

# FORSYTH NOTES

July 1, 2002

Welcome to the twenty-seventh 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. We are distributing this issue of **Forsyth Notes** a few days early because of our holiday schedule. **Have a great Forth of July!**

## A Wee Bit of Scottish Humor

We thought you might like to know a wee bit more about the Scottish weather prior to our 2003 Clan Forsyth Reunion. Nothing is good or bad except by comparison. So here are some comparisons to give you a feel for how our Scottish cousins react to their weather:

40 degrees-Californians shiver uncontrollably.  
People in Scotland sunbathe.

35 degrees-Italian cars won't start.  
People in Scotland drive with the windows down.

20 degrees-Floridians wear coats, gloves, and wool hats.  
People in Scotland throw on a T-shirt.

15 degrees-Californians begin to evacuate the state.  
People in Scotland go swimming.

Zero degrees-New York landlords finally turn up the heat.  
People in Scotland have the last bbq before it gets cold.

10 degrees below zero-People in Miami cease to exist.  
People in Scotland lick flagpoles.

20 degrees below zero-Californians fly away to Mexico.  
People in Scotland throw on a light jacket.

80 degrees below zero-Polar bears begin to evacuate the Arctic.  
Scottish Boy Scouts postpone "Winter Survival" classes until it gets cold enough.

100 degrees below zero-Santa Claus abandons the North Pole.  
People in Scotland pull down their ear flaps.

173 degrees below zero-Ethyl alcohol freezes.

People in Scotland get frustrated when they can't thaw their kegs.

297 degrees below zero-Microbial life start to disappear.  
Scottish cows complain of farmers with cold hands.

460 degrees below zero-ALL atomic motion stops.  
People in Scotland start saying "chilly, you cald an aw?"

500 degrees below zero-Hell freezes over.  
Scottish people support England in World Cup!!!!

## Who am I?

I served a total of seven years on active duty in the Army including a tour of duty for 20 months in Vietnam. I was in the 82nd Airborne division in Fort Bragg, North Carolina as well as the Presidio in San Francisco, California at the Letterman Army Hospital. Following my honorable discharge from the Army, I resumed residency training in internal medicine in San Francisco at Children's Hospital. After completing this I served a two-year fellowship at the Cancer Research Institute at the University of California.

I was in private practice in San Francisco, California and was on the faculty at the University of California as an instructor of medicine. I moved my practice to Reno, Nevada and have been practicing in Reno since 1974. I am Board Certified in Internal Medicine, Medical Oncology, Utilization Review and Quality Assurance. I am Board eligible in Clinical Pathology and Medical Gerontology. I am certified in Homeopathy.

I have been an Associate Professor of Medicine at the University of Nevada, Reno, Medical School and has served as Director of numerous clinical laboratories. I began and served as Chief of Oncology on the Oncology Unit at Washoe Medical Center, Northern Nevada Medical Center and St. Mary's Regional Hospital.

I have been Director of several nursing homes in the Reno/Sparks, Nevada area. At these nursing homes I have started and implemented hospice care centers. I have hospital staff privileges at all three Reno/Sparks hospitals. I have been on the staff at the Veterans Administration Hospital in Reno. I have served as State Surgeon in the Nevada Army National Guard and am a retired full Colonel.

I am married and have five children. My wife is an advanced nurse practitioner and assists in my Practice Management.

Since 1986, I became interested in combining conventional and alternative medicine. I was the only oncologist in the area that would treat cancer patients who were under the care of an alternative physician. Because of this, I became highly criticized from the other oncologists in the Reno/Sparks area. I continued to believe in alternative treatment because my patients were getting good results from both types of treatments. In fact the patients that were integrating conventional treatments with alternative

therapies were doing better. They had fewer side effects from the chemotherapy and their quality of life was far superior. My patients were my teachers. I was convinced that conventional medicine had made great strides with their chemotherapy drugs but were lacking in keeping the patient's immune system stimulated.

I began to study the science of alternative medicine, and in 1995, I received my homeopathy certificate. I believe in the principle that effective cancer care should include many different types of therapeutic support from the intelligent, careful and safe use of chemotherapy to innovative applications of homeopathic remedies, intravenously delivered nutrients, herbs and dietary measures and immune-stimulating therapies. I am currently in the process of researching the use of homeopathic doses of chemotherapy to determine if non-toxic dosing will achieve comparable results.

I have written numerous articles on different subjects regarding cancer and is a co-author of a chapter in the book: *Definitive Guide to CANCER*, Publisher: Future Medicine Publishing, Inc., 1997; Chapter 9, pages 194-206 and is a featured author in *Alternative Medicine, Women's Series, Volume 2*. I am also a noted lecturer at medical conferences throughout the United States. Beth Carpenter also extensively features me in the new novel. **Who am I?**

## Did You Know?

There are three Scottish place names which contain only two letters-Oa, Ae, and Bu.

Five species of deer can be found in Scotland-Red Deer, Roe Deer, Fallow Deer, the small Sika introduced from Japan, and Reindeer.

The shortest scheduled flight in the world is one and a half miles from Westray to Papa Westray in the Orkneys. The trip takes 1 minute 14 seconds.

Edinburgh has more booksellers per head of population than any other city in Britain.

Britain's narrowest hotel is the Star in Moffat. It is 20 feet wide, has eight bedrooms, two bars and a restaurant seating 70.

A Scottish mile is 1,984 yards compared to the norm of 1,760 yards.

The Lincoln Monument in Edinburgh's Old Carlton Cemetery was the first statue of an American president to be constructed outside the US.

There are approximately 450 golf courses in Scotland.

Johnny Walker Red Label is the world's largest selling whisky brand.

Strathisla, in Keith, founded in 1785 is the oldest working malt whisky distillery in the Highlands.

Tomatin Distillery is the largest in Scotland making malt whisky.

The Scottish people of today are made up of Scots, Picts, Britons, Celts, Angles, Vikings, Normans, Flemings, Dutch, Pakistanis, Sikhs, and Bangladeshi.

Loch Lomond is Britain's largest fresh water lake, 23 miles long and one and a half to five miles wide. There are 24 islands on it.

You will see the bonnie, bonnie banks of Loch Lomond on the 2003 Clan Forsyth Reunion. We will take a look at other interesting facts about Scotland in future issues of **Forsyth Notes**. Stay tuned.

## Heraldic Symbolism

From earliest times it was the custom of nations, clans and families to adopt a symbol which, when borne upon standard or shield, furnished an easy method of distinguishing different units or individuals from one another in the confusion of battle. In medieval times, the science of heraldry was based on this custom. As long as men fought with their faces bared, there was no problem distinguishing one from the other. However, when complete armor was adopted and men could no longer see their friends and antagonists' faces, they were forced to adopt distinguishing marks by which they were easily identified in battle and in peace. These marks or symbols were usually worn on helmets, shields and banners. On the helmet it was called a crest; on the shield it was called a charge; on the banner it was the symbol of the family, or clan or nation. Each family, clan or individual had its own symbol by which it was known. In ancient times, a badge or symbol was a sacred thing, and for a tribe or family to adopt the symbol of another was an act of dishonor. From medieval times to the present, the symbol of Clan Forsyth has been the Griffin, a mythological winged creature, with the head of an eagle and the body of a lion. The Griffin (Gryphon) symbolizes valor and bravery. Did you ever wonder what some of the other family symbols mean? Here are a few:

Caduceus: Symbolizes medicine; also the balance and the union of opposing forces.

Camel: Symbolizes patience, docility and perseverance.

Cannon or Cannon Balls: Symbolizes one who has dared the terror of such a weapon in battle.

Candle: Symbolizes light, life, and spirituality.

Canton: As in a flag borne at the top corner of the shield; symbolizes a reward from the sovereign for performance of eminent service.

Carnation: Symbolizes admiration.

Castle: Symbol of safety.

Cat-A-Mount: This is a puma, or mountain lion. Represents liberty, vigilance and courage.

Centaur: Symbolizes eminence in the field of battle.

Chains: Symbolizes a reward for acceptable and weighty service.

Chaplet (Floral): Usually with green leaves and four roses: the crown of joy and admiration.

Chief: Top one-third of the shield; signifies dominion and authority; granted as a special reward for prudence and wisdom or successful command in war.

Cherub: Symbolizes dignity, glory and honour.

Chevron: Symbolizes protection. Reward for faithful service.

Chough: Cornish Crow: Raven: Symbolizes a strategist in battle; watchful for friends and divine providence.

Cinquefoil: Symbolizes hope and joy.

Civic Crown or Wreath: Symbolizes one who saved a fellow citizen's life or has shown patriotism in defense of one's native land.

Clarion: Symbolizes readiness for war.

Claw of a Bird: Symbolizes the prey that has been preyed upon.

Clouds: Symbolizes mystery and obscured truth.

Cock: A symbol of courage and perseverance. Considered a badge of a hero.

Cockatrice: Symbolizes terror to all that gaze upon it.

Column: Symbolizes fortitude and constancy. When a serpent is coiled around it, it represents wisdom with fortitude.

Conie: Symbolizes one who enjoys a peaceful life.

Cornucopia: Symbolizes the bounty of nature's gifts.

Cotice: Signifies defense or protection.

Crane or Stork: Symbolizes a close parental bond. Also represents vigilance if holding a rock.

Crescent: Symbolizes the hope of greater glory.

Cross: Symbolizes faith or service in the Crusades.

Cross, Celtic: Symbolizes unity of heaven and earth.

Cross Crosslet: Signifies the fourfold mystery of the cross.

Cross, Fitchee: A combination of cross and sword, it symbolizes unshakable faith.

Cross, Flory: Symbolizes one who has conquered.

Cross, Formee: Symbolizes a military honour.

Crown: Symbolizes royal or seigniorial authority.

Crown, Mural: Symbolizes the defender of a fortress, a token of civic honour and one whom first mounted the breach in the walls of a fortress.

Crown, Naval: Symbolizes one who first boarded an enemy's ship or a distinguished naval commander.

Crown of Thorns: Symbolizes adversity.

Cushions: Symbolizes authority.

Cutlass: Indicates a warrior of the sea.

Cygnets: When gorged with a crown around its neck, signifies dignity.

Cypress: Symbolic of death and eternal life thereafter.

In future issues of Forsyth Notes, we will take a look at more Heraldic Symbols. As you meet your fellow Scots, you can explain to them what their family symbol means. You will see many of these symbols on our 2003 Clan Forsyth Reunion. Do you want to know more about the Heraldic Symbols for the Forsyth family? If so, go to <http://forsythe.d2g.com/clanforsyth/Ancient.html>.

## THE BARD'S CORNER

Here is another Jacobite song by James Hogg, the Ettrick Shepherd (a title which he invented for himself). He lived from 1770 to 1835, so the memory of the Jacobite Uprisings were still a recent memory. Hogg was not a Highlander (most of the

supporters of Bonnie Prince Charlie were from the Highlands) but he responded to the romance of the Jacobites.

### **Come Owre the Stream**

Chorus:

Come owre the stream Charlie,  
Dear Charlie, brave Charlie,  
Come owre the stream Charlie,  
And dine wi' MacLean;  
And though you be weary  
We'll mak' your heart cheery,  
And welcome our Charlie;  
And his loyal train.

We'll bring down the track dear  
We'll bring down the black steer,  
The lamb from the brecken  
And doe from the glen.  
The salt sea we'll harry,  
And bring to oor Charlie,  
The cream from the bothy  
And curd from the pen.

Chorus

And you shall drink freely  
The dews of Glen Sheerly  
That stream in the starlight  
When kings dinna ken;  
And deep be your meed  
O' the wine that is red,  
To drink to your sire  
And his frien' the MacLean.

Chorus

If aught will invite you,  
Or more will delight you  
'Tis ready a troop  
Of oor bold Hieland men  
Shall range on the heather  
Wi' bonnet and feather,  
Strong arms and broad claymores,  
Three hundred and ten.

Chorus

## 2003 Clan Forsyth Reunion in Scotland

Would you like to see and feel the real Scotland known to your Forsyth ancestors? Would you like to stay in a real Scottish castle built by a Forsyth? Would you like to see the bonnie banks of Loch Lomand? Would you like to explore your distinguished Forsyth heritage where it all began? If you answered "Yes" to any of the foregoing questions, then you do not want to miss this unique event, our 2003 Clan Forsyth Reunion!

Our Reunion will commence on June 10, 2003 in Glasgow, and climax on June 21, in Edinburgh, where we will attend our Scottish cousins' Annual General Meeting in Edinburgh on June 21st, followed by a real Scottish Ceilidh. The 2003 Clan Forsyth Reunion will be very Forsyth-oriented. If you would like to see a collection of photographs from the 1999 Clan Forsyth Reunion trip, go to <http://forsythe.d2g.com/clanforyth/Reunion.html>. In the next few weeks, we will be sending a virtual pre-tour tour to those who have registered. Watch your e-mail to take the tour.

Be sure to see the current issue of *The Griffin* (our official Clan Forsyth newsletter) for the preliminary itinerary and projected costs. We currently have over forty families who have registered their desire to participate. We expect that our 2003 Clan Forsyth Reunion will be a rousing success for all participants. If you would like to participate, send an e-mail to [clanforyth@bellsouth.net](mailto:clanforyth@bellsouth.net) registering your desire to participate. Be sure to include your name, address, telephone number, and e-mail address. You may also contact us via snail mail at: James H. Forsythe, 6410 Poplar Avenue, Suite 130, Memphis, Tennessee 38119.

## 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.delphi.com/Clan\\_Forsyth/start](http://forums.delphi.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 2002, and to support your local Clan Forsyth Representative.



6 July 2002

**Round Hill Games**

Norwalk, CT

Hosted by New England Regional Director - Jane Platt

[r.platt@snet.net](mailto:r.platt@snet.net)

11-14 July 2002

**Grandfather Mountain**

Annual General Meeting 2:00pm on Saturday, 13 July.

Linville, NC

Forsyth get together on Saturday evening. Place to be announced at the AGM

Hosted by President Dale with other officers and members helping.

13 July 2002

**Grandfather Mountain Highland Games**

Linville, North Carolina

27-28 July 2002

**Pacific N.W. Scottish Highland Games**

King County Fairgrounds, Enumclaw, WA

Hosted by President Dale and his wife Tanya.

10-11 August 2002

**The Colorado Scottish Festival**

Highland Heritage Park, Highlands Ranch

Southeast of Denver, CO

Hosted by President Dale and his wife Tanya.

August 17, 2002

**MAINE HIGHLAND GAMES**

Thomas Point Beach in Brunswick, Maine

Hosted by Maine Representative David J. Forsyth

17 August 2002

**Ben Lomond Games and Festival**

Fort Beauneventura

Ogden, UT

Hosted by Utah Representative - Doreane Corrin.

24 August 2002

**Gathering of the posterity of Thomas Forsyth**

For the dedication of a memorial plaque honoring Thomas Forsyth.

Leeds, UT (Southeast of Denver, CO)

President of Clan Forsyth Society USA - Dale M. Sandusky is an invited guest.

20-22 September 2002  
Evergreen Scottish Heritage Celebration and Clanjamfry  
Memphis, TN  
Hosted by Mid-Eastern Regional Director - James H. Forsythe  
[clanforyth@bellsouth.net](mailto:clanforyth@bellsouth.net)

21 September 2002  
**Highland Games and Celtic Festival**  
Idaho Botanical Gardens  
Boise, ID  
Hosted by President Dale and his wife Tanya.

4-6 October 2002  
Tennessee Highland Games  
Murfreesboro, TN  
Hosted by Mid-Eastern Regional Director - James H. Forsythe  
[clanforyth@bellsouth.net](mailto:clanforyth@bellsouth.net)

Any assistance (physical or monetary) that you provide to your Representative will be greatly appreciated. In future editions, we will publish a more complete schedule of Scottish festivals in 2002 where you can visit a Forsyth tent. If you are hosting a Forsyth tent in 2002, please send your tent information to [clanforyth@bellsouth.net](mailto:clanforyth@bellsouth.net) for publication in Forsyth Notes.

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

## 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. If you are a member of Clan Forsyth Society and have not returned your 2002 Renewal Application, please do so now to continue your membership benefits.

Be sure to regularly visit our official Clan Forsyth Society of the USA web site at <http://alt.xmission.com/~forsyth>. Learn more about your Clan Society, your Scottish heritage, and your personal history. We welcome our Forsyth cousins to Clan Forsyth Society of the USA.

## Closing

Answer to Who Am I? **Dr. James W. Forsythe.**

If you know an outstanding Forsyth(e) that you would like to see featured in “Who Am I?”, send a brief biographical sketch to Forsyth Notes at [clanforsyth@bellsouth.net](mailto:clanforsyth@bellsouth.net).

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 name of Forsyth.

Jim Forsythe

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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 [clanforsyth@bellsouth.net](mailto:clanforsyth@bellsouth.net).

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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.

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