



Vol. 51 Issue 2 *The Buchanan Banner* April 2020

CBSI 100% Approves By-Law Revisions

David Byrne, President

The first revision of the Society's Constitution and By-Laws in 30 years was approved by a unanimous vote of the membership. CBSI Society Secretary Shelagh College certified the vote as 318-Yes, 0 - No, 2 - Abstain .

A number of the revisions modernize the By-Laws to better reflect how the Society is organized and operates. Some are essential because of the many changes in technology and communication that have occurred since the last revision. It also acknowledges the expanded role of the International Regions

which currently include Oceania (Australia, New Zealand and Pacific Islands), Canada, The United Kingdom and Ireland, and Mexico (Central and South America).

The By-Laws allow for greater participation of these groups and provides them with a seat on the Executive Council.

Other changes reflect the fact that we now have a Clan Chief as confirmed by the Court of the Lord Lyon in Scotland in 2018. When the CBSI was founded it became the de facto organization responsible for keeping our Clan members together.

Continued from page 11



Inauguration of the Chief Postponed until 2021

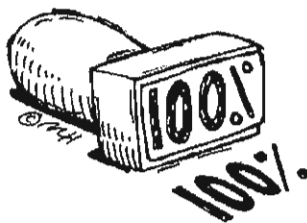
Statement from the CBSI Executive Council on COVID-19

We hope all of you remain safe and well during this pandemic. Many events, including the Inauguration of our Chief are being postponed or cancelled.

At this time the Council is advising our CBSI Regional Directors, Regents and Conveners to use all precautions and make a considered judgement before hosting a Buchanan Clan Tent at any remaining highland games and Scottish festivals in the near future.

Because the spread of the virus varies from one area to the next we would ask you to follow the recommendations of your local health authorities. Of course, regular hand washing is advised

Continued on page 8



After all, it really is all of humanity that is under threat during a pandemic.
Margaret Chan



Greetings

Paula
the Lady Buchanan

We were really pleased to welcome you as a member of the Association of Naturapathic Practitioners recently. Please describe your background and experience in medical and natural health outside of this.

In 1987, I qualified as a Medical doctor from London University in the UK. I then worked as a hospital doctor in the UK for 4 years in various specialities, including medicine, surgery, obstetrics, gynaecology, psychiatry, endocrinology, paediatrics and emergency medicine. Later, I attended Oxford University where I gained a PhD in Clinical Biochemistry. I then continued my research, publishing an academic paper, that many prominent scientists acknowledge to have created an entirely new field of medicine. The paper exposed the link between the toxic chemicals in our food and environment and the increasing global problem of obesity.

I have also published two books; *The Detox Diet* (Penguin UK 2002) and *Toxic Overload* (Penguin Putnam NY 2005). These publications showed the links between the toxic chemicals people are exposed to in everyday life and the main health issues of modern day life, such as cancer, lung and

heart issues and a weakened immune system. The books also outline ways to make food safer and to improve health naturally using foods, natural herbs and spices.

For many years I have advised the Soil Association (the main body dealing with Organic Certification of foods in the UK) sitting on their food processing standards committee. I am currently a Visiting Fellow in Occupational and Environmental Health at Stirling University and for over 20 years I have been conducting research into how to improve health naturally.



As a trained medical doctor, please share your opinion on the importance of natural health from a doctor's perspective to increase resistance against the recent Covid-19 Coronavirus infection.

Media coverage of the recent Covid-19, Coronavirus has incited fear amongst many. While this latest Coronavirus manifestation is an urgent and potentially life-threatening concern for all involved, the risk it poses can be better understood if put in perspective with problems aris-

Continued on page 8

from the PRESIDENT

David Byrne, President, CBSI Inc.

It began in a cornfield in upstate New York

With the adoption of the new Constitution and By-laws for the Clan Buchanan Society International our organization will enter a new era. One of most exciting changes, to me, is expanding our “international” presence.

While we have long had the word “international” in our name we have, in reality, been a predominantly United States based organization. (It is interesting to note that the original name adopted in 1970 was the Clan Buchanan Society in America). The very first glimmer of becoming a truly international group took place in 2010 on a warm September night in the middle of a cornfield in Altamont, New York. Then President Ken Buchanan and I were there together for the Capital District Highland Games. Ken had scheduled our first phone conversation with Malcolm Buchanan who was in Australia. Malcolm was one of the organizers of the Clan Buchanan Society Oceania and we all wanted to discuss a possible merger. The cell signal in Ken’s camper wasn’t strong enough so we began to wander about, Ken holding his cell phone high over his head, looking for a signal equal to our needs. We found it after climbing over a fence into a nearby cornfield. If anyone had heard us that night yelling into the darkness with Malcolm’s Aussie accent in reply they might have wondered about our sanity. The result of that first conversation between Ken and Malcolm started us on the road toward merging our two organizations. There were many hurdles we had to overcome but gradually time and changes in technology made it all possible.

In 2016, George McAusland from Paisley, Renfrewshire, Scotland decided to give his wife, Margaret, a trip to New York City as a birthday present. They timed the trip to coincide with the New York Tartan Day Parade in April. My wife, Marianne, and I met them for lunch at the perfect time at The Perfect Pint Pub in Manhattan. From that chance meeting, George’s involvement in the Clan Buchanan and the CBSI started to grow ex-



ponentially. He organized and hosted the Clan at the Edinburgh Tattoo in 2017 and in 2019 he was named Hereditary Standard Bearer to our Clan Chief Michael Buchanan. George is now the first Regional Director for the Society for Scotland, the United Kingdom and Ireland.

Later in September 2016 CBSI Region 1 (New England) hosted one of the 1,000-year celebrations for our Clan at the New

Hampshire Highland Games. Several hundred of our clan joined in the celebration and among them was Scott Buchanan, an accomplished piper from Ontario, Canada. A friendship be-



Buchanan

Continued on page 4

President's Message, *continued from page 3*

tween Scott and I grew and soon he began appearing at Buchanan tents at highland games in the United States as far south as Stone Mountain, Georgia. When I approach him about taking on the Regional Director position for the CBSI in Canada, Scott gladly accepted. At the International Gathering of the Clan Buchanan in September 2019, Scott was named as a Personal Piper to our Chief

Michael Buchanan.

As I was organizing the International Gathering to welcome our Chief to North America for the first time, I received an interesting email from Mexico City. Pedro Buchanan introduced himself as a descendant of a Buchanan who had emigrated to Mexico many years ago and established a branch of the Clan there. Pedro and his wife Christina made the journey to New Hampshire and they impressed all of us with the pride they hold in their Scottish heritage. Pedro informed us that there are many Buchanan clan members in Mexico and South America and that he was interested in helping to organize the region for the Society. His offer was accepted by the CBSI Executive Council and he was appointed a Regional Director at the Annual General Meeting.

Under the new By Laws for the Society, Malcolm, George, Scott and Pedro will now join the Executive Council as Members at Large on March 18, 2020 when the Executive Council confirms the ballot referendum. They will be tasked with expanding our membership, and the role of the Society in serving our members, in these inter-

Continued on page 5

*Clan Buchanan Society of
America before there was a
Clan Buchanan Society,
International!*

- ♦ Fred H. Buchanan – the first “Convener” of the Society – 1970-1974
- ♦ Byron C. Gibson - “temporary Convener” upon the passing of Fred (1974)
- ♦ Dr. Arren C. Buchanan, Jr. - President, 1974-1976
- ♦ Louis B. McCaslin, Jr. - President, 1976-1983
- ♦ Lt. Col. (ret) George S. G. “Buck” Buchanan, President, 1983-1985 & 1994
- ♦ Louis B. McCaslin, Jr., - President, 1985-1987
- ♦ Harold T. Townend, - President, 1987-1989
- ♦ John Watson, - President, 1989-1993

If you know of more presidents of CBSI or before, please contact your editor!

**Serious Deadlines for
The Buchanan Banner**

January issue

December 10 deadline

April issue

March 10 deadline

July issue

June 10 deadline

October issue

September 10 deadline

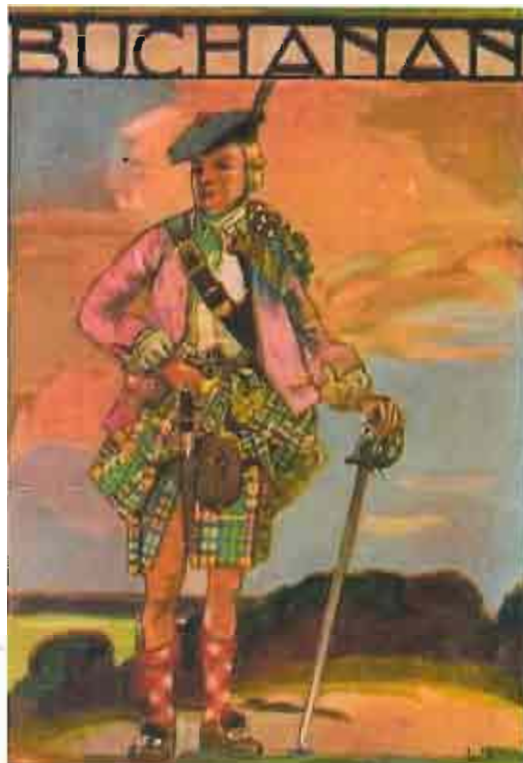
Please just email your articles, stories, anytime, to:
bethscribble@aol.com

President's Message, *continued from page 4*

ternational regions. It will take some time to fully develop but Oceania already has strong participation by our Clan members and an administrative structure. The UK/Scotland/Ireland region has the challenge of convincing our clan folk there of the benefits to be gained by supporting the Society. To help with that we already have a Regent for England and Wales in John de la Cruz. Canada and the Mexico/South America regions have only suffered in the past from a lack of leadership in getting our Clan there organized but Scott and Pedro are energized to make that happen.

The Clan Buchanan Society International has now become truly International and the future looks brighter for it. There are still other parts of the world inhabited by our estimated four million clan members. The Society looks forward to the day we can welcome them as well.

Clarior Hinc Honos



Glasgow means "Dear Green Place" in Gaelic.



The Scottish love April Fools!
In fact, they love it so much, they celebrate it for two days.

In Scotland, they call it "hunting the gowk," (the Cuckoo), and if you are tricked, you are an "April Gowk!"

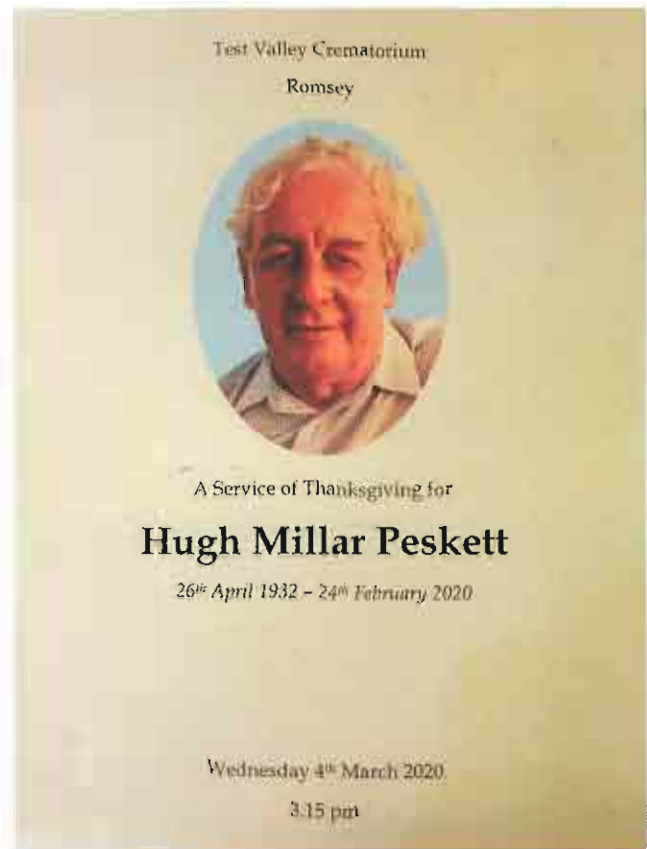
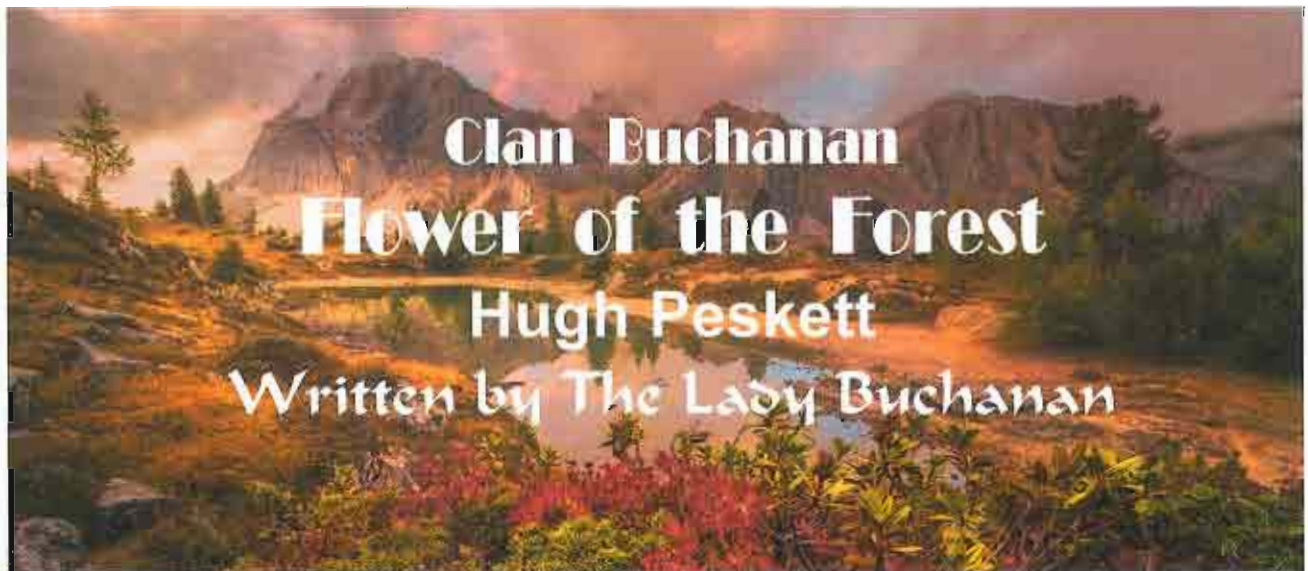


Photo upper left: Mr. Hugh Peskett at work and being filmed. **Photo upper right:** The program at Hugh Peskett's Service of Thanksgiving. **Middle left:** Angus Buchanan, The Buchanan, Lord John Hugh Borthwick of that Ilk - another Scottish Chief, of the Borthwick family and The Lady Buchanan.



The Buchanan, Hugh Peskett's son, Christopher and The Lady Buchanan. Pamela Peskett, Hugh Peskett's widow, Mr. Peskett's secretary, Sara and Angus Buchanan - all at the service for Hugh Peskett.



It is with really sad regret that I have to inform you all that the marvellous Geneologist, Hugh Peskett, has died last week from pneumonia at the age of 87.

Hugh was the incredible and talented gentleman

who tirelessly worked over 15 years towards gathering the huge amount of information required to re-establish the Chiefship of the Clan Buchanan after an absence of over 335 years.

He was a giant amongst geneologists and famously discovered the Irish roots for Ronald Regan. He managed to re-establish many other clan chiefships for other fortunate clans. He was also an expert on feudal baronys. Indeed there was not much about geneology he did not know.

He was also a good friend of ours and visited Cambusmore on several occasions whilst doing his research. He was always a true gentleman and had a really wicked sense of humour. We usually met him at the New Club in Edinburgh where we used to have meetings then dinner in the club house. He was always so amusing and really passionate about what he did.

We originally met him when he was recom-

mended to us by Mrs Elizabeth Roads, the former Lyon Clerk. Goodness me, we were so lucky that she did as we would never have realised how much we would have needed his decades of experience and knowledge. Together with his extensive knowledge of all the publically available Scottish records and most private family archives in Scotland, he just had a nose for finding things which were not even cataloged. It was this sixth sense of finding hither to unknown or uncateloguued documents in a range of Scottish National Archives and those of others, together with his outstanding overall knowledge of history and the practical and legal aspects of Chiefship claims which ultimately lead to the success of Mike's petition.

These things take a great deal of time to resolve but I just remember when I first heard from Sir Crispin Agnew that Mike's claim had been successful, the first person I had to tell was Hugh. Despite Mike just walking in the door from outside, Hugh was the one who needed to know first due to all the years of his life he had worked towards this goal and the passion he felt towards achieving his goal. When I told him, he was so overwhelmed he just could not speak anymore and had to immediately end the call as it meant so much to him.

He did so well despite his relatively poor health ever since we first knew him. By the time the case was being heard in the Lord Lyon court his health had deteriorated severely but he still

Continued on page 8

The Lady Buchanan, *continued from page 2*
ing from other viruses.

Many will now know that the latest Covid-19 is part of the same family of viruses (the Coronaviruses) as the viruses underlying the previous SARS (severe acute respiratory syndrome) and MERS (Middle East respiratory syndrome) outbreaks. Indeed, 15-30% of the viruses underlying the common cold are also types of Coronaviruses. Although they all have slightly different individual characteristics, by sharing the same family group all these viruses tend to have similar properties in common.

Whilst current numbers of those infected and dying from the latest Covid-19 outbreak seem high, some international experts have previously said they would be much more worried about outbreaks of other viruses, such as Influenza or Ebola, than infections caused by



Coronaviruses. These views were held by top scientists such as Dr Klaus Stohr, the former head of the Influenza program at the World Health Organization (WHO). He previously led the agency's fight against SARS. Dr Stohr was reported in the *Wall Street Journal* as saying, "compared with the devastation of a flu pandemic... SARS will be something to smile about."

This view was echoed by Albert Osterhaus, a Dutch scientist involved in pandemic preparedness in Europe, who in the same *Wall Street* article reportedly said, "I am far more scared of a flu pandemic than I am of SARS."

So why is it these people share this different view towards the Coronavirus?

This appears to stem from the fact that while some viruses like Ebola can readily cause death in

Continued on page 9

Hugh Peskett, *continued from page 7*

as he managed to come one last time to Scotland to be interviewed about his work and success in the Buchanan Chiefship claim. I think this case kept him going as I sensed he had to carry on till it was resolved.

It was eventually worth it as the whole world, well a significant chunk of it, appeared to revell in his success in finding the rightful Buchanan clan chief. People were spellbound by his personal story in that he was driven to find the rightful heir of the last Buchanan chief as this was the lifelong dream of his Buchanan grandmother. Indeed it was the reason why he went into geneology in the first place over 50 years ago as he told us on many occasions that this is what his Buchanan grandmother, a feisty highlander, told him he had to do. His unique and compelling story resulted in the press release of the successful Buchanan chiefship claim creating a record 3.2 billion news messages world wide. He will be sorely missed by us all but never ever forgotten. Rest in peace Hugh.

Inauguration of the Chief Postponed,

continued from page 1

and you should have hand sanitizer with at least 60% alcohol on hand in the tent and use it regularly. We would suggest you refrain from having visitors handle items within the tent and of course physical contact should be avoided. If you are personally in a high risk demographic or have underlying health issues you may want to seriously reconsider hosting a tent.

I suspect as the festival season really gets under way that more events will be cancelled. In that case, obviously, the decision is taken out of your hands.

I would ask: If you do cancel your plans, please let me know so I can keep our membership informed. Email info@theclanbuchanan.com

And, of course you will still be eligible for reimbursement of your tent site fees.

The Executive Council thanks you for your commitment and dedication. We hope you all stay safe and well. And we look forward to better times in the near future.

Aye yours, David Byrne, President
Clan Buchanan Society International

The Lady Buchanan, *continued from page 8*

healthy people, viruses like the Coronavirus only effect vulnerable people with a weakened immune system. According to the WHO, up to 90% of those infected with Ebola can die. Conversely, the Coronavirus tends to only cause death in certain groups, such as the very old, the very young and those with existing health problems. This is also reflected in the current estimates of those who have been affected by the recent Covid-19 outbreak, with the number of infections being reported at a much higher level than the number of deaths. The approximate death rate of the current outbreak of the Coronavirus stands at only 2%.

Indeed, during the previous SARS outbreak, many people who were exposed to the virus never actually became ill. The key factor behind whether or not someone becomes infected or ill, after exposure, is thought by many to be linked to the strength of the body's natural immune (defence) system. Those with strong immune systems are less likely to become infected at all and, even if they did, they tend to have milder symptoms. Whereas those with weak immune systems tend to fare much worse.

So, what is an immune system? We all have a natural inbuilt immune system which, when working well, is highly effective at preventing all types of infections. However, modern day lives expose us to many things that weaken all aspects of our immune system. These include factors like a poor diet, a lack of sleep, stress and being exposed to chemicals, pesticides and heavy metals from foods, cosmetics, drinks household products and the environment.

The good news here is that by knowing what weakens the immune system, this gives us the power to work on improving things in order to turn this situation around.

- Reducing stress
- Practicing meditation
- Getting plenty of rest and sleep
- Eating foods which feed and strengthen

your immune system

- Daily moderate exercise
- Avoidance of drugs and toxic chemicals whenever possible

Actually, this knowledge has been used for centuries by practitioners of Naturopathy, Herbalists, Traditional Chinese Medicine and many more natural health practitioners who specialise in giving the body what it needs and protecting it from harm, in order to optimise and enhance its natural health and the strength of the immune system. The body can defend itself naturally against viral infections, such as Coronaviruses, given the right support and approach.

We are very fortunate as many foods are now known to be highly effective at strengthening the immune system. To ensure the body's natural defence systems are on top form, studies have shown a benefit in eating plenty of virus fighting,



nutrient rich foods, such as the following:

- Foods such as lemons and other citrus fruit, rhubarb, dates, kiwi fruit, strawberries, pomegranates plus salad vegetables like bell peppers and cabbage, as they contain good amounts of immune system enhancing antioxidants.

- Sea and freshwater fish containing omega 3 fatty acids, which are often missing in the diet but essential in enabling the immune system to prevent and suppress virus infections including the Coronavirus. Hemp oil or walnuts are a good vegetarian source of omega 3 fatty acids. Many fish also contain plenty of vitamin D which helps the immune system puncture holes in viruses and good amounts of zinc, without which the immune system would not be able to function properly.

- Fermented foods, such as yoghurt, as these promote the growth of the important good bugs in the gut which help suppress growth of the unwanted ones.

- Foods high in soluble fibre such as porridge

Continued on page 30

Has the Case of the Missing Princess-Saint Been Solved?



Scientific evidence suggests that her bones had been hidden behind a church wall for a millennium.

With thanks to *Atlas Obscura*. [Subscribe for free <atlasobscura.com>](https://atlasobscura.com)

Researchers recently announced that bones found in the current Church of St. Mary and St. Eanswythe walls likely belonged to Eanswythe, an Anglo-Saxon princess from the seventh century and patron saint of Folkestone, the southeastern English town in Kent County where the church is located.

While the bones themselves were discovered in 1885—launching much speculation that they were the princess’s remains, missing for centuries—this latest research provides the first empirical evidence that they did indeed belong to the namesake of the church.

Back in January, researchers from the Can-

terbury Archaeological Trust and the Finding Eanswythe project closed the Folkestone church for four days to convert it into a temporary makeshift laboratory. “We set up in the nave just in front of the altar, and also in the adjoining vestry,” writes Andrew Richardson, of the Canterbury Archaeological Trust, in an email. “This meant that apart from a few teeth and small bones sent for lab testing, none of the relics needed to leave the church.” Richardson estimates that approximately 50 percent of the skeleton is accounted for.

During that first round of analysis in the church, the researchers saw some intriguing clues

Continued on page 20

Three past Preses of the Buchanan Society of Scotland attend gathering in Scotland!



Cameron J. Buchanan, Director and past Preses of the Scottish Buchanan Society (See above.) reports that he attended the Williamwood Burns Supper at Netherlee South Glasgow, Scotland.

To his delighted surprise there were three past Preses of his Buchanan Society present: Peter J. Buchanan, 2007-2008; Tam Buchanan, 2013-2014; and himself, Cameron J. Buchanan, 2015-2016.

The unusual occurrence was that it was out with the Buchanan Society and at a local golf club's Burns Supper!



CBSI Members

The Clan Buchanan Society International Inc. (formerly the Clan Buchanan Society in America) will be celebrating our Golden

Anniversary in April 2021.

As we prepare for our first 50 years as a Society we are trying to fill some gaps in our history. One of the areas we are hoping for help with is back issues of the Buchanan Banner.

While we do have many of them archived, there are some dates we are looking for

We need any prior to 1984, meaning we need 1970 - 1983 and 2006 - 2017 issues.

If you have any of these issues of the Banner and can scan a copy and send it to us please contact us at: info@theclanbuchanan.com

By Laws Unanimous vote,

continued from page 1

To that end the old by-laws used terminology for some of our officers normally reserved for appointment by a Chief. One example would be the term "Commissioner" which is normally reserved for the Chief's purposes. Therefore, the revision changes the title to Regional Director. The by-laws also include the Chief (or his designee) in the Executive Council.

The new by-laws also provide for a more defined election process and time frame for the officers. The old election process did not clearly assign dates for the nominations or elections. It also did not establish a specific date that the elected officers take office. This resulted in confusion in the process and could mean as much as a six-month variation in the dates from election to election. The new by-laws correct those issues with a clearly defined timeline.

A copy of the new Constitution and By-laws is available in pdf format to the membership. Requests should be sent to secretary@theclanbuchanan.com

Dear Beth,

I have attached the letter Mike just received from Donald McLaren of McLaren, the convenor of the Standing Council of Scottish Chiefs, to Mike, inviting him to the next meeting.

Mike was very happy to receive this as it is a great honour as this organisation represents the chiefs and their clan organisations. It provides a source of information to those from home and abroad who are interested in their clans and chiefs. It also allows Chiefs to discuss important issues affecting them so they can pass on this information to their clans.

Intriguingly, the name of this organisation is the Standing Council of Scottish Chiefs possibly since in early times there were so many clan feuds that the chiefs kept standing up with their backs to the walls so no one could creep up behind them and stab them in the back!

All best wishes

Paula, The Lady Buchanan

I understand that the last part of the process is now with the Lyon Clerk and the artists; but the key point is Lyon's Interlocutor, recognising you as Chief of the Name - on which many congratulations.

In the hope that you will join us, our AGM this year is on 1 July and you can be assured of a very warm welcome.

With best wishes,

Yours,

Donald



Clan Buchanan

... an old castle going to ruin

The stately Buchanan Castle was once a grand Scottish country house before it was swept up in World War II and subsequently abandoned to the overgrowth.

After the first castle built on the site burned to the ground in 1850, Buchanan Castle was built on its ashes to serve as the grand home of a family of dukes. The house was built in the traditional baronial-style with pointed towers and asymmetrical living areas to give the royalty the opulent house they felt they deserved. The royals lived in the house until 1925 when the home was turned into a hotel complete with golf course.



However, once the Second World War began, the estate was taken over for the war effort and turned into a hospital. During this time, the stately house of healing saw a number of those wounded in the war, most famously attending Rudolph Hess, Hitler's right hand man, after he flew to Scotland in 1941. After the war ended, the building was briefly used as a school but was eventually partially demolished and left to nature.

Today, the golf course remains and is still in use but the castle grounds themselves are covered in creeping plants which are slowly covering all of the still-standing walls.

AUDACEO JUVO

Justice Favors the Bold

An ancient Chiefly Buchanan motto!

The Buchanan Banner

is on Electric Scotland!

Thanks to our friend, Alastair McIntyre.

<<https://electricScotland.com/familytree/newsletters/buchanan>>

Visit at any time, as much as you wish. There is no charge in any direction.

Scotland, Connecticut highland games

David Byrne, CBSI President

The Clan Buchanan wrapped up its 2019 season as it always does, at the 32nd Annual Scotland, Connecticut Highland Games. A fine autumn day brought out a large crowd including many Buchanan Clan members. The tent was busy all day with many members still buzzing about the International Clan Gathering held the month before in New Hampshire.

The event is always on the Sunday of Columbus Day weekend in October at the peak of the fall leaves turning crimson, orange and gold to match our Buchanan colors.

Scotland, Connecticut is a small town dominated by small farms in the eastern part of the state. It was incorporated in 1857 on land first purchased by Isaac Magoon in 1700. Magoon, a Scotsman, named the land in honor of his ancestral home.

The Games are held on the grounds of the beautiful Edward Waldo Homestead Park. This traditional Colonial Salt Box house was built in 1715 by Edward Waldo and occupied by his descendants until

Continued on page 15



Are you interested in researching your ancestry?

Let a Boston University trained genealogy researcher help you find out who you are.

- Reasonable fees,
- reasonably exhaustive search.
- Preliminary research or follow up work,
- with research plan and documentation.

Contact

<genealogyresearcher@comcast.net>



Scotland, Connecticut Highland Games, *Continued from page 14*

1971. The home is surrounded by classic New England stone walls and barns. Dominating the landscape is one of the largest Black Walnut Trees known, first documented in 1798.

The Clan Village is located within a stone wall enclosed pasture, shaded by more Black Walnut Trees. A small barn in the enclosure is used for story telling and music performances. In a larger open pasture is the parade ground surrounded by vendors, dance pavilions and the harp tent. The highland athletics are across the road as is the performance tent.

Because it is the last festival of the season, the Scotland Highland Games are always well attended by the clan creating a festive atmosphere of fun, food, and camaraderie.

This year the weather was perfect, sunny and cool, which drew a large attendance adding to the festivities.

As the sounds of pipes filled the air we looked back and remembered an amazing and historic festival season in Region 1.





THE BUCHANAN'S STANDARD FLIES OVER RICHMOND, VIRGINIA

Richmond Highland Games - Central Virginia Celtic Festival

Trevor Paradis,
Regent for the VA, WVA, MD, DC District

During the closing ceremonies of the Loon Mountain Highland Games in New Hampshire in September, Trevor Paradis, Regent for the Virginia/West Virginia/Maryland/DC district, and Andrea Nissley were honored to receive permission to fly the new Clan Chief's Standard and Pincel at the Richmond Games on October 26 & 27.

The weather was gorgeous for the Saturday event, although rain clouds and cooler weather decreased the crowds on Sunday. Trevor met visitors at his Buchanan Clan tent, shared his knowledge and experiences of the clan and invited them to ask questions to help them become better acquainted to Clan Buchanan. He shared memories of his most recent trip to New Hampshire to attend the Loon Mountain Highland Games and meet our new Clan Chief. Folks were eager to learn more about our new Chief, perusing the latest copy of the Banner while enjoying cousin-ly camaraderie. Many joined in watching the games and took part in the Parade of Clans.

Overall it was a wonderful and well-attended event. The Standard flew high over the tent throughout the weekend. At the closing of the event, the Chief's Standard and Pincel were passed to Kelly Carter, Regional Director, to travel to and proudly fly over the next event.

"As this is the first time in 337 years that Clan Buchanan has a Chief, this was the second time the Chief's Standard and Pincel were flown in the United



The Clan Chief's Standard proudly flying over the Buchanan Tent, Trevor Paradis, Regent, and Andrea Nissley in forefront with the Pincel

States without his presence but with his permission.

It was a great honor to us to be given the opportunity to represent the the Chief by flying his Standard and Pincel.

We are also thankful for all the help from Buchanan cousins at the Richmond Games" stated Trevor and Andrea.

More photos page 17



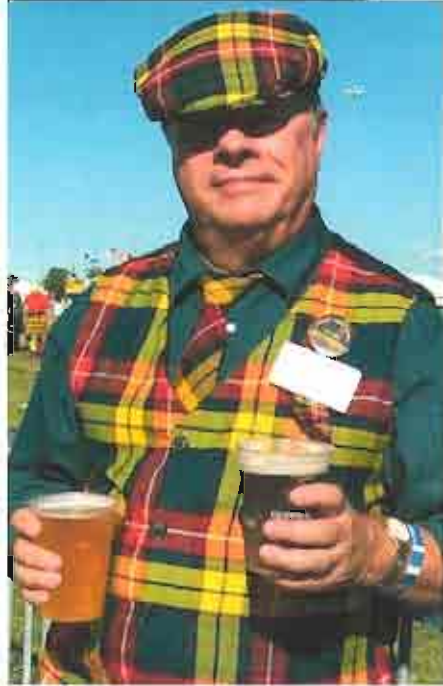
Trevor and his Dad talking with a visitor in the Buchanan tent.



Trevor standing near the Pincel



Clan Buchanan in the Parade of Tartans!



Lane Paradis (Trevor's Dad) enjoying a brew at the end of the Richmond Games.



Clan Buchanan is now a legally recognized clan!

The Lady Buchanan, Paula Buchanan

The change from being an armigerous clan to a legally recognised clan is a really big deal for the Clan Buchanan.

I first started to get a glimpse of why having a chief made a significant difference to a clan several years ago when Mike and I met David Byrne, the then Vice President of Clan Buchanan Society International (CBSI). He was excited to have a potential clan chief for the Buchanan clan for different reason, one of which would be for the Buchanan Clan to be taken more seriously at all the future Clan events. This was because, unbeknown to myself, a Clan which has a Chief can get more points at a Highland Games event than an Armigerous Clan, which is an established Clan which lacks a Chief recognised by Lord Lyon. The number of points a clan can muster are important to the organisers of Highland Games events as they help to decide which clan becomes a Named Clan of the Games or which are to be featured in the main parade. Fewer points can, in this way, reduce a clan's visibility and thereby importance amongst the other clans. As an experienced organiser of the New Hampshire Highland Games, David had ample first hand real life experience of the reduced clout that an armigerous clan had when compared to that of a legally recognised clan with a clan chief.

So, not suprisingly, after Mike's appointment as Clan chief the Buchanan Clan was made honoured clan of the recent New Hampshire

Games with Mike also being the honoured Chief of the event. There was also a record turn out of hundreds of Buchanans for this event, too.

So, with Lord Lyon's recent positive judgement on Mike's claim for the Chiefship of the Buchanan Clan, the Buchanan Clan itself has finally become valid/legal and a recognised entity again in Scottish law, a major milestone in the history of our clan.

Mike's name has also now been put forwards to the Standing Council of Scottish Chiefs, which

is an organisation for all Scottish Highland Clans and Families who have a legally recognised Chief. His name and the link to the society for the clan he represents, will then be put on their website.

Once a Chief's name is in the system, they will then be invited to annual meetings, special events involving major clan gatherings and also be updated on significant issues which affect Clans and/or chiefs and

commanders worldwide. It will effectively put the Buchanan Clan in a different ballpark, really. It also acts as a useful source of information for people and clan members who want to do some research into their clan's history.

The origins of the reason to why it was called a Standing Council, rather than a sitting one or otherwise, is a very interesting one. According to Hugh Peskett, our marvellous geneologist who also has



Continued on page 19



Queensland & Micronesia Regent, Marie Gibson, is shown presenting The Buchanan with a set of Eagle Feathers last fall.



Clan Buchanan is now a legally recognized clan, continued from page 18

a great sense of humour, it was supposedly based in the fact that in the old days, the clans had many feuds and wars between each other. As such, some, if not many, of the many chiefs attending these gatherings of chiefs would be likely to have ongoing blood feuds with others attending the same meetings. This kind of event therefore presented itself as an ideal opportunity to do away with the rival clan's Chief whilst they were relatively unprotected by their regular mob of henchmen.

So, all the chiefs attending these meetings of chiefs had to stand up so they would be better able to defend themselves in the event of someone trying to attack them, possibly by stabbing them in the back!

Fortunately times have changed and it has to be admitted that all the chief's, despite many having a cheeky glint in their eye, look far less war like. Although you never know....still waters often run deep.

Lastly for all those who are still not clear in what an Armigerous clan is, they should take a look at Wikipedia, where they will find a good defini-

tion of what it is.

"An armigerous clan is a Scottish clan, family or name which is registered with the Court of the Lord Lyon and once had a chief who bore undifferenced arms, but does not have a chief currently recognized as such by Lyon Court. Before 1745 all chiefs had arms; however, not all of these

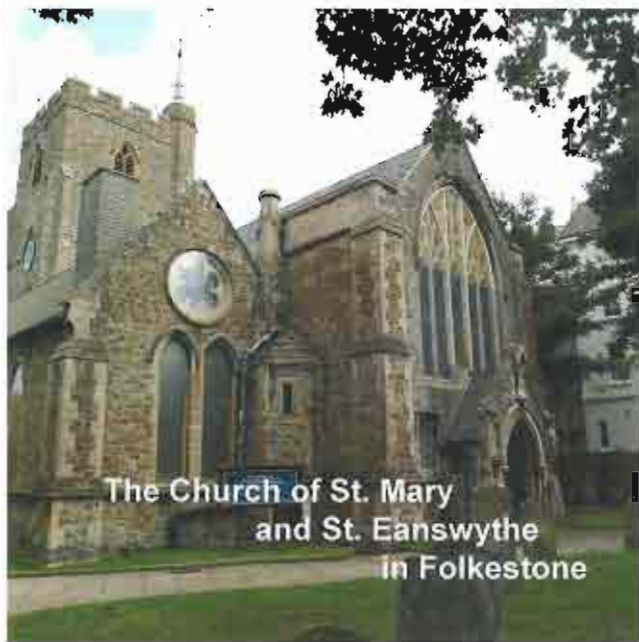
are recorded in the Public Register of All Arms and Bearings in Scotland, which was only established in 1672.

In Scottish heraldry only chiefs or heads of clans, families, or names bear undifferenced arms. A clan is considered a "noble incorporation" because a clan chief is

a title of honour in Scotland and the chief confers his or her noble status onto the clan. Because armigerous clans do not have such chiefs, they are not recognised as noble communities and have no legal standing under Scots law."

Fortunately, due to the help and support of our geneologist Hugh Peskett and Sir Crispin Agnew from the Lyon Court and of course the Lord Lyon himself, this is, at least for the Buchanan Clan, a thing of the past!





as to the identity of the remains. First, the lead box in which the bones were contained was dated to the eighth or ninth century, closer to Eanswythe's death than the church itself, which was constructed in the 12th century. Second, the enamel on the teeth showed no signs of malnutrition, suggesting that this person was well-nourished and of high social status. Third, and most important, the bones came from one person rather than several (as is often the case with relics and such old burials), and the pelvis and skull revealed that that person was most likely a woman.

But the most important findings came back from the lab at Queen's University in Belfast, where a tooth and a foot bone underwent radiocarbon dating. Those test results were consistent with the common view that Eanswythe died in the 650s or 660s. "It is very hard to imagine why these remains would be anyone other than Eanswythe," writes Richardson, "given the multiple historical references between the 10th-16th centuries that place her in Folkestone and, from 1138, in this church." Indeed, "the earliest Anglo-Saxon documents that mention her," he writes, "say she 'rests in Folkestone.'"

According to the Finding Eanswythe project, Eanswythe was probably born around 630, likely the youngest child of the Kentish King Eadbald. It's hard to put a precise date on it, but sometime

during the seventh century a "minster"—or church built as part of a monastery—was founded at Folkestone. It's possible that the minster was built within Eanswythe's lifetime, and that she was indeed its founding abbess, as tradition holds; it's also possible that it was established after her death. Either way, she could be one of the founders of female monasticism in England. It's one of the reasons she occupies a position of such prominence within Folkestone's cultural memory. In fact, a 799 charter refers to the priory grounds as "terra sancta Eanswithe [sic]."

The current Church of St. Mary and St. Eanswythe was built in 1138, after the original minster was destroyed. Documents and basic deduction suggested that Eanswythe was buried in the original church, and then moved to the new one before being "lost." In 1885, workers renovating the church found the bones within the walls, where they have stayed ever since, in a specially constructed alcove. Many assumed that the bones were proof of Eanswythe's burial there but Richardson was careful not to jump to that conclusion, wary of false relics that date to the founding of the church but are purported to be much older.

Removing the bones once more for research purposes was not merely an academic affair, but an emotional one as well, as some of the researchers slept in the church to guard the remains. Lesley Hardy—*Finding Eanswythe's* project leader and a historian at Canterbury Christ Church University—is an ordained deacon in the Church of England, and began every morning of research by reciting prayers over the remains.

The next steps in the project should provide even more detail. A tooth is currently undergoing stable isotope analysis at Oxford University and will then undergo further study with the British Geological Survey. These analyses could provide insights into Eanswythe's diet and, by extension, her environs; they may reveal, for example, that she did not always live in Kent. If the Francis Crick Institute can extract genetic material from the tooth it may have clues to Eanswythe's hair and eye colors and, perhaps something about her lineage.

Stone Stackers to Dunbar, Scotland from all over the world to...stack stones



Pedro Duran puts the last touches on his work.

Some of the stacks built during the championships will be reclaimed by nature's elements, so taking photographs is recommended.

Stone stackers come to Dunbar and their East Beach for the European Championship. For some it is contemplation, for others it is art or simply an excuse to spend some time alone. Stone stacking involves balancing rocks and stones in sometimes unbelievable and unlikely ways.

Stackers from home and abroad are converging on Dunbar in East Lothian for the European Championship.

Expertly balancing one rock on top of another at the European Stone Stacking Championships, competitors combine skill and artistic creativity to come up with gravity-defying constructions.

Now in its third year, the event takes place in the Scottish coastal town of Dunbar, east of the capital Edinburgh.

Over 30 participants from all over the world gathered over the weekend to create gravity-defy-

ing sculptures from rocks and stones found on the beach as part of the European Stone Stacking Championships for all Stone Stacking and Rock Balancing artists and practitioners.

The overall winner of the European Stone Stacking Championship will receive financial support for flights to the world Stone Balance Championship



If you would like to see lots of photographs of stone stacks in the competition, just visit this website: <https://i.guim.co.uk/img/media/b3eff8ad1be4c87ad8d736261b8399acf941a528/0_0_4256_2832/master/4256.jpg?width=1010&quality=85&auto=format&fit=max&s=185039a8d3ff0c336a594152a0b7b766>

Hand made silver treasures created just for The Buchanan

Paula, The Lady Buchanan

Well, things are hotting up as things are really moving on with preparation for the Inauguration. We now have some of the key elements which will make up the "Chief's Inauguration Wardrobe."

In the old days, the most important item for this ceremony usually involved the creation of an ancient crown.

This is still seen in many clan's coat-of-arms. However, times have changed and now, for whatever reason, the main symbol for a Highland Scottish Clan Chief is now their head wear which needs to contain three eagle feathers held in place by a specially created cap badge.

Fortunately, we have had the good fortune to live near an extremely talented goldsmith and artist named Stuart Graham. When given this commission he really pulled out all the stops and designed and created a work of art which not only looks amazing, but also, I think, is the first of its kind to have three cylinders in the back to keep the very long eagle feathers in place.

Again, it uses elements from The Buchanan's coat-of-arms. You can see, unlike the clansman's cap badge, the chief's does not have a belt around it.

As this is a very special occasion, not only will the silver cap badge be newly made but also there will be three special eagle feathers presented to The Buchanan by The Buchanan's newly appointed Falconer, Stuart Robertson.

Stuart runs the Loch Lomond Bird of Prey Centre (on lands formerly owned by the last Buchanan Chief) and takes care of Orla the Golden Eagle, from whence will come The Buchanan's feathers.

This part of the event is "the feathering" and it will play a key symbolic importance in our event. It effectively takes place instead of the former crowning.

There is also a plaid pin silver badge for The

Continued on page 23



The Chief's hand made silver cap badge with eagle feather holders.

The silver cap badge hand made for The Buchanan to wear in the United States of America with the eagle feathers also made in silver.

Hand made silver treasures,

Continued from page 22

Buchanan. There is also a cap badge which you can see has a belt round it, as it is being made for Angus Buchanan, Ygr of Buchanan, the presumed heir to the Buchanan Chief-ship.

The Buchanan will also have a completely new set of outfits created especially for his Inauguration.

For example, these outfits will require many special buttons which have his coat-of-arms on them in silver.

These are for his evening velvet kilt jacket as well as other items.

These were all, again, specially designed, created and painstakingly hand engraved by the marvelous Graham Stuart of Dunblane. They show the rampant lion which is part of The Buchanan's coat-of-arms.

There will be many other special things made for the Inauguration such as a silver seal, a sword and a white rod and a special wooden chair carved with heraldic emblems. It all takes time and careful planning.

But it is not just about the Clan Chief, as for this event, for the first time in centuries, the Chief's Clan Court will be recreated.

These newly appointed clansmen and women will not only be carrying out different roles in the event but they will be wearing the appropriate splendid historic or tartan clothes for their own role. Even horses and their riders would need to be suitably attired.

There is likely to be much celebrating with dancing that first evening at an exciting and truly authentic reeling ball.

People will have the opportunity to dress up and dance the night away to newly learnt or familiar Scottish reels.

Or, they may be happy to enjoy the evening chatting away with their newly discovered distant, or not so distant, relatives sharing their love of their own Buchanan family history and Scottish heritage.

Music will also be a vitally important element everything. Imagine sitting, relaxing at a table with your friends, looking at the breathtakingly beautiful scenery of the land of your ancestors whilst being serenaded by pipers playing into the night. There may even be a Harper or two to add to the magic of the day.

It should be an exciting occasion, a one off,



never to be forgotten event, when everyone comes together to celebrate their part in this international family gathering.

It will also be one when people can explore their family's past and go to all the areas where their ancestors would have lived and worked.

Truly it is a once in a lifetime event. We all hope to see you there.

The Buchanan's Piper for Oceania, Richard Harris Buchanan



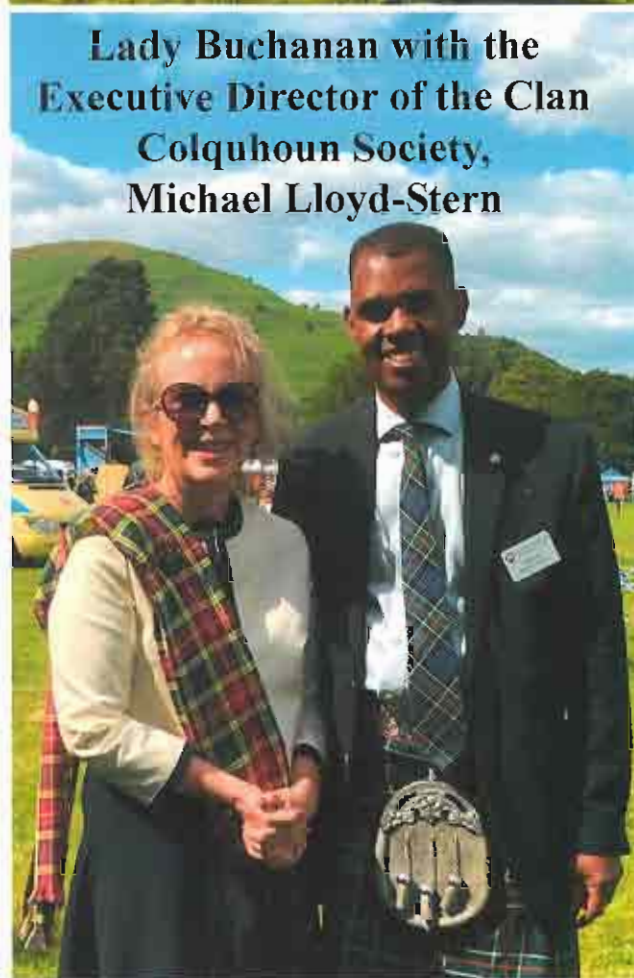
With thanks to Malcolm Buchanan for this photo.

Richard Harris Buchanan, The Buchanan's Piper for Oceania, wearing his new weathered Buchanan tartan.

Mr. Harris was appointed Piper for Oceania when The Buchanan, Mike Buchanan and Lady Buchanan were in Australia last fall.



Paul Gibson, The Lady Buchanan and Shona Gibson on the shore near Clàr-Innis - the island in the background.



Lady Buchanan with the Executive Director of the Clan Colquhoun Society, Michael Lloyd-Stern

The Executive Director of the Clan Colquhoun Society, Michael Lloyd-Stern, (on the right) was so kind to send along this photo of Paula, The Lady Buchanan and himself at the Luss Highland Gathering in 2019 on Loch Lomond.

It was the first time that clans other than Clan Colquhoun have been invited to take part in the event and have a presence at this games, which have been hel on Colquhoun lands since 1875.

The Buchanan and the Lady Buchanan at Bondi Beach in Australia.



A good time was surely had by all!

Bondi Beach is a suburb in Sydney, New South Wales, Australia. Not only is it a popular beach but it is the name of the surrounding suburb in Sydney.

With thanks to Malcolm Buchanan for the photo.



Left: The Buchanan, The Lady Buchanan, with the Chief's Banner Bearer, Steve Buchanan and The MacLaren at the Canberra Highland Gathering.



Right: The Chief and his Lady cutting the welcome cake!

Left: Vivienne Arnett-Dunlap was the Chief's Piper for the Royal Edinburgh Tattoo - Sydney 2019.



More from Oceania and The Buchanan's and The Lady Buchanan's visit last fall!



Clan Chiefs and Australian Clan Leaders, along with The Buchanan and The Lady Buchanan, at the Clans Dinner, Canberra 2019



The Clan Buchanan gathers at Canberra 2019. *All photos pages 26 & 27 thanks to Malcolm Buchanan.*

Ana Paula Buchanan and Eric Brockman are engaged!



Pedro (Peter) W. Buchanan, Regional Director for CBSI Region 18

From Left to right above: Pedro W. Buchanan (that is me) recently designated as Regional Director of the Clan Buchanan for Region 18; and father of the bride, then Erik Brockman (the groom), Ana Paula Buchanan (the bride) my daughter, Pedro W. Buchanan, Jr, my son, and Sonia Garcia, mother of the bride.

Erik Brockman and Ana Paula Buchanan have dated since they were 15 years old! (Now they are 29). Erik is a professional sailor and Captain of Mexico's Sailing Team. Ana Paula is a Financial Lawyer and full hearted contemporary dancer!

Sonia is a psychologist by profession, but has been a fully devoted and extremely warm and lovely mother for Ana Paula and Pedro, Jr. (also a M&A Lawyer and avid soccer player). She wakes every morning at 7:00 AM just to wait for Ana

Paula to get out of the shower and join her for breakfast. Their loving mother is the best thing that has ever happened to both my kids.



There is no better reward in life than to see that your son-in-law matches your daughter's principles and family values. They are both outstanding in what they do, make a wonderful couple and, for sure, they will start a new life together filled with love and adventures.

More likely in one year, Erik will initiate a One Year Journey by sailing around the world. Ana Paula will be there for port logistics.

The rest of the Brockman and Buchanan Family will have to follow them only with our thoughts, best wishes and with our hearts. Such is Life.

Aye yours,
Pedro W. Buchanan



Erica & Alan



Erica Eichorn and Alan Rutter were married in the St. Mary Catholic Church, Royal Oak, Michigan on November 16, 2019. They were attended by Ella Komendera (11) and Fiona Rutter (4) and with Alan in his Buchanan kilt and finery and the ladies all wearing Buchanan sashes.

A kilted wedding reception was held at The Kilgour Scottish Centre in Troy, Michigan.

NORTH TEXAS IRISH FESTIVAL



On a sad note, we found out that "Mr. Buchanan", a white Scottish Terrier, crossed the Rainbow Bridge. He will be sorely missed by many.

North Texas Irish Festival

Bill & Gina McQuatters, Regional Directors
Mr. McQuatters is the CBSI Sergeant-at-Arms

Festival season kicks off for us here in Texas the first weekend in March with the North Texas Irish Festival. We convened the Clan Buchanan tent in the Scottish Village located in the Centennial Building.

This is by far the most interesting festival we work throughout the year. It is an Irish Festival with the addition of a Scottish Village occupying a section to help provide a bit of history to this event. It is really awesome, as we have the opportunity to meet new people every year who are attending the event either for the first time or are regular visitors who came with the intent to party but also found out a little of their history. We had many, many visitors and cousins stop by to introduce themselves and/or visit.

This festival is a rollicking affair with a large selection of excellent Celtic music, from folksy to fast paced rock. Bands this year included acts such as The Selkie Girls, Cleghorn, Rathmore, Irish Rouges, and Beyond the Pale to name but a few. Our Scottish Village is located next to the Urchin Stage, and we are entertained throughout the weekend with storytelling and music aimed at young people.

There are also many vendors selling everything from the whimsical to authentic attire. Vendors represent a myriad of art forms from wood working, iron casting, clay molding, pewter products, and many others. A whisky tasting area is located next to our Scottish Village where one can sample different types of Irish whiskys. By late Saturday, kicking back with a dram sure sounded good but duty called.

House of Douglas Bakers always has a large booth selling many different types of tasty treats such as Irish Soda bread, shortbread, scones and cookies. The artisans from "Crafty Celts" were back again selling their amazing jewelry as seen on the History Channel show "Vikings". Other artisans also were there selling and demonstrating their craft.

Saturday, as always was the busiest day of the fair and Gina and I had very little time to take a break as we had the honor of visiting with many Clan members and soon to be members. On a sad note, we found out that "Mr. Buchanan", a white Scottish Terrier crossed the Rainbow Bridge. He always came to visit us wearing his Buchanan kilt, and we looked forward to seeing him each year and visiting with his family.

We arrived home tired but satisfied that the first festival of the season was in the books. One thing we noticed was that this year a bit lighter than in past years, both in vendor participation and with visitors. While we were very busy all day Saturday, it wasn't as overwhelming as was the norm in past years. But, all in all, it was a great weekend. Those that ventured out enjoyed good weather and a fun time. As always, we are honored to represent Clan Buchanan here in the great state of Texas and look forward to the next event.

More photos on page 30



The Lady Buchanan,
continued from page 9

oats, beans, pulses, apples and oranges enhance the actions of fermented foods as soluble fibre and is a great food

source for 'good' bugs. These soluble fibres also bind to and lower levels of immune system damaging synthetic chemicals and immuno-toxic heavy metals in the body and help remove them safely.

Many herbs and spices contain powerful antiviral constituents and so have potentially strong Coronavirus killing actions. These include, ginger, turmeric, garlic, onions, horseradish, cinnamon, ginseng, cayenne pepper, peppermint, dandelion, mistletoe, liquorice, oregano and basil.

Eating more organic foods. Conventionally grown foods tend to have a raft of known immune system damaging chemicals and are often of a lower nutritional value compared to those grown more naturally or organically. Organic foods tend to contain higher levels of immune system strengthening vitamins and minerals, such as potassium, copper, zinc and vitamin C. Vitamin C, for example, has consistently been shown to reduce the duration and severity during episodes of the common cold.

Aquatic vegetables like lotus root (water

Continued on page 36



Meet The Picts: The Ancient Blue Wildmen Who Protected Scotland From The Roman Empire

Mark Oliver

And, thanks to Kevin "Buck" Buchanan,
Vice President CBSI

Much of what we know about the Picts comes from the Romans, who praised the military prowess of these ancient Scots.

Some 2,000 years ago, Scotland was home to a group of people known as the Picts.

To the Romans, who controlled much of Britain at the time, they were but mere savages, men who fought completely naked armed with little more than a spear. But the Picts were fearsome warriors.

Every time the Roman Empire tried to move into their territory, the Picts successfully fought back. The Roman legions were the greatest military force the world had ever seen and the only people they couldn't conquer was this wild clan.

Yet, despite their formidable warrior culture, the Picts mysteriously vanished during the 10th century. The wild men the Romans could not conquer faded away and barely left behind a trace of their existence. Today, historians still struggle to piece together a glimpse into who the Picts were and what happened to their mighty culture.

Picts: "The Painted People"

The Picts were so named by the Romans who observed and recorded them but, as was the case with many ancient peoples, the Picts did not refer to themselves that way. "Pict" is believed to be a derivation of "The Painted," or "Tattooed People," which described the blue tattoos with which the Picts covered their bodies.

Julius Caesar himself was fascinated by the culture. Upon meeting them in battle, he recorded that they "dye themselves with woad, which produces a blue color, and makes their appearance in battle more terrible. They wear long hair, and shave every part of the body save the head and the upper lip."

According to other Roman sources, the only clothing the Picts wore was iron chains around their waists and throats. Iron was considered to them a sign of wealth and material more

Continued on page 32



A depiction of a Pict warrior, painted as described in Roman history.



A Pict woman drawn covered in flower tattoos.

Meet the Picts, *continued from page 31*

valuable than gold. In addition, iron also served a practical use as the Picts could use these chains to carry swords, shields, and spears.

Their bodies were otherwise adorned head to toe with colored tattoos, designs and drawings of animals. Indeed, these designs were so so intricate and beautiful that the Romans believed the reason the Picts didn't wear clothes was to show them off.



A Pictish stone tells of a battle scene, presumably the Battle of Nechtansmere of 685 AD.

When the Romans invaded Britain, they were accustomed to winning. They had conquered every powerful civilization they had yet come into contact with and destroyed any armed opposition with a flash of armor and steel that knew no equal. But they had never faced an enemy like the Picts.

The Romans expected another easy victory against the Picts, a primarily land-based people, going into their first battle. Indeed, the Picts retreated nearly as soon as they'd started fighting, and the Romans declared: "Our troops proved their superiority."

But the victory proved to be an illusion. While the Romans were setting up camp, the Picts returned pouring out of the woods and seemingly out of thin air. They caught the Romans completely unaware and massacred them.

An Undefeatable Opponent

Time and time again, the Picts would lure the Romans into a false sense of security before striking when their guard was down. For instance, they would often charge the Romans on horseback and immediately retreat, luring the Roman cavalry away from their infantry. Then, a second squad of Picts would leap out of the woods and slaughter any Romans that had been foolish enough to give chase.



A Pictish rider drinking on horseback.

the seemingly-superior Roman forces by their refusal to fight in the Roman way.

The Picts were faster, knew the land better and had more to fight for. By Roman counts, some 10,000 Picts died fighting against their forces — but Scotland never fell to them.



A depiction of a Pict from a 19th-century history book.

uncovered in British archaeological digs.

What we've found, though, bears little resemblance to the Roman version of the story. The Picts,

Continued on page 33

"Our infantry," Julius Caesar wrote, "were but poorly fitted for an enemy of this kind." Indeed, when the Romans took over a Pict village, the clans would move on to another one and prepare to strike back. Much like Napoleon could not pin down the enemy and force them to fight on his terms during his invasion of Russia, the Picts continuously frustrated

This story, though, is one told by an invading force. It's a Roman version of the Picts, which is likely far from the whole truth.

It's hard to say what life among the Picts was really like. Little Pict writing has survived to this day. The only hints we have come from a scattered handful of relics

Meet the Picts, *continued from page 32*

historians believe, weren't particularly war-like people. With the exception of a few cattle raids between neighboring tribes, they lived in relative peace only taking up arms when the Romans forced them to defend their homes.

There is little proof, even, that they really fought naked. Most of what archaeologists have discovered about the Picts comes from the 5th century or later but, by then, at least, the culture had taken to using linen, wool, and silk. They drew themselves dressed in tunics and coats in pictures.

Interestingly enough, the Picts seem to have been farmers and were peaceful people who focused their faith on nature. They believed a goddess had walked through their lands and that every place where her foot had landed was sacred. Their fierce commitment to their ancestral land is likely what motivated them to become fearsome protectors of it and a dangerous enemy to the Romans.

Christianization and Disappearance

In the end, it wasn't the drums of war that toppled the Picts: it was the cross. In 397 AD, Christian missionaries started moving into the Picts' territory and spread the message of Jesus Christ. One of the most successful individuals in converting the Picts was Saint Columba, who famously won over the clans by banishing a monster they thought dwelled in the River Ness – a story that's believed to be the basis for the legend of the Loch Ness Monster.

By this point, Pictish culture began to change. More and more, they became influenced by their Gaelic neighbors and started to imitate their language and beliefs.

The last Pictish kings died in 843 AD — killed, depending on who you believe, by either the Vikings or the Scots. Then the King of the Scots, Cinaed Mac Alpin or Kenneth MacAlpin, crowned himself as their ruler and formally united the Picts with the Scots.

Jacob de Wet II/Wikimedia Commons

Kenneth MacAlpin, the first King of Scotland and the last King of the Picts



Saint Columba converting the Picts to Christianity.

At the same time, Scotland was threatened by ongoing Viking raids. The remaining Picts had no choice but to fight side-by-side with the Scots to defend their ancestral land. By the 10th century, their Kingdom was wholly transformed into the Kingdom of Alba and their own language was replaced by Gaelic. The last traces of a distinct Pict culture were lost.

Fortunately, small hints about who these people were continue to be uncovered. A handprint on a stone here, a symbol on a wall there; every new artifact uncovers a little more of what life was like for “Europe’s Lost People,” the ancient tribe that once struck fear into the heart of the mighty Roman legion.



Mark Oliver
Mark Oliver is a writer, teacher and father whose work has appeared on *The Onion's StarWipe*, *Yahoo* and *Cracked* and can be found on his website:
<https://allthatsinteresting.com/>

List of Septs of the Clan Buchanan

Sept: an affiliated or allied family which is part of a larger clan in Scotland. Often these were families that lived on lands owned by a clan chief, swore allegiance to a chief for protection or were relatives of the chief. The word sept is Irish in origin.

Because Buchanan was originally a place name, and only after several centuries was used as a surname, we have many allied or associated family names. Many of these names derive from the forename or even the nickname of one of our chiefs or lairds. For instance the name Gibson derives from the nickname for Gilbert (one of our chiefs) which is Gibb and his son's were called - you got it - Gibsons! Others can derive from an occupation, such as Harper or Rusk (a tanner) in service to a chief. Still other names come from towns, villages or areas within Buchanan territories such as Len(n)y.

If your name is on this list then you are very likely a member of the Clan Buchanan. If you are in doubt feel free to contact us at info@theclanbuchanan.com

A NOTE ON SPELLING: There are many hundreds of variations in the spelling of these names. If yours is not an exact match, don't worry we are familiar with them all.

Bohannon	Macauslan	MacIndoe	Morrison*
Buchanan	Macauslane	MacKibb	Murchie
Coleman	MacCalman	MacKibbin	Murchison
Colman	MacCalmont	MacKinlay	Richardson
Cormack	MacCammond	Mackinley	Risk
Cousland	MacCasland	Macmaster	Rush
Dewar	MacChruiter	Macmasters	Rusk
Donleavy	MacColma	MacMaurice	Ruskie
Donlevy	MacColman	MacMorris	Ruskin
Dove Dow	MacColwan	MacMurchie	Spittal
Gibb	MacCommon	MacMurphy	Spittel
Gibbon	MacCormac	MacNuir	Spittle
Gibbs	MacCoubrey	MacNuyer	Walter
Gibby	MacCubbie	MacQuat	Walters
Gibson	MacCubbin	MacQuatters	Wason
Gilbert	MacCubing	MacQuattie	Wasson
Gilbertson	MacDonleavy	MacQuattiey	Waters
Harper	MacGeorge	MacQuinten	Watson
Harperson	MacGibhon	Macuasland	Watt
Leavy	MacGilbert	MacWattie	Watters
Lennie	MacGreusich	MacWhirter	Weir
Lenny	MacGubbin	MacWhorter	Yool
Macaldonich	MacInally	Masters	Yuille
Macalman	MacIndeor	Masterson	Yule
Macandeior		MaWhitty	Zuill
Macaslan		Morrice	
Macaslin		Morris	*of Perth only





Black Lion Flags



BLACK LION FLAGS are now available from the CBSI.

Our quartermaster has received a new shipment of our Black Lion Flags. The price including shipping and handling is \$85.00 in the USA.

These are custom made flags printed on 3.2 oz jet flag material - imprinting on one side with the imprint clearly visible on the reverse - size is 3 ft X 5 ft. The flag is yellow with the Black Rampant Lion and red highlights and

brass grommets.

Payment is accepted through a secure system. Invoices will be emailed to you and payment with a major credit/debit card is made directly by you. We do not receive your card # - all major cards are accepted. Inquire about our check acceptance policy.

To inquire or order flag, you might wish to contact Danny McMurphy <quartermaster@theclanbuchanan.com>.

The Lady Buchanan, *continued from page 9*

lily 'potato like' root) and water chestnuts commonly eaten in China, Japan and India appear to rank as real 'antiviral superfoods'. These can be found locally in the UK in Asian food supermarkets. Unlike land grown crops, which have increasingly been grown on nutrient chemically treated and nutrient poor soils for decades, natural lake grown lotus roots are grown in a nutrient dense and relatively clean environment.

Perhaps unsurprisingly then, a study which looked at 36 vegetables to identify the foods highest in antioxidants, found the lotus root to come out on top. This is important as the higher the antioxidant levels a food possesses the greater the ability to kill and suppress viruses. Ginger, garlic and spinach also ranked highly in that study.

Actually, natural practitioners have been using many types of treatments to strengthen the body's natural ability to fight viruses and other infections for many centuries.

These long-established natural methods have been recognised and used officially for former Coronavirus outbreaks such as SARS. Actually, during the SARS epidemic, The Chinese Government Health Authority released recommendations for preventing and treating those with SARS. They contained herbs well used in the west that have now been found to contain anti-viral and anti-bacterial properties such as liquorice, skullcap and rhubarb root.

These recommendations have now been backed up by academic studies, showing the effectiveness of natural herbs and spices in tackling

the previous SARS outbreak and reducing the level of symptoms and their duration in those with the disease.

As these treatments were found to be effective on one type of Coronavirus, it indicates the same treatments are very likely to be effective on other types of Coronaviruses. So natural treatments

used to treat or prevent SARS or even head colds, are very likely to be helpful towards helping the body defend itself against Covid-19.

From my perspective, I believe there is actually so much we can all do now to protect our health and strengthen our natural immune systems from the Covid-19 using the above-mentioned foods which have been safely used in this way for generations. Indeed, many of these foods, herbs and spices

will already be found in most people's kitchens!

Not only can these immune system strengthening nutrients be accessed from eating the right foods, but the above mentioned spices and herbals can be consumed as teas (peppermint, ginger, mistletoe, dandelion) as well as in food supplements (capsules or powders) or in raw juices, such as ginger, rhubarb and turmeric.

Only time will tell what has caused the latest outbreak. However, there is no reason to wait until people start getting infected in your area. Now is the best time to start to change your habits and diet to help your body defend itself from the threat of future Coronavirus virus infections.



James Buchanan is the only president to remain a lifelong bachelor, though he was engaged to a woman at one point.

Clan Buchanan Society International Officers

President

**Clan Buchanan Society,
International**

David J. Byrne

23 Rockridge Terrace
Prospect, CT 06712
203-228-3745

david.byrne@theclanbuchanan.com

Vice President

**Clan Buchanan Society,
International**

Kevin "Buck" Buchanan

29200 Larkspur Road
Tollhouse, CA 93667
559-250-5703

knanahcub@gmail.com

Deputy Vice President

**Clan Buchanan Society,
International**

James "Jim" F. Gibson

1704 Sterling Trail, SW
Marietta, GA 30008
678-630-0741

jfgibson@bellsouth.net

Secretary

**Clan Buchanan Society,
International**

Shelagh A. Colledge

18457 West Sunnyslope Lane
Waddell, AZ 85355
623-980-0864

ceadfailte@aol.com

Membership Secretary

**Clan Buchanan Society,
International**

Karen Buchanan

108 Chanticleer Court
Williamsburg, VA 23185
860-930-5359

scottishlady108@hotmail.com



Officers:

Please look at your own listings on each page of this directory of officers' contact information.

If your listing needs to have updates, please email your editor, right away, using <bethscribble@aol.com>.

It is very important to Clan Buchanan for the group to have good communication between us.

Treasurer

**Clan Buchanan Society,
International**

John Brice

14165 Mountain View Lane
Rapid City, SD 57701-7908
605-787-6929

johnjb3rd@gmail.com

Past Presidents

**Clan Buchanan Society,
International**

Lloyd D. Gibson

1325 N. Delaware Road #22
Apache Junction, AZ 85120
575-649-5015

azbuchanan12@gmail.com

Eric Bullard

1121 West 1st North St.
Morristown, TN 37814
423-839-3333

goatherd@email.com

Kenneth A. Buchanan

4 Buttonwood Drive
Medford, NJ 08055-8419
609-781-7108

ken.buchanan@hotmail.com



Clan Buchanan Society International Officers

Attorney

**Clan Buchanan Society,
International**

Blake Buchanan

734 Monterey Drive
Rockwall, TX 75087

blake_buchanan@sbcglobal.net

Chaplain

**Clan Buchanan Society,
International**
Vacant

Editor Buchanan Banner

Beth Gay Freeman, FSA Scot

Mo Leannon
688 Camp Yonah Rd.
Clarksville, GA 30523
706-839-3881

bethscribble@aol.com

Co-Genealogists

**Clan Buchanan Society,
International**

Patricia "Patty" Hopkinson

962 Belmont Terrace #2
Sunnyvale, CA 94086-5780
cbsigenealogist@gmail.com

Christine Conlon

Member Association
Professional Genealogists
genealogyresearcher@
comcast.net

Herald at Large

**Clan Buchanan Society,
International**

Claude & Robin Buchanan

7a Blake Greens
Millwater, Silverdale
Auckland 0932 New Zealand
+64 027 444 6947
buchanan3832@gmail.com



Blue-
berry /
Billberry and
Birch are two
of the three
C l a n
Buchanan
plant badges

Please look at
your own listing on-
each page in this di-
rectory of officers.
If it is incorrect, or
you have changed in-
formation, please
email <bethscrib-
ble@aol.com> (bethscribble is
one word)

THANK YOU!



Oak, one of the three
plant badges for Clan Buchanan

Sergeant - At - Arms

William McQuatters

112 Blackjack Lane
Burleson, TX 76028

817-319-6641

william.mcquatters@
theclanbuchanan.com

Webmaster/Mailing

John Gibson

66 Lance Lane
Crawfordville, FL 32327
850-345-5092

webmaster@theclanbuchanan.com



CBSI Historian

**Clan Buchanan Society,
International**

Nancy Fromm

1033 Brenthaven Drive
Bloomfield Hills, MI 48304
248-332-0963

nan.fromm@yahoo.com

Quartermaster

**Clan Buchanan Society,
International**

Danny McMurphy

1024 Sunset Drive
Sullivan, MO 63080
573-680-4427
mcmurphy1@yahoo.com

Awards Committee

**Clan Buchanan Society,
International**

James F. Gibson

1704 Sterling Trail SW
Marietta, GA 30008-4428
678-640-0741

jfgibson@bellsouth.net

Awards & Nomination Committees

**Clan Buchanan Society,
International**

Chester M. Gibson

PO Box 323
Unionville, PA 19375-0323
610-793-1649
cmgdgibson@msn.com

Special Events

**Clan Buchanan Society,
International**

Angela Furlong

4296 Defoors Farm Trail
Powder Springs, GA 30127
678-448-8717

angelaefurlong1@gmail.com

CBSI Regional Directors, Regents and Conveners

Region 1 - New England

Regional Director

David J. Byrne

23 Rockridge Terrace

Prospect, CT 06712

203-228-3745

david.byrne@theclanbuchanan.com

Connecticut Regent

Richard T. Byrne

PO Box 97

Norfolk, CT 06058-0097

860-542-5848

norfolksearch@sbcglobal.net

Maine Regent

Robert Buchanan, III

79 Bramhall Street, Apt. 2A

Portland, ME 04102

207-370-8714

robertjcbuchanan3@gmail.com

Rhode Island

4 Massachusetts Regent

Stephen W. Doherty

125 Plymouth Street

Middleborough, MA 02346-1205

acerridge@yahoo.com

New Hampshire - Regent

Taylor Byrne

23 Rockridge Terrace

Prospect, CT 06712

203-228-3745

ctbuchanan@gmail.com

Vermont - Regent

vacant

Region 2 - North Atlantic

Regional Director

Chester M. Gibson

PO Box 323

Unionville, PA 19375-0323

cmgdgibson@msn.com

Delaware - Acting Regent

Chester M. Gibson

(see contact information above)

New Jersey,

East Pennsylvania

4 Delaware Regent

Kenneth A. Buchanan

4 Buttonwood Drive

Medford, NJ 08055-8419

609-781-7108

ken.buchanan@hotmail.com

New York Regent -

Vacant

Pennsylvania Western

Regent

Elaine McMaster

561 6th Street

Pitcairn, PA 15140

412-372-0609

shmom3@verizon.net

Region 3 - Mid - Atlantic

Regional Director

Kelly Carter

1827 Eastern Shores Road

Littleton, NC 28750

cell 703-314-3901

kelly.carter.home@gmail.com

District of Columbia

Maryland, West Virginia,

DC and Virginia Regent

Trevor Paradis

507 Blackberry Lane

Ruckersville, VA 22986

434-989-0660

Tarleanknight@hotmail.com

North Carolina Regent

James "Jim" E. Buchanan

PO Box 45

Trinity, NC 27370

336-402-0099

Buch1212@aol.com

Conveners

Vacant

Region 4 - Southeast Atlantic

Regional Director

John Gibson

68 Lance Lane

Crawfordville, FL 32327

webmaster@theclanbuchanan.com

North Florida and

Georgia Regent

Patrick Dearman

309 Hidden Hollow Court

Sanford, Florida 32773

Cellphone 407-687-9789

(on after noon)

inkslinginjedi@gmail.com

South West

Florida Regent

Erin Dow Pantelis

1415 Main St., Lot #59

Dunedin, FL 34698

603-498-6860

DowSept@gmail.com

Region 5 Mid-South

Regional Director

Barbara B. Parsons

PO Box 1001

Crossville, TN 38557 - 1001

678-939-0599

ehpbbp@citilink.net

Alabama - Vacant

Kentucky - Vacant

Mississippi - Vacant

Tennessee Regent

Jerry L. Harper

121 Independence Lane

Elizabethtown, TN 37633

cell 423-534-0594

jlh2640@charter.net

Conveners

Carolyn C. Martin

548 Savely Drive

Henderson, TN 37075

615-824-3870

Huny2u17@bellsouth.net

Region 6 - Great Lakes, Illinois

vacant

Indiana Regent

Kimberly "Kim" Taylor

228 W. Pendle Street

South Bend, IN 46637

574-707-7780

Michigan Regent

Chelsea L. Buchanan

1971 South Milford Road

Highland, MI 48357

248-762-6156

clbuchanan12@gmail.com

Ohio Co-Regent

Paula B. Harman

371 Third Avenue

Mansfield, OH 44905-1929

419-522-0537

bison371@msn.com

Ohio Co-Regent

Lori Ann Miller

128-E. Liberty Street

Ashland, OH 44805--3358

419-281-3232

lamiller1222@zoominternet.net

Wisconsin - Regent

Erin Buchanan-Darnick

W7280 County Road South

Hortonville, WI 54944

(top, next column)

920-428-1535

ebuchanan.darnick@hotmail.com

Region 7 - Midwest

Iowa - Vacant

Kansas - Vacant

Minnesota - Vacant

Missouri - Regent

and Mid-West Regional

Director

Danny McMurphy

1024 Sunset Drive

Sullivan, MO 63080

cell 308-637-0077

mcmurphy1@yahoo.com

Nebraska Regent

Mark J. Masterton

27 Brentwood Court

Scottsbluff, NE 68961-1715

308-632-5805

markjmasterton@gmail.com

North Dakota and

South Dakota Regent

Vacant

Region 8 - South Central

Regional Director

and Oklahoma Regent

Michael D. Rusk

3523 E. 71st Place

Tulsa, OK 74136

918-477-7014

kmrusk@aol.com

Arkansas Regent

Daniel C. Tullos

9 Julner Drive

Searcy, AR 72143

501-230-7581

tullos@harding.edu

Louisiana Regent

Thomas G. Mungall, III

1153 Springlake Drive

Baton Rouge, LA 70810-7011

225-819-2129

atheling@cox.net

Please folks, check your own listing on these pages. Let me know if changes are needed. Just email bethscribble@aol.com

I have checked these the best I can and have had help from David and many of the folks listed here. Thank you for all of your assistance.

CBSI Regional Directors, Regents and Conveners

Region 9 - Texas

Regional directors

Bill & Gina McQuatters

112 Blackjack Lane
Burlson, TX 76028
817-319-6641
william.mcquatters@
theclanbuchanan.com

Regional Director emeritus

Ellis Buchanan

7738 Crooked Road
San Antonio, TX 78252-2613
210-724-8376
thescottishcowboy@gmail.com

North East Texas Regent vacant

North West Texas Co- Regents

Donald & Jeanne Jackson

2406 SW 26th Avenue
Amarillo, TX 79109-1902
806-355-6493
d_jackson@sbcglobal.net

South East Texas - vacant

South West Texas Regional directors emeritus

Ellis & Lea Buchanan

4624 Erie Drive
Midland, TX 79703
cell 210-724-8376
thescottishcowboy@gmail.com

West Texas Convener

Steve Masters

2500 N. Big Spring Street
Midland, TX 79705-6616
432-978-1944
evestay53@gmail.com

Region 10.1 - Eastern South West

Co Regional Director

Matthew Buchanan

135 S. Ingals Street
Lakewood, CO 80226
303-587-1382
milehighbuchanans@gmail.com

Colorado - vacant
New Mexico - vacant
Wyoming - vacant

Utah Regent

Reed Buchanan

1556 N. 575 South
Orem, UT 84058
801-319-8622
reedkbuchanan@yahoo.com

new Mexico - vacant

Region 11.1 - Northern California and Northern Nevada

Regional Director

Brook Weir

2013 Pacheco Street
Concord, CA 94520
Cell: 925-434-6101
brookmweir@yahoo.com

Regent

Ginger B. Sotelo

2485 Matthew Circle
Eureka, CA 95503-7317
707-442-7898
Unkiyep12000@yahoo.com

Region 11.2 - (11S) Southern California and Southern Nevada

Regional Director

Paul Keener

6384 Palomino Circle
Somis, CA 93066
805-340-0772
pcktools@gmail.com

California South
Convener
and Nevada South
Convener

Dannette Mathias

2217 Knollhaven St.
Simi Valley, CA 93065
805-581-1040
simicpa@prodigy.net

Colorado Regent

Skyler Buchanan

135 S. Ingals Street
Lakewood, CO 80226
303-587-1382
milehighbuchanans@gmail.com

Region 10.2 - Intermountain West

Regional Director

Shelagh A. Colledge

18457 W. Sunnyslope Lane
Waddell, AZ 83555
623-980-0864
ceadfaite@aol.com

Arizona Regent

Michael "Buck" Buchanan

1809 Royal Oak Circle
Prescott, AZ 86305
559-351-0624
buckfarm@gmail.com

California South
Convener and Nevada
South Convener

Craig Mathias

2217 Knollhaven St.
Simi Valley, CA 93065
805-581-1040
simicpa@prodigy.net

Region 12 - Pacific Northwest

Regional Director -

Vacant

Alaska Regent, vacant

Idaho Regent, vacant

Montana Regent

Don McCammon

2616 Bonnie Court
Missoula, MT 59803
406-251-6005
mccammond@montana.com

Oregon Regent, vacant

Washington Convener

Ginnette Holmbo Wise

6924 SW Gorsuch Road
Vashon, WA 98070
503-330-0289
Ginnette.holmbo.gh@gmail.com

Region 13 - Hawaii

and US Pacific Islands

Region unorganized



CBSI Regional Directors, Regents and Conveners

Region 14 - Canada

Regional Director
and Ontario Regent

Scott Buchanan

PO Box 3
Thornbury, ON Canada HOH 2P0
+1-226-665-0287
rsbuchanan5@yahoo.ca

South Australia &

Northern Territory

Regent

Christopher Buchanan
53 Godfrey Terrace
Leabrook SA
Australia 5068
ctbuchanan47@gmail.com

Region 15 - Oceania

Herald - at - Large

Claude A. Buchanan

7a Blake Greens
Millwater, Silverdale,
Auckland 0932 New Zealand
+64-027-444-6947
buchanan3832@gmail.com

New Zealand & Polynesia

Victoria and Tasmania,

Regent - Vacant

Regional Director Oceania

Malcolm Buchanan

9 Buzacott Place
McKellar, ACT
Australia 2617
+61-2-6258-9219
oceania@theclanbuchanan.com

New South Wales &

Australian Capital Territory

co-Regents - Vacant

Victoria and Tasmania

Co-Regents

Cheryl & Garry Gilbert

351 Pioneer Ridge Road
Meredith, VIC, Australia 3333
+61 3 5286 1302
merrinee@bigpond.net.au

Queensland & Micronesia

Regent

Marie Gibson

PO Box 4078
Kirwan, QLD
Australia 4814
Mlg7@optusnet.com.au

Western Australia, Regent

Heather Horseman

30 Richards Crescent
Craigie, WA
Australia 6025
+61 8 9307 8382
heatherhorseman@gmail.com



England & Wales

John De la Cruz

Region 16 - Scotland

George McAusland

Region 17 Mainland Europe

Region Unorganized

Region 18 - Mexico, Central and South America

Regional Director

Pedro (Peter) W. Buchanan

Bosque de Grandos 97
Bosque de las Lomas
11700 Ciudad de Mexico,
CDMX Mexico
52+55 2167 2777 (home)
52+155 5438 4424 (mobile)
buchanan @buchananlaw.net

Region 19 - Africa, Indian Ocean

Islands and Madagascar

Region Unorganized

Region 20 - Asia

Region Unorganized

Hi. The time came that we simply had to expand our address pages. I've scattered some watercolor thistles over the pages so they are pretty for now. Soon, they will be full again.
beth

The Buchanan Banner
Beth Gay Freeman, editor
Mo Leannon
688 Camp Jonah Road
Clarksville, GA 30523 USA

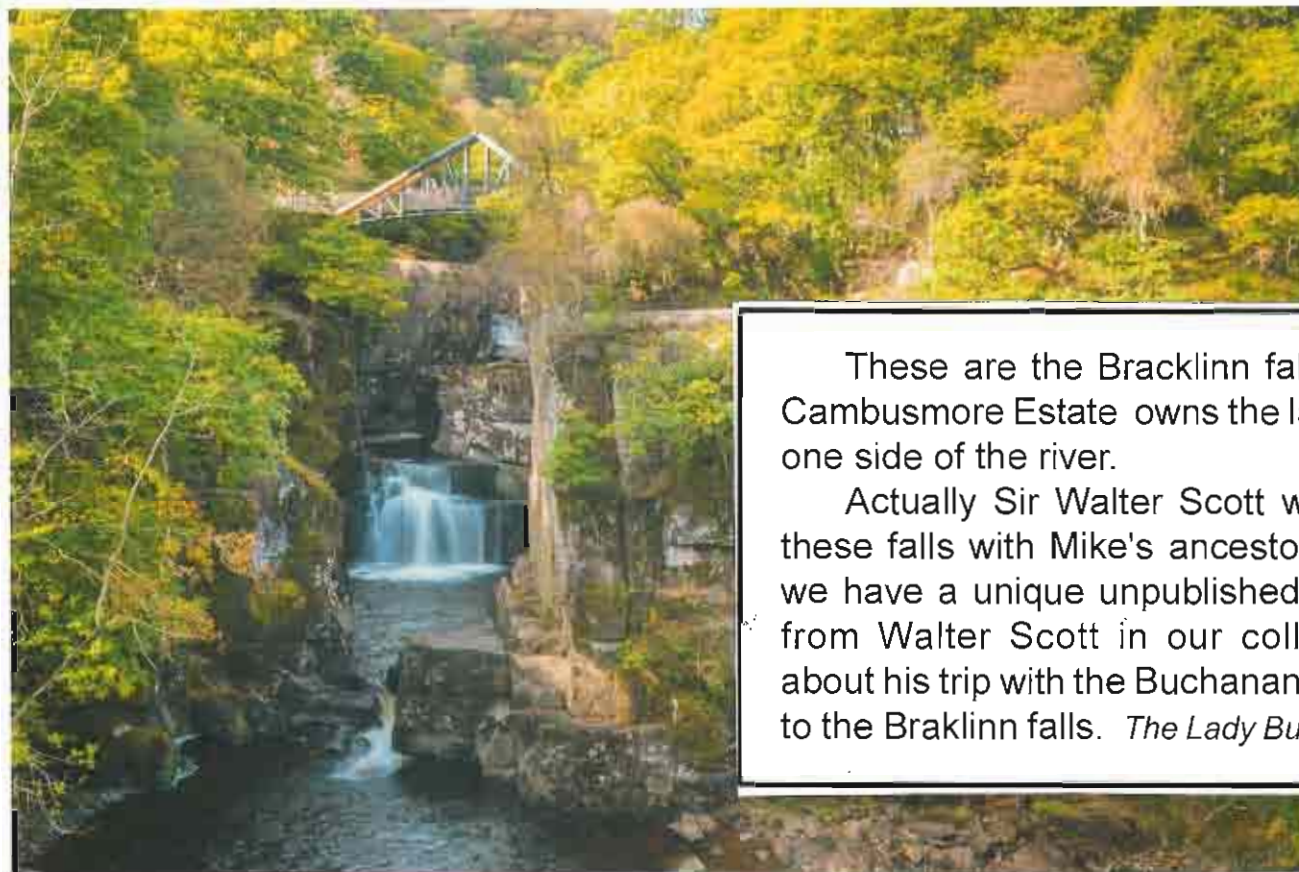


*To: The Clan Buchanan Society, International
Everyone, Everywhere
Planet Earth, The Solar System*



Baaaaa Code

Near Callendar, Scotland



These are the Bracklinn falls and Cambusmore Estate owns the land on one side of the river.

Actually Sir Walter Scott went to these falls with Mike's ancestors and we have a unique unpublished poem from Walter Scott in our collection about his trip with the Buchanan family to the Braklinn falls. *The Lady Buchanan*