Fiona and I hope your Christmas and New Year holidays were a bit livelier than ours, and we wish you a Happy and prosperous Two Thousand and Fourteen.

As is usual for Fiona and me, Christmas and New Year were quiet, although we did enjoy a lovely Christmas dinner with our son, Ronald, and his family. They live in Aviemore, twelve miles to the north of Coulintyre.

At the New Year, I was our own first foot – a tradition in Scotland that the first person crossing your threshold after the “The Bells” determines how good a year you will have. It is customary that the “first foot” should be a tall dark person bearing gifts of a lump of coal, black bun, and some kind of libation. So it looks as though we are (as usual) doomed to a mediocre year, as I am not tall, dark or handsome, and my gifts were some groceries I had gone out to purchase, as stocks were running low.
I said we, Fiona and I, were destined for a mediocre year. Well, that is a bit far from the truth. At Parliament, the New Zealand Society invited everyone to help celebrate the Society’s Thirtieth Anniversary. I readily accepted the invitation as it is probably the only opportunity Fiona and I will have to travel to the antipodes. The cost of insurance for us next year will become exorbitant, due to our age, and will therefore preclude international travel. Our flights to New Zealand and Australia are already booked.

Details of all the activities can be had by contacting the Clan Commissioner for New Zealand, James McPhee. Additionally, James has written an article about the events later in this Clan News.

On another note, this is a busy year for Scotland. June will see the 700th Anniversary of the Battle of Bannockburn. There is to be a two-day celebration on 28th and 29th June at the Battle Site. It was originally planned to be a three-day event, but that turned out to be too ambitious. Instead, there will be a re-enactment of the Battle on each of the two days. Also, there will be some clan tents, but not the Macfies unless we make an arrangement to share a site with another clan.

The Bannockburn Battle was a pivotal campaign that freed Scotland from the rule of the English and lead to the Declaration of Arbroath. One of the main statements says, “for, as long as but a hundred of us remain alive, never will we on any conditions be brought under English rule. It is in truth not for glory, nor riches, nor honours that we are fighting, but for freedom – for that alone, which no honest man gives up but with life itself.” It is said that this document was the basis of the American Declaration of Independence.

This merger was not well received in certain quarters. A Scottish folk song whose lyrics are taken from a Robert Burns poem of The Commonwealth Games, similar to the Olympic Summer Games, but limited to countries once ruled by Britain, will take place in Glasgow from the 23rd of July to the 4th of August. One of the stadiums to be used by the athletes to warm up is the one Bob and I played rugby at for our Rover Scout team, and it is also my school and former pupils’ team.

September 26- 28 will see Ryder Cup Golf at Gleneagles. There are two practice days before the match between Europe and America. I had a look at the ticket prices and fainted. You would really have to be keen to be a spectator. A three day ticket costs £1750.00.

The name of the hotel and the golf course is actually in error. It is not the Glen of Eagles, but the Glen of the Eaglais, which means church in Gaelic. Who made the error? Possibly the Ordnance Survey people.

However, the most important event of this, and possibly any other year, will be the Independence Referendum, which will take place on the 18th September. On this day the people of Scotland will be asked to vote whether to stay within the United Kingdom or to make Scotland an independent country once again.

Robert the Bruce won Scotland’s independence at Bannockburn, winning back the country from Edward I. Edward had taken advantage of the disarray in the ranks of the Scottish nobles to usurp the throne. Almost three centuries later, at the death of Queen Elizabeth I, who left no heir, James VI of Scotland inherited the throne of England and ruled as James I. Even so, the two countries remained separate until 1707 when the Parliaments of both countries merged.

1791, describes how some of the Scottish nobles felt (remember in those days only certain men were allowed to vote). In the
words of the song, “such a parcel of rogues in a nation,” are those members of the Parliament of Scotland who signed the Act of Union with England, comparing their treachery negatively to Scotland’s tradition of martial valour and resistance that is associated with such historic figures as Robert the Bruce and William Wallace.

So how will the voting go on the eventful day? At the moment the "NO" vote has the majority of voters, but as the saying goes, a day is a long time in politics.

I have been watching the Winter Olympics. On the very first day, there was a ladies' mogul skiing event, and one competitor’s name caught my eye. Skiing for the USA was Heather McPhie. I watch a lot of television and had noticed in the past that Heather took part in skiing events in America, but I was unaware that she would be competing in the Olympics. Heather skied well and made her way into the semi-finals at Sochi. She placed 13th in the semis...one place short of qualifying for the finals. I have written to Heather congratulating her for her inclusion on the USA Team and for her brave effort at the Olympics. I have also asked her if she would write a short piece on her career as a skier for the Clan News.

I hope all of you are as excited as I am about the upcoming Gathering in New Zealand in October this year, and it would be wonderful if many of you can attend, making it a truly international affair.

Iain Morris McFie
Ceann Cath

****

Scots' Grannies of Yester Years

Scots' grannies of previous generations played many roles. They often performed household tasks, especially when the younger women were pregnant or looking after young children. Because medical help was often far away or unaffordable, grannies were the guardians and executors of the family’s traditional remedies. Granny was often doctor, nurse, head cook and bottle washer. In order to perform her medical role, like grannies all over the world, she relied heavily on the everyday things around her. And, because she was a Celt, these items were often interspersed with a good deal of superstition and regard for the supernatural.

Scots’ grannies had a lot of duties to perform when there was a birth in the house, and part of her work involved an unusual element. She had to safeguard mother and child against the fairy folk. (Until comparatively recent times, many Scots had a strong belief in the existence of fairies. They were not delicate or harmless creatures. No, these fairies were powerful and malevolent.) Their powers were feared most at times of childbirth, for it was believed they might try to carry off the
woman who had just given birth so they could indulge their fondness for human milk. At other times, the fairies might take
the new born infant and replace it with a fairy child.

****

**The Inventive Scots No. 4 – Medical (part two)**

**James Braid: 1795 – 1860. Hypnotherapy**

Some people regard those who use hypnotherapy as charlatans. However it is used often in modern surgery and dentistry, thanks to another Scot. James Braid did not discover hypnosis; it had been practised for hundreds of years. Ancient medics thought illness was caused by a supernatural fluid, or force, and by using this force through a process called animal magnetism they could cure illness.

By the nineteenth century, doctors were deeply skeptical of hypnotism as a process that could improve or cure illness, instead regarding it as superstitious nonsense.

Born in Ryelaw, Kinross, Braid studied at Edinburgh and obtained his surgical degree at the age of twenty. He moved to Dumfries in 1825 before taking up residence in Manchester, England, where he went on to use hypnotism as an effective medical tool.

A French Swiss hypnotist inspired Braid to conduct experiments, and from these experiments it was concluded hypnotism would be a beneficial and effective therapy. Braid lectured on his theory and wrote a book titled, *Neuryprology, or the Rationale of Nervous Sleep*.

**Ian Donald: 1910 – 1987. Ultrasound Scanner**

When at Glasgow University, where he was Professor of Midwifery, Donald relied on his Royal Air Force experience with radar and sonar to locate hidden objects. He surmised that if ultrasound could detect submarines in water, perhaps the technology could be adapted to scan and map the development of the growing fetus.

He borrowed ultrasonic equipment from a world famous engineering firm whose main plant was close to Glasgow. The firm, Babcock and Wilcox, gave him the use of an ultrasound machine that was used to detect flaws in welds. Donald believed the device could be adapted to reveal images below the skin. Using non-human organic matter, he proved his theory. The screen showed flaws and differences in the tissue. A suitably modified device evolved to diagnose problems in pregnancy, as well as cancerous tumours.
John Mallard: 1927- Retired from University of Aberdeen in 1992. MRI Body Scanner

The design of the scanner has changed a lot since it was first used at Aberdeen University in 1980. The classic MRI scanner looks like something from a science fiction film. Inside the huge doughnut-shaped tube, the patient is subjected to a powerful magnetic field. Different tissues in the body react to the field in different ways, dependant on the amount of hydrogen nuclei in the path of the beam. These differences are shown on the scanner’s screen, which uses them to build up an image of what the inside of the patient’s body looks like. The MRI scanner is especially useful for examining the brain and internal organs, which helps in the early diagnosis and treatment of cancer and heart disease.

Thomas Graham: 1805 – 1869. Dialysis

Graham, Professor of Chemistry at the University of London, used the difference between colloids and solutions to create his wonderful invention. He used the fact that colloids are a mixture rather than a solution. Blood is a colloid made up of serum and blood cells. It also carries a solution (waste). By passing blood through a membrane which has minute holes large enough for the waste to pass through but small enough to retain blood, the waste seeps out, and the blood is purified. His machine was called a “dialyser.” Once the technology became available and was refined, it became known as a dialysis machine.


Born in Fife, the son of a coal mine manager, Black studied medicine at St. Andrew University. After a spell in Malaysia, he returned to Scotland and set up the Department of Physiology at Glasgow University. It was there he developed beta blockers. In addition to propranolol, the first beta blocker, Black went on to develop other important medical compounds. He won the Nobel Prize in Physiology and Medicine.
Cloning: The Roslin Institute - 1996

The Roslin Institute, located on the outskirts of Edinburgh, is a part of Edinburgh University. Of all the medical advances in the last century, there is probably nothing more amazing or controversial than this. In 1996, the announcement of the cloning of a female sheep called Dolly was not the work of one person, but of a team lead by Professor Keith Campbell, born in London, but brought up in Perth. This was the first cloning of a mammal from an adult cell. Dolly was later bred to a small Welsh Mountain Ram and they eventually had 6 lambs.

****

2014 Mini-Gathering in New Zealand
by Iain Morris McFie

It is common practice to hold a Mini-Gathering at some time during the second year after the Parliament. All the Clan Societies are encouraged to put in a bid to be the host Society. Only one Society put in a bid at the past Parliament. However, there was a slight deviation from the typical proposal.

The bid was made by the New Zealand Society, but they asked if the Mini-Gathering could be held in September/October 2014. This proposal was accepted by those present at the Parliament. Clan Commissioner for New Zealand, James McPhee, explained that next year the New Zealand Society would be celebrating its thirtieth anniversary. The previous Commander, Sandy McPhie, attended the Society’s fifteenth; therefore, it was agreed it would be a good idea to invite the Commander and his wife, Fiona, to attend the Thirtieth Anniversary Celebration. All Clan members will be welcome to take part in what will be a wonderful event.

The Australian Society has also kindly invited the Commander and Fiona to extend their visit in the Southern Hemisphere by travelling over the Tasman Sea to spend another three weeks in Australia. It would seem practical and financially sensible to accept the invitation. Fiona and I are looking forward to the trip, and we hope we will be joined by many others to enjoy the celebration along with our New Zealand and Australian kinfolk.

New Zealand Clan Gathering
by James McPhee

The McPhee Clan Society of New Zealand celebrates their 30th Anniversary this year. We will be welcoming our Commander (Ceann-Cath), Iain Morris McFie Esq., and his wife, Fiona, of Kingussie, Scotland, to New Zealand to help us celebrate this milestone, along with other members of our worldwide Societies.

Please join us in October 2014
Our Commander and his wife will be in Auckland for a Clan Commander's Reception and Dinner on 18\textsuperscript{th} October 2014. Auckland is called the City of Sails so please try to allocate some time to visit this beautiful city, the surrounding area, fantastic harbour and islands.

From Auckland they will travel to Wellington, arriving on 21\textsuperscript{st} October. During their stay in Wellington they will participate in a Powhiri (Maori Welcome): [http://www.korero.maori.nz/forlearners/protocols/powhiri.html](http://www.korero.maori.nz/forlearners/protocols/powhiri.html). Those who wish to be part of this important Maori Tradition are also welcome. There will be time for some sight-seeing in or around New Zealand's lovely capital city. Later in the week, they will travel on to Masterton for the official Commander’s Reception and Clan Dinner. There will be traditional site visits and opportunities for sightseeing here also.

The Commander and his wife leave New Zealand for Australia on 27\textsuperscript{th} October 2014.

### Official Celebration Days

**Auckland**

18\textsuperscript{th} October 2014

**Commander's Reception and Dinner** to be held at the Quality Hotel Convention Centre, Parnell Auckland. It will commence at 6.00 PM in order to meet Commander Iain and his wife, Fiona. It will be followed by the Haggis Ceremony and a buffet dinner. The guest speaker will be the Commander, Iain Morris McFie.

**Wellington**

21\textsuperscript{st} October 2014

Participation in a Powhiri (Maori welcome) includes an exchange of greetings. There will be scenic visits, including a visit to Iona Cross (Petone Esplanade). The first two shiploads of Scots arrived at the infant settlement of Wellington in 1840.

22 and 23\textsuperscript{rd} October 2014

Scenic visits include a visit to Bond Street, site of the first landing in New Zealand by McPhees in 1855.

**Masterton**

24\textsuperscript{th} October

Site seeing including a visit to National Wildlife Centre where kiwis are bred, along with other endangered species. The Kiwi House includes 2 rare white kiwis.
25th October

Site seeing including a visit to Standing Stones.

26th October

**Morning** - A visit to Greytown for the Commander to lay a wreath on early McPhee graves.

**Evening – Commander's Reception and Formal Dinner,** to be held at the Function Room, Solway Park Cophthorne Hotel. Guests will have a chance to mingle and meet Commander Iain and his wife, Fiona. This will be followed by a Haggis Ceremony then a New Zealand style buffet dinner. Guest speaker will be the Commander, Iain Morris McFie.

The Clan activities will all be held on the North Island at Auckland, Wellington and Masterton, as shown on the map.

Please plan on allowing time to see more of the sights on the North Island as well as the beautiful South Island.

**Touring New Zealand North Island** you will find active volcanoes, island sanctuaries and history. From the far north where New Zealand’s political history began, journey through landscapes that blend magnificent coast, sprawling farmlands and geothermal wonders. Maori culture is rich and ever-present in many parts of the North Island. Visit the website to find out more: [North Island Attractions](#).

**New Zealand Weather:** October weather is characteristically mild – not too hot or too cold, although warm clothing and wet weather attire may be needed for rainy days. The daily temperatures gradually rise throughout the month with averages in the North Island of 20 degrees centigrade.

**Contacts:**

**For travel and Accommodation:**
James McPhee Esq. (New Zealand Clan Commissioner): +64 7 827 7755; email: jmecphee@xtra.co.nz.

**General Enquiries:**
Glen McPhee (New Zealand Clan President): +64 9 238 8254; email: tracka1@xtra.co.nz.

****
I was born in Glasgow in January 1948 on the anniversary of the poet Robert Burns; therefore, I am obliged to be a great Haggis fan.

In my younger days, I had wanderlust and travelled around the UK as much as I could, mainly by hitch-hiking, but I always wanted to venture further. This led me to reading books on other places and wanting to travel, but never having the funds to do so.

In those days, there was still a “British Empire,” and after much study, I eventually settled on New Zealand...but it took another 7 years before my chance to actually move there arrived.

I emigrated to New Zealand in 1973, initially settling in Manurewa, South Auckland, and brought along with me a wife and 5 month old daughter. Apart from working as hard as possible to establish myself, I commenced part time studies at MTI in 1974, and received my Accountancy Degree in 1979. In that time I had managed to work my way up the accounting ladder but stayed in commerce, preferring it to practice, as well as finding it more interesting.

In those 6 years, I had gone back to rowing for a while but then turned to boating, water skiing, sailing, etc., as New Zealand, Auckland in particular, is a wonderful place for boating. I later took up flying, something I had wanted to do since boyhood, and travelled throughout New Zealand by air.

In 1986, my marriage ended and later that year I met Mary, a “Kiwi." Mary and I married in 1988. We later found claims her lineage went back to James Algie (Mary’s Mother’s maiden name), one of the Covenanters who was tried and hanged the same day on 3 February, 1685, in Paisley, Scotland (near Glasgow Airport). He is interred in the Paisley Cemetery. He and his friend, John Park, are known as the "Paisley Martyrs."

Although I have no desire to reside in Scotland, I have never shed my Scottish roots and have been a regular attendee at Highland Game events in Scotland since I was a young boy, as well as attending 2 or 3 each year in New Zealand. The "McPhee" interest surfaced in 1992 when my sister, Heleen, and brother-in-law, Arie, who reside in Holland (and most of you probably know or have heard of), visited Colonsay with their camper van. The locals, in finding she was a McPhee, asked if she would be attending the Macfie Gathering in 1993... which was, of course, news to her. I was informed of this about one week later and since a trip was already planned to Europe in 1993, Colonsay was then included. The Gathering “Macfie in 93,” was the best Macfie Gathering I have attended, and while there I was I was encouraged by the Kiwi contingent to join the New Zealand Society.

Following the Gathering, I was interested in finding my lineage/history/genealogy, and
engaged a Genealogist in Edinburgh to do the research. It culminated in my Matriculation/Grant of Arms on the 6th of July 1995. As always, one’s family history is quite fascinating. My lineage includes the names Burnet, Shields, Moore and Campbell. The Genealogist was unable to determine with certainty beyond 1820 as the then Donald McPhee's last residence was on Bishop Street, Rothesay, and every tenement dwelling in that part of the street was inhabited by McPhees. Further records, although circumstantial, could not be proven. The building still existed the last time I was there. They should have renamed the street.

I have been a member of the New Zealand Society since 1994, volunteered for committee work soon after, and was appointed President from 1996 to 2001, at which point I stood down, principally because it was time to hand over to somebody else. Additionally, I had been living in Hokitika on the West Coast of the South Island since 1999.

Mary and I “retired” from commerce in 1996 to pursue a career in the hospitality sector. We bought our first motel in 1996, then leased it out in 1999 when we moved to Hokitika on New Zealand's West Coast. We repeated the process and moved to Christchurch in 2002 to re-enter accountancy for a while. That led to purchasing two car rental franchises from which we finally retired in 2007.

Since 1993, we have travelled to the Gatherings in Atlanta in 1995, Aviemore in 1997, Nethy Bridge in 2009, and Dumfries in 2013. I am a believer in kinship, and am proud of my surname and hope that all of you are also. With the changing of the Guard (Commander), our new Commander Iain (Ceann Cath) asked me to represent him as his New Zealand Commissioner, an honour which I happily accepted. I believed we would see a new impetus from the top in the future, and I have already seen this happening.

Hopefully, you are all aware that the Interim-Gathering is in New Zealand this year in October since this is the 30th Anniversary of the founding of the New Zealand Clan Society. We would love to have you with us, and will do our utmost to show you what a beautiful country New Zealand is. Elsewhere in this issue is a programme of the events.

****

How to Wear the Kilt

Evening Wear

The Prince Charlie Coatee is the simplest evening jacket. It is most appropriate with black tie and may be worn with either waistcoat or an evening belt. The shirt, tie, waistcoat, or belt, and other accessories with the Prince Charlie are exactly the same as for a tuxedo. Wearing an evening shirt, you may wear a silver buckled belt instead of a waistcoat or a cummerbund. The leather of your belt should match your shoes. With evening dress, it was customary to wear Tartan hose which have castellated tops, though wearing plain socks with your kilt is now acceptable.
You may wear full scale evening accessories with the Prince Charlie...lace jabot, jeweled dirk, evening plaid, etc. Personally, I think the jabot is best seen with a Montrose jacket or similar. The Prince Charlie looks best with bow tie and plain accessories. The Sheriffmuir doublet worn with the breacan feil makes a very ornate evening outfit and is the "fullest" of full dress.

Doublets, especially the tight fitting ones, may be made in velvet and in a variety of colours, including tartan. When buying your jacket or doublet, if you live in warmer climes, order the lightest material available. The buttons in “silver” are usually larger than those on a Prince Charlie.

Tartan waistcoats are available and they can be made reversible, with the other side in a plain colour to match your jacket. However these should not be worn with your kilt on formal occasions.

****

Sad News and Health Updates
Desmond Joseph Duffy – 1st July 1923- 14th February 2014

Many of you will not have known Des, but his passing is a huge loss. Desmond was a gentleman in every sense of the word. His calm counsel was helpful to me on many occasions, and anyone who met him was charmed by his easy ways.

Born in Coatbridge, which is near Glasgow, he moved to London where he eventually worked his way to a position as an executive electrical engineer. Once he retired, he taught himself many skills, one of which was glass engraving. I am the proud owner of one of Des’s masterpieces. It is a heavy glass vase on which is engraved my Coat of Arms. Des had previously given me a whiskey glass with the Macfie Belt and Buckle engraved on it, but due to a misunderstanding on my part, it was auctioned at a Clan Gathering.

Des was a Clan Armiger, achieving his arms in 1999. The demi-lion in his arms clasps lightning bolts in its paws, symbolic of his career as a designer of electrical equipment.

While active, he and his wife attended Clan Parliaments and the home Society’s weekends. He submitted many designs for the home Society’s banner. Soon after he achieved his Arms, I appointed Des to the Clan Council.

I attended his funeral service in London. The service was a simple one in which the grand children took part. Andrew Duffy, Des’s son, read a wonderful eulogy to his father. There was also another non-family Clan member, Elizabeth MacVie Bendy, at the service.
Des will be sorely missed by his wife, Frances, their two children, Andrew and Frances Mary, their two grand children and their six great-grand children. We will all miss him. I send my and the Clan’s condolences to the family.

****

**In Need of our Good Thoughts and Prayers**

*Heleen van der Leest* is now, thankfully, home from the hospital after a very long stay, and is improving daily. She is a real trooper and a true Macfie.

The Commander’s wife, *Fiona*, has taken a bad fall and is suffering from some discomfort from it. Additionally, she is dealing with some back issues that are causing her pain.

*Linda McFee Gilcrest* is recovering from shoulder replacement surgery the end of February, which requires a long and painful recovery. However, she wants you to know, it won’t keep her from going to New Zealand in October!

****

**Two McPhees**  
*by Iain Morris McFie*

I had travelled by train to London the day before the funeral of Des Duffy and had arranged a hotel room close to Kings Cross Station. Fiona had been due to travel with me, but she fell while descending from the bus at our local station. I thought it better she returned home, which she did as she was shaken quite badly.

The morning after the funeral, as I entered the breakfast room, I spied a very familiar face. It was James McPhee, the Clan Commissioner for New Zealand, and his lovely wife, Mary. They had arrived late the night before. It was not a total surprise, as I knew they would be in London, but I had no idea they booked the same hotel as I did. Both James and Mary were gob smacked. We chatted for some time over breakfast and, eventually, we noticed that staff were waiting for us to leave. James and Mary are here to share a birthday party with Arie van der Leest, James’ brother-in-law, as well as celebrating Heleen van der Leest’s return home after a very long stay in hospital.

On my return home, I was joined by two men. Both seemed busy with their tablets and did not engage in conversation. I admired the scenery until it got too dark, not aware that I was softly whistling pipe tunes. By this time, one of the men had wandered off. The one who remained suddenly asked, “Are you a piper?” I said, “No, why do you ask?” “I noticed your sport shirt badge,” was his reply. The shirt I was wearing was a gift from the Heidelberg Pipe Band. We got to talking about the band, and I told him that the band had asked if they could wear the Clan Tartan, which I had readily agreed to. He asked what Tartan we wore. When I told him, he almost fell off his seat. The look of
surprise on his face was quite funny. When I asked why he was surprised, he said his mother’s name was McPhee. She was originally from Skye. He was on his way to Inverness to meet with aunts, uncles and cousins. We swapped e-mail addresses and hope to meet at the Macfie Society outing in Inverness in May.

What a coincidence. I started the day with McPhees and finished it talking to another!

****

**From the Editors:**

This newsletter is for sharing, and helping us feel a bond with one another as well as our Scottish heritage. We’re happy to do the work, compiling the stories and the news. We invite you to contribute anything from a pithy tale, a wedding or birth in the family, an illness or a good Scots’ joke. Got something to celebrate, let us hear about it. Know of someone who needs our thoughts and prayers, we’re here for that, too. My email address is victoriamcfee@yahoo.com. Just be sure to make it clear that you’re sending a contribution for the Clan newsletter or I may think it’s a note to me personally.

Linda McFee Gilcrest & Vicki McFee
Your Associate Editor & Editor