

FORSYTH NOTES

August 1, 2006



Welcome to the one hundred twenty-fourth issue of **Forsyth Notes**. **Forsyth Notes** is published bi-monthly by Clan Forsyth Society of the USA, and is your e-link to your extended Forsyth family. [Click here](#) for back issues of Forsyth Notes in PDF format.

Forsyths in the News

In the last issue of Forsyth Notes, we introduced you to another Forsyth hero – Cheyenne Forsythe. We have had requests for more information about Cheyenne. Following is an article by Cheyenne from *Iraq and Afghanistan Veterans of America* describing his work in support of our brave troops.

Treating PTSD on the Ground (Cheyenne Forsythe) – 7/21/2005

Reprint from *Iraq and Afghanistan Veterans of America*.

Cheyenne worked as a mental health specialist in Iraq, teaching coping skills to Troops facing ambushes, IEDs, and the death of close friends.



I just want to make sure the same thing doesn't happen to any other soldier that happened to SSG Pogany. And that soldiers get the help they need when they ask for it, because the resources are there. I was in Iraq from about 04/03 to 12/03. My team from my former unit the 85th medical detachment, was attached to the 3rd brigade combat for the majority of the time up until 07/03. We were then relocated to Camp Ironhorse in Tikrit and became responsible for all the psychological caregiving at that FOB. We did a lot of individual one on one caregiving, event debriefings, combat stress debriefings. We tried to be as accessible to everyone attached to the BCT or camp, by meeting as many soldiers in their own unit AO's and offering our assistance if needed. That meant a lot of walking and driving to outlying units. Our goal was to treat the soldiers as close to their units for whatever issues they presented with. Only once did we recommend someone be evacuated out of country. Otherwise, all were returned back to duty, which is our primary goal. The mental well being of the soldier should be our primary responsibility before and after combat.



I'd like to help demystify this area of caregiving that is so vital to the

well being of soldiers, as well as civilians.

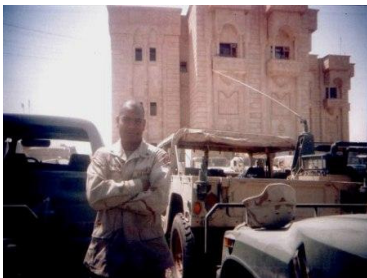
There are a few ways to be identified, or referred to mental health or in combat, it's called combat stress control. You can self refer, be identified by the chain of command and be asked to see us, or be forced to visit mental health in a command referral. Not many people are command referred. Most ask to speak to us, and most of the time there isn't any hesitation on the part of the chain of command to allow it. Because all participants in the process know only good can come of a visit. Things that have been under the surface will be addressed, beginning the process of progress. Addressing the issues whether they be anger, fear, or worse, like depression or anxiety attacks in the earliest time frame leads to an earlier resolution. It's a lot of common sense, that's just the best way to take care of the brain. Those that don't seek professional help, or delay that help, only put themselves through prolonged suffering and confusion, which could lead to permanent psychological consequences. Look around on our streets and you'll find a lot of homeless vets with issues that lead back to their time in combat.

Now the intake process. A person who has been identified by themselves or by the chain of command, first meets with a mental health specialist. The Mental Health Specialist takes what is called the initial intake interview. It's just what it sounds like. We ask a series of questions, like "What has brought you here today, and how long have you been feeling this way?", to "Do you smoke and how much?". It should take no more than 20-30



minutes. We just want to get a really simple overview of who and what we may be dealing with. Once this is complete, the mental health specialist takes his/her notes to the psychologist, psychiatrist or social worker on duty. The psychologist then

determines the severity, and if they should begin seeing the client. If the doc feels the tech should take this one, he or she advises the tech from behind the scenes and the tech manages care for the client. That includes follow up visits or getting the doc to refill a prescription when needed. Usually, we'll end follow up visits when both parties determine the client, doesn't need us anymore, but always leaving the door open to a later visit if needed. All consultation is of course private with the exception of a command referral. In this circumstance, the chain of command is briefed on the client's progress or lack thereof.



Some clients we like to check on because they've been through something serious like an ambush, loss of a colleague, or any type of combat. This we call an incident debriefing. It gives everyone involved time to say whatever they may be thinking and depressurize for an hour or two. Most are okay, but this gives the ones that aren't, time to process the event in a serious and meaningful way, or set up a private meeting with us at a later time.

Most of the time it was just teaching soldiers coping skills. A lot of the questions we had were addressed in our combat stress control briefings. We tried to do at least three a week. It was our proactive way of briefing a company size element at time on some of the signs to look for when it comes to combat stress and what to do about it.

Note: Iraq and Afghanistan Veterans of America is the nation's first and largest group dedicated to the Troops and Veterans of the wars in Iraq and Afghanistan, and the civilian supporters of those Troops and Veterans. If you enjoyed reading Cheyenne's story and would like to read more troop's stories, you can help by contributing to IAVA's Operation Truth. Click [here](#) to donate. To arrange an interview with Cheyenne, contact media@IAVA.org.

Let's Say Thanks

If you go to the web site at www.letssaythanks.com you can pick out a Thank You card (especially appropriate for children) and Xerox will print it and it will be sent to a soldier who is currently serving in Iraq. You can't pick out who gets it, but it will go to some member of the armed services. It is FREE and it only takes a second.



Ashley, 11. Tempe, AZ

Thanks to Clan Forsyth Member, Gail Forsythe, for pointing out this wonderful way to say "Thanks!" to the heroic American troops who are protecting our freedom both here and abroad.

Did You Know?

John Muir's lifelong love of the outdoors

By CRAIG HOWIE

IN TURN a farmer, inventor, mechanic, saw-mill operator, wanderer, novelist, and poet, the conservationist John Muir spent just 11 years in Scotland before emigrating with his family to America in the mid-19th century. But his rigorous childhood in Dunbar undoubtedly defined the man who would become known as the father of the US national park system, whose legacy lives on through the wildernesses he helped preserve in his adopted land.



Muir was born in this non-descript home at Dunbar's main street. He was born the third child to parents Daniel and Ann in 1838 – and suitably in the name of Muir, which means "living by a moor or heath" – John from the age of three attended Dunbar Grammar. It was effectively the only schooling he would receive in his storied life. In school, he was considered rebellious, and often outspoken; at home, his boyhood was one of discipline, prayer and toil.

An independent, curious child with an eye for invention and a love of the outdoors, Muir frequently swapped the schoolroom for the shore-pools of the East Lothian seaside town. He would later write in his journal: "When I was a boy in Scotland I was fond of everything that was wild ... I loved to wander in the fields to hear the birds sing, and along the shore to gaze and wonder at the shells and the seaweeds, eels and crabs in the pools when the tide was low; and best of all to watch the waves in awful storms thundering on the black headlands and craggy ruins of old Dunbar Castle."

In 1849, Muir's father made the decision to seek religious freedom and a better life in a new land. Daniel would eventually set sail from Scotland with his wife, two sons and five daughters, setting a course for America's east coast and on to Wisconsin, in the harsh yet bountiful Midwest.

The family would leave behind Muir's grandparents, too senior for the trip and who would never again see their grandchildren. It was a loss that would particularly affect John, who from then would willingly assume responsibility for the well-being of the family.



Exploring the fields and woods with his brother, his adventures detailed in *The Story of My Boyhood and Youth* (1913), John Muir quickly found he had an affinity with the wide-open plains. After brief studies in university - at the age of 11 - and further exploration of botany in Canada and the northern US, an accident in which he briefly lost his sight resulted in a wake-up call of sorts. Muir turned his attention from his numerous, fantastical inventions - wooden clocks, thermometers, pyrometers, hygrometers, a barometer, a combination lock, a bed that tipped the sleeping Muir on to the floor to wake him up in quite a different way - to further explore his new country.

Leaving his homestead in 1867, he walked more than a thousand miles from Indiana to the Gulf of Mexico. He sailed to Cuba, then to Panama. He crossed the isthmus, sailed up the west coast of Central and North America, eventually landing in San Francisco.

It was here, in March 1868, that a wandering, scraggy-bearded Muir inquired the nearest way out of what was then a shabby mining town. Muir would write: "'But where do you want to go?' asked the man to whom I had applied for this important information. 'To any place that is wild,' I said." From here, Muir discovered the Sierra Nevada, the self-described "most divinely beautiful of all the mountain chains" to which the by-now committed environmentalist had borne witness.



Muir's wanderings became legend. Detailed in *My First Summer in the Sierra* (1911), where the now-experienced mountaineer wrote: "After reaching an elevation of about 12,800 feet, I found myself at the foot of a sheer cliff which seemed to bar further progress. It was only about 50 feet high and somewhat roughened by fissures and projections; but these seemed slight and insecure as footholds. The dangers beneath seemed

even greater than that of the cliff in front. ... After scanning its face again and again, I began to scale it, picking my holds with intense caution. After gaining a point about halfway to the top, I was suddenly brought to a dead stop, with arms outspread, clinging close to the face of the rock, unable to move hand or foot either up or down. My doom appeared fixed. I must fall."

In fact, he soared.

His writings on study and preservation would appear in the *New York Times*, and he also displayed a certain literary flair. In 1871, celebrated poet Ralph Waldo Emerson travelled to Yosemite park to seek out Muir, whose pioneering studies on glacier movement and botany were considered ground-breaking. Muir also gained recognition from many leading scientists such as Louis Agassiz, John Tyndall and Joseph LeConte, among others, whose work would influence Muir's passage from landscape discoverer to conservator.

Settling in his beloved mountains, in 1880, he married Louise Wanda Strentzel, raising two daughters, Wanda and Helen. He co-founded the Sierra Club in 1892, of which he became president and guiding light. His organization continues to this day to preserve the parks Muir, by way of lobbying Congress, had managed to accomplish. In 1903, America's 26th president, Theodore Roosevelt, camped with Muir on a visit to Yosemite. The pair talked late into the night, and slept in the open air, with Muir educating the president on the urgent need for conservation in a rapidly industrializing nation.

Muir would continue to campaign for the preservation of the great wildernesses of America until his death, from pneumonia, in Los Angeles in 1914. The National Park System - which now includes Yosemite, Yellowstone, vast swathes of the giant redwood forests, and many others - remains a triumph to nature and ecological conservation, a tribute and testament to Muir's untiring effort, which has resulted in the adventurous Scot from Dunbar becoming an adopted son and hero of the US.

A Wee Bit of Scottish Humor

Sandy Forsyth asked to see his boss after pay day and held up his pay packet. "There's been a mistake" said Sandy. "You've paid me £30 pounds short." His boss nodded. "I know," he said. "But I paid you £30 too much last week." Sandy responded "I noticed that too. I don't mind an occasional mistake, but when it becomes a regular occurrence, I felt I had to draw your attention to it.."

The Bard's Corner

John Imlach (1799-1846) was a fore-bear of one of the most popular singers and entertainers in the Scottish Folk Revival, the late Hamish Imlach. He was born in Aberdeen, seventh successive son of a country innkeeper, whose family had been

farmers for many generations in the parish of Fyvie. He became a skilled piano tuner who worked for six months each year in London and then the next six months traveling around Scotland. There was hardly a town between Edinburgh and Inverness, where he did not have a circle of friends. In 1845, he traveled to visit two of his brothers in Nova Scotia and then moved on to Jamaica. He contracted a tropical disease and died in Jamaica in January 1846.

While he never emigrated from Scotland, he must have often felt the emotions of those who left the country every time he traveled back to London.

Farewell to Scotland

Loved land of my kindred, farewell - and forever!
Oh! what can relief to the bosom impart;
When fated with each fond endearment to sever,
And hope its sweet sunshine withholds from the heart!
Farewell, thou fair land! which, till life's pulse shall perish,
Though doom'd to forego, I shall never forget;
Wherever I wander, for thee will I cherish
The dearest regard and the deepest regret.

Farewell, ye great Grampians, cloud-robed and crested!
Like your mists in the sunbeam ye melt in my sight;
Your peaks are the king-eagle's thrones - where have rested
The snow-falls of ages - eternally white.
Ah! never gain shall the falls of your fountains
Their wild murmur'd music awake on mine ear;
No more the lake's lustre that mirrors your mountains,
I'll pore on with pleasure - deep, lonely, yet dear.

Yet — yet Caledonia! when slumber comes o'er me,
Oh! oft will I dream of thee, far away;
But vain are the visions that rapture restore me,
To waken and weep at the dawn of the day.
Ere gone the last glimpse, faint and far o'er the ocean,
Where yet my heart dwells — where it ever shall dwell,
While tongue, sigh, and tear, speak my spirit's emotion,
My country - my kindred — farewell, oh, farewell!

Images of Scotland

Rampart Scotland has a Colour Supplement each week with online photographs taken in Scotland to show the current season and its flora and fauna. See each Week's Colour Supplement at <http://www.rampantscotland.com/colour/>.

Scotavia Images provides a quality aerial photography service for Scotland. A large number of their excellent photographs, largely of the north of Scotland and the Highlands, have been included in their site. They give a unique view of castles, golf courses, glens, Highland scenery, towns and villages, stately homes, events, archaeology, events - and oil platforms. If you have ancestors with a Scottish Highland origin, they can provide an aerial view of the area they came from! See Scotavia Images at <http://www.scotaviainages.co.uk/>.

New Family Resource Sources On Line

You can go to the Brigham Young University web site <http://www.lib.byu.edu/> and do searches of over 5000 books which the Family History Library has put online. ... the LDS Family History Library has begun the process of digitizing and making available on the Internet all of the Family History books in their collection. These are primarily books in the "929.273 Series" that are currently housed on the first floor of the Family History Library. They are adding about 100 titles a week to the on-line collection. Copyright issues are playing a role in determining the order in which they progress through this task; books out of copyright are being done first. As these Family History books are digitized and placed on-line, an entry is being placed in the Family History Library on-line catalog with a hyperlink to the digitized image.

By going directly to the BYU web site to view the images, you are now able to do full-text searches on each book, and on every digitized book in the collection. To find the digitized images, go to the web site of the Harold B. Lee Library at BYU at <http://www.lib.byu.edu/> on their home page, and follow the links "Find Other Materials/Electronic/On Line Collections at BYU". Click on the "Text Collections" tab and select the "Family History Archive" from the list of collections that are displayed. (Direct link: <http://www.lib.byu.edu/fhc/>) You can use the "Search All" feature with the "Search Full Text" box checked. The "Advanced Search" will allow very high-powered searches that will allow certain phrases to be searched for and other words to be used to exclude potential hits.

Forsyth Lapel Pins



Clan Forsyth Society Lapel Pins are still available. The price is only \$8.00 each, and they are immediately available. Get yours today! (Order Form below.)

Send orders to:

President Dale Forsyth Sandusky
Clan Forsyth Society of the U.S.A.
4336 South 3150 West

West Valley, Utah 84119

Make Checks Payable to: Clan Forsyth Society U.S.A.

(Actual size is 1 ¼" at the widest point)

Please send me _____ Forsyth Lapel Pins

At a cost of \$8.00 each for a total of \$_____

Send to: Name: _____

Address: _____

City, State, Zip: _____

Tartan TV

For a taste of bonnie Scotland, try Tartan TV on your local PBS station. Go to http://www.tartan.tv/Web/Site/NewSite/WhatIsTTV/Tartan_TV_on_PBS.asp and click on your state to see if your local PBS station carries Tartan TV, and to find your local schedule. The Tartan TV web site offers a wide selection of Scottish information and gifts, and can be accessed from its home page at <http://tartan.tv>. This is a great program, and we know that you will enjoy the weekly show. Check your local PBS station.

ScotGenealogy.com from The Electric Scotland

Alastair McIntyre [alastairi@electricScotland.com] of the Electric Scotland welcomes you to his new Genealogy site, where you can add your own Family Tree and genealogy data. Once you register for an account and get access you will also be able to import and export gedcom files. The web address is <http://www.scotgenealogy.com>. You are cordially invited to participate in this new genealogical program.

Forsyth Message Board

Wayne A. Forsyth, Clan Forsyth Ohio State Representative, hosts a Forsyth Message Board where you can share information with other Forsyths; post photos and Genealogy information; meet with other Forsyth(e)s from around the world; leave links to other web sites of interest; help others find missing links and long lost relatives. By posting messages and information to this site you can help make this site a success, both for you and others. To join the discussion, simply go to

http://forums.delphiforums.com/Clan_Forsyth/start. This is a great opportunity to share Forsyth information with your cousins.

Support a Forsyth Tent Near You

Make your plans now to attend the Scottish festivities in 2006, and to support your local Clan Forsyth Representative. Any assistance (physical or monetary) that you provide to your Clan Forsyth Representative will be greatly appreciated. If you are hosting a Clan Forsyth tent in 2006, please send your hosting schedule to Jim Forsythe at jim@clanforsyth.org for publication in **Forsyth Notes**.



Following is a list of Scottish festivals for the next two months where you can expect to find a Forsyth tent:

12-13 August 2006
The Colorado Scottish Festival
Highland Heritage Park, Highlands Ranch
Southeast of Denver, CO
Hosted by Dale M. Forsyth Sandusky- Chief's Commissioner in the USA
forsyth@xmission.com

19 August 2006
Scottish Festival & Highland Games
Amherst Museum-2755 Tonawanda Creek Rd.
Amherst, New York
Hosted by New York Rep. Warren Forsythe
forsy7@juno.com

2 & 3 September 2006
Caledonian Club of San Francisco Gathering and Games
Alameda County Fairgrounds
Pleasanton, California
Hosted by Waldo and Pat Forsythe

9 September 2006
The Ligonier Highland Games
Idlewild Park, Ligonier, PA
East of Greensburgh-route 30
Hosted by acting Rep. Bonnie Jean Dick-assisted by Keith Sandusky

9 September 2006
Fort Erie Celtic Festival
Old Fort, Fort Erie ,ONTARIO, CANADA
Hosted by New York, U.S.A. Rep Warren Forsythe

forsy7@juno.com

16 & 17 September 2006
Oklahoma Scottish Festival
www.okscottishgames.org
River West Festival Park, Tulsa, OK
Hosted by Jim and Rosey Forsythe
JForsythe1@cox.net

22-24 September 2006
Evergreen Scottish Heritage Celebration & Clanjamfry
Memphis, Tennessee
Hosted by Tenn. Rep & Regional Director Jim & Patti Forsythe
jim@clanforyth.org

7 October 2006
ST. Andrew's Society Games
Goshen, CT
Hosted by New England Regional Director-Jane Platt
r.platt@snet.net

7-8 October 2006
Tallahassee Celtic Festival
Tallahassee, Florida
Hosted by Jack & Trish Gardner
ForsythFla@mindspring.com

6-7 October 2006
Saint Louis Scottish Games
Forest Park Saint Louis, MO
Hosted by West V.P. Bob Forsyth & Jim Forsyth
www.stlouis-scottishgames.com.

21-22 October 2006
Stone Mountain Highland Games
Stone Mountain, GA
possible Host- Clan Forsyth Eastern V.P. Jack Gardner of Florida
www.smhg.org.

13-15 October 2006
The Seaside Highland Games
Ventura County Fairgrounds, Seaside Park, Ventura, CA
Hosted by Arizona State Rep.-Benton Scott III
LnBscott@aol.com

28-29 October 2006

Richmond Highland Games & Celtic Festivals
Richmond, VirginiaSeaside
www.richmondceltic.com
Hosted by Bill& Joyce Weaver
WeaverCRS@aol.com

Show your Forsyth pride.
Wear your Forsyth tartan – Support your Forsyth Representatives.

Clan Forsyth Society of the USA

Forsyth Notes is a publication of Clan Forsyth Society of the USA. If you are not a member of Clan Forsyth Society, we invite you to join us, and enjoy the full benefits of membership in your extended Forsyth family. If you are not a member of Clan Forsyth Society, and would like to join Clan Forsyth Society of the USA, go to <http://alt.xmission.com/~forsyth/application.html> and complete your membership application. A gift membership to Clan Forsyth makes a great gift for your child or grandchild. Acquaint your family with their illustrious Forsyth heritage. The cost is small – the rewards are great. We welcome our Forsyth cousins to Clan Forsyth Society of the USA.

Clan Forsyth Society Web Site

Be sure to visit our official Clan Forsyth Society of the USA web site at <http://alt.xmission.com/~forsyth> for the latest information on Clan Forsyth Society of the USA activities. You can visit Clan Forsyth – Mid-Eastern Region web site at <http://www.clanforsyth.org>, Clan Forsyth updates, and back issues of **Forsyth Notes**. If you have a Clan Forsyth or Scottish oriented web site, send your URL to jim@clanforsyth.org, and we will share your site with other Forsyths.

Help Requested

Each of you know a Forsyth(e) who has made a difference, and because of whom the world is a better (or a different) place. If you know an outstanding Forsyth(e) that you would like to see featured in “Who Am I?” or “Did you Know?”, send a brief biographical sketch to **Forsyth Notes** at jim@clanforsyth.org. If you can provide any follow-up information on any Forsyth(e) featured in **Forsyth Notes**, send the information to jim@clanforsyth.org, and we will include the follow-up information in future issues. Your contributions will be appreciated. We also encourage you to forward any local news article highlighting a Clan Forsyth member for publication in **Forsyth Notes**.

What's In A Name

There are many variations of the Forsyth Name. Some of the following may be alternate spellings of the Forsyth name: de Forsyth; de Fronsac; Farcet; Faresyth; Farsieth; Farsyth; Fawsyde; Fearsithe; Fersight; Fersite; Fersith; Fersy; Fersyth; Foirside; Forcet; Forcett; Forcitt; Forcyth; Foresaith; Foreside; Foresight; Foresith; Foresyde; Foresyth; Foresythe; Forsaith; Forsate; Forsath; Forsayeth; Forsayth; Forsaythe; Forscythe; Forseith; Forseth; Forsett; Forsey; Forseyth; Forside; Forsit; Forsite; Forsith; Forsithe; Forsitht; Forsitt; Forsiyth; Forsize; Forsyct; Forsyeth; Forsyth; Forsythe; Forsythes; Forsyths; Forsyht; Fronsac; Fursett; MacForsyth; and Sytes. Contact your local Clan Forsyth Representative to determine if you qualify for membership in Clan Forsyth Society. If you know anyone who bears the Forsyth name, or any one of the many variations, or who is married to a Forsyth, or who is descended from a Forsyth, please encourage him or her to contact their local Clan Forsyth Representative for additional information and a Clan Forsyth Society Membership Application. We welcome our cousins from around the world.

Closing

It has been said that there are only two kinds of people in this world—those who are Scottish, and those who wish they were Scottish. Take pride in your Scottish heritage and in your distinguished Forsyth heritage.

Jim Forsythe

Clan Forsyth Society of the USA
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Subscription Management

Forsyth Notes is a free e-mailing to members of Clan Forsyth Society of the USA, and other persons interested in our common Forsyth heritage. Send any suggestions or comments for **Forsyth Notes** to jim@clanforsyth.org.

If you missed an earlier issue of **Forsyth Notes**, send an e-mail to jim@clanforsyth.org with “**Back Issues Forsyth Notes**” in the subject line, and identify the issue(s) you missed in the body. We will forward copies of the missed Issue(s) to you, or you can visit <http://www.clanforsyth.org>, and click on “Forsyth Notes” in the left navigation frame to access all back issues.

If you or someone you know would like to subscribe to **Forsyth Notes**, send an e-mail to jim@clanforsyth.org with “**Subscribe Forsyth Notes**” in the subject line, and name and e-mail address in the body.

If you know a Forsyth who would like to receive **Forsyth Notes**, but does not have access to e-mail, we encourage you to print a copy of this publication, and forward it to them.

If you prefer not to receive **Forsyth Notes**, send an e-mail to jim@clanforsyth.org with “**Remove Forsyth Notes**” in the subject line, and you will receive no further **Forsyth Notes** mailings.

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