Civic Action
Honor Unit Award

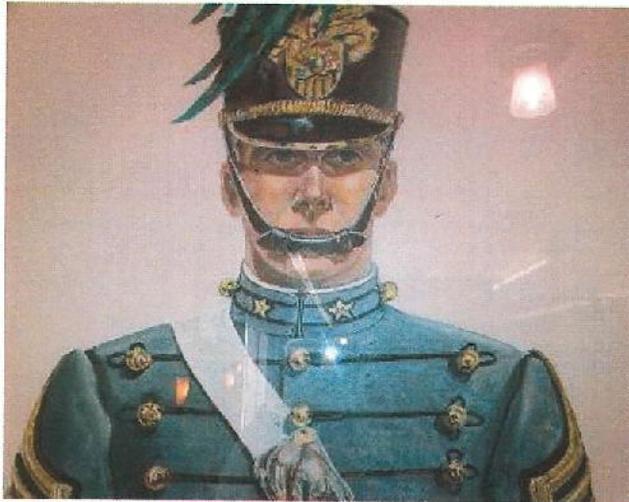
On my shoulder epaulets are green Com-
bat Team Leader tabs, with 7th Cavalry unit
crests.

Thank you, Sir!

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CHS Dr. Richard Goodwin shares a painting

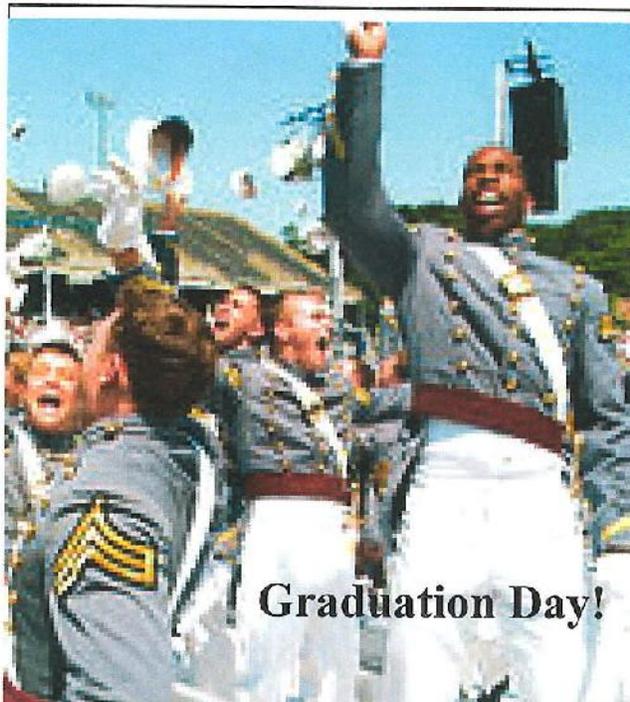


Dear Beth, Your oil cover reminded me, you know someone else who was painted—note scale. Not highland garb, but done by painter, Don Nice, in 1971 of an “Unknown Cadet.”

It hangs in the Military Academy library.

Dr. Richard C. Goodwin

Director, Communications and Electronics Division, US Mission to NATO.



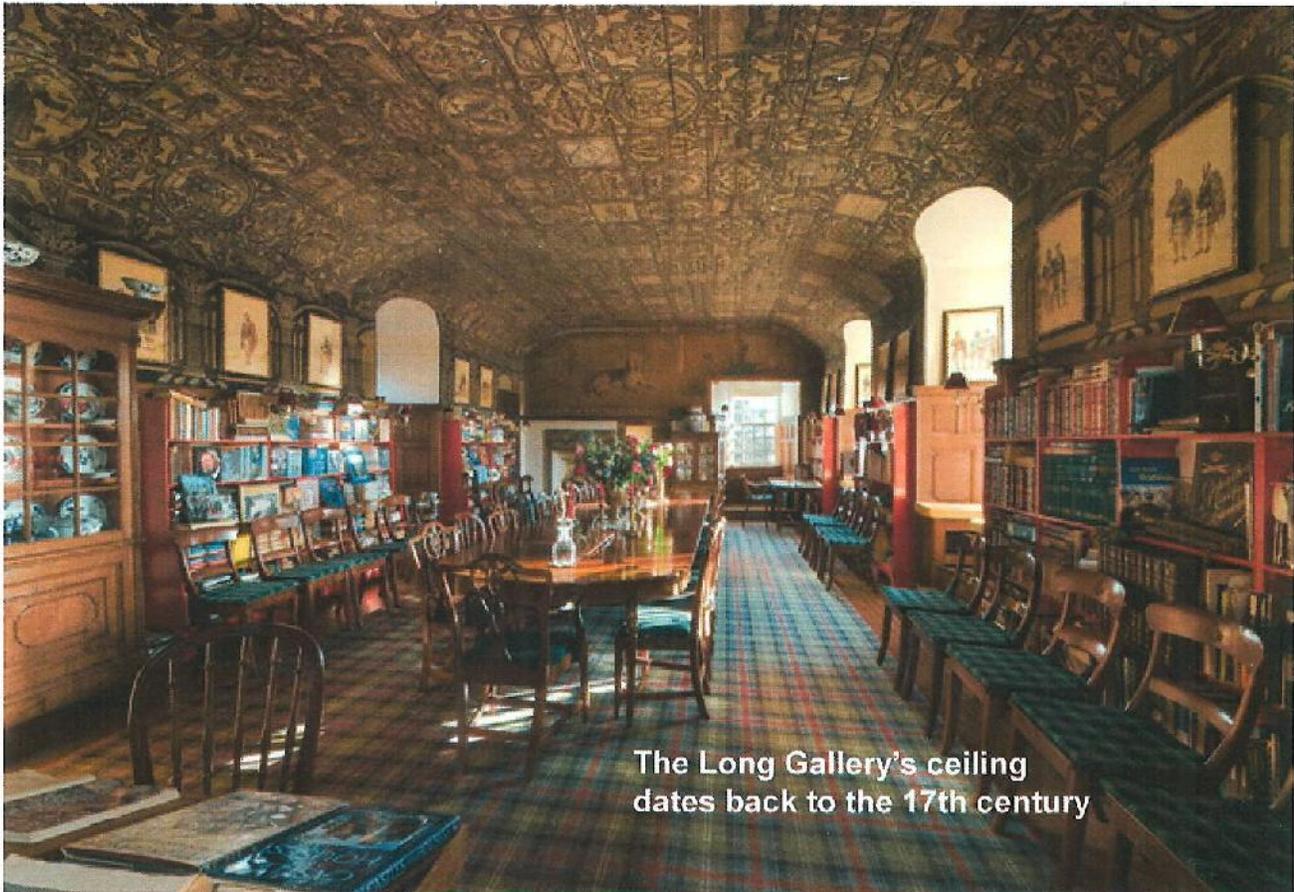
Graduation Day!



Anybody need a new castle?

An incredible castle with a beautifully manicured garden that was built by a descendant of Robert the Bruce has gone up for sale near St Andrews

An exterior photo of the castle and gardens is on the back page!



The Long Gallery's ceiling dates back to the 17th century

The impressive Earlshall Castle near Leuchars in Fife, which was built by Sir William Bruce in the 16th century, was originally owned by the Earls of Fife, the relatives of King Robert.

With a rich history, a stunning location and one of the finest gardens in Scotland, it's sure to be a hit with potential buyers.

Offering 20 rooms of varying size, six bathrooms and 53 acres of land, it's been

described as a "magnificent castle" close to the home of golf.

The building features a great hall, dining room, gun room, library, study and 10 bedrooms, as well as several outbuildings and cottages.

The Long Gallery, a centre piece of the castle, features an intricately painted ceiling which dates back to the 17th century.

Painted the full length of the 50-foot

Continued on page 41

long roof it features the coats of arms of many noble families and several famous figures from history.

The castle is said to have hosted both Mary Queen of Scots and later James VI of Scotland (who became James I of England) with both monarchs likely having ridden

ture ancient stone walls, yew and holly hedges, a topiary lawn, orchard, rose terrace, bowling green, and even a secret garden.

Perhaps most interestingly, the ghost of Sir Andrew the 'Bloody Bruce', a descendant of the original owner and the most notorious Baron of Earlshall, is said to the still



from the nearby royal palace of Falkland to hunt at Earlshall.

However, the jewel in the crown is the magnificent listed walled gardens laid out by renowned architect Robert Lorimer to reflect and complement the castle itself.

After the line of Bruces died out in 1708, the castle was sold before falling into disrepair it was then purchased by Robert Mackenzie from Perth in 1890 who employed a young Robert to carry out its restoration.

Considered one of his finest works, the gardens, which tourists now flock to, fea-

stalk the spiral stairs of Earlshall to this day.

The agents, Savills, describe it as 'one of the best-kept 16 century houses in Scotland'.

But the new owners may need nerves of steel, as the castle is said to be haunted by the ghost of one of its previous occupants, Sir Andrew Bruce, the grandson of Sir William Bruce.

Sir Andrew Bruce became known as 'Bloody Bruce' after he and his men killed Richard Cameron, a noted Covenanter (a Scottish Presbyterian movement), before hacking off Cameron's head and hands and taking them back to Edinburgh.

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Brisbane, Australia



**Clan Henderson Society, Inc., is a member of the
Council of Scottish Clans and Associations, Inc.**

Clan Henderson's Website!
<clanhendersonsociety.org>



Our new Webmaster, Charm Henderson Russell, says, "We feature the list of games, your area commissioners, how to apply for genealogy, member of the month and weekly news of Scotland. We have new pages for Scotland, Aussie Branch, and Canada as well as lots of history movies.

"Take a look yourself and maybe you'll get more ideas."



Beth Gay Freeman
DOK, CRMC, FSA Scot, editor
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Earlshall Castle near Leuchars in Fife was built by Sir William Bruce in the 16th century.

