



The Tartan



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Clan MacDougall Society of North America

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Dec 2021

SPECIAL POINTS OF INTEREST

- Messages from our
Clan Chiefs
- Galloway
Travelogue Part II

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Message from the Chief of Clan MacDougall

Dear Clansfolk,

This comes to wish you all a very
HAPPY CHRISTMAS and a rewarding
NEW YEAR with any projects you are
hoping to achieve in 2022.

Our activities at Dunollie have been held
back by the pandemic which meant we
were not able to open to the public until
last August and September and that

limited to 4 days a week only. However, this brief opening was successful as
far as it went. We now turn to prebooked activities only, for the winter, and for
special occasions including the popular "Dunollie makes Christmas."

Earlier in the year, sadly, we lost three valuable key members of our team to
other ventures. These were, Shona Scott, Jane Isaacson and Gillian
Campbell. We wish them well. However, our Team and Trustees have now
welcomed three new staff members for whom we are very grateful.

1. Emma Sutcliffe as our General Manager has quickly and efficiently
adapted to the Dunollie, Castle and Museum needs.
2. Florence Medard as our Communications coordinator.
3. Jamie MacGregor as Heritage Engagement officer (and Bagpipe
player !)

Phase III of the Castle restoration project has been delayed but it is planned
to be completed for the next season. The path will be re-laid and the handrail
installed enabling visitors to access the first floor and viewing platform. We
would like to thank the Clan MacDougall Society of North America very much



Message from the Chief of Clan MacDougall (cont)

for your part in providing a financial contribution to this project.

Our latest venture in making closer contacts with yourselves is that the MDPT (MacDougall of Dunollie Preservation Trust) have invited your President (and possibly others on occasions) to join our team Meetings via Zoom, and therefore make closer relationships for yourselves and ourselves across the Ocean — perhaps the pandemic has aided this method with the current extensive use of Zoom.

We are sorry for any of you who have experienced loss during this pandemic in whatever form and we hope for better times in 2022.

With hopes that some of you may be able to travel across to see us next year when rules may be relaxed. Again, a VERY HAPPY CHRISTMAS from all of us at Dunollie,

Message from the Chief of Clan MacDowall

Season's greetings to all the clansmen and women out there in 2021! We hope everyone has had a safe year as things open back up again after a lengthy hiatus.

The Victoria Highland Games in British Columbia, Canada, made its return this past fall after a yearlong pause on all major public events and it was well attended. We are always impressed with the contests in piping, dancing, and in the strengths and skills of war. We hope all of your local highland games made a return this past year if they had been on pause and we hope they were safe and continue to be successful!

Season's Greetings and a Merry Christmas to all.

J.A. Dougal Macdowall

Grandson of Clan Chief Professor Fergus D.H. Macdowall

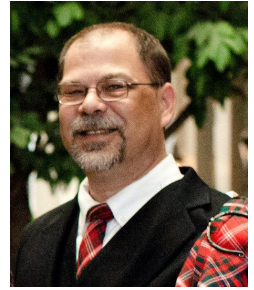


Clan Chief Professor Fergus D.H. Macdowall with his three grandsons (from L to R) Elliott R. Macdowall, J.A. Dougal Macdowall, and Garnett L. H. Macdowall

President's Report

We would like to wish all a happy Christmas, followed by a fresh new year of prosperity.

As you know, in November we launched a major fundraising initiative with high hopes of getting 2022 off to a roaring start. Your response, as usual, has swiftly begun and shows all signs of making the campaign a rousing success. Thank you all very much for your dedicated support of a strong Clan MacDougall Society. We are truly grateful.



The purposes set forth for our Society call on us to promote our shared heritage and undertake good works like scholarships and the preservation of our Clans' historic sites. Despite the aberrant times, we continue to develop new content and programs to meet these goals, and to collaborate with others to widen our impact. Our prospects for the new year are exciting and positive.

Our current task is to prepare for the upcoming Highland Games season, trusting it to look once more like the pre-pandemic events we remember. Scots are truly social creatures and not being able to physically gather these last two years has been disheartening.

Frankly, the number of contributing members has been dwindling over recent years, even as the generosity of those remaining has increased. If we are to continue to reach our charitable goals, membership growth must remain a priority. I would ask that each of you continue to spread the word of our very active Society to any cousins you might have who have not yet joined us.

Success breeds success. One of the challenges I now face as President is to keep track of all the people who are volunteering and all the programs they are building. It is a wonderful problem to have! The Christmas season is all about giving. I am proud to say that spirit is something we enjoy all year round!

May the New Year bring health and blessing to you all, to Chief Morag and Chief Fergus and their families, and to our Society.

Kyle and Georgette Jones

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MacDowall

Our 2022 Contributions Appeal and Membership Renewal Campaign is Underway Now!

Please don't forget to respond to this important mailing with your 2022 contribution, tax-deductible in the US, by December 31 of this year. Your contribution helps to make our Society and its good works stronger and better than ever.

Alice Foote MacDougall: A Woman of Contradictions

by Misha Lowther

In September of 2021, Jennifer Kenway introduced The Tartan readers to Alice Foote MacDougall and her legacy. Jennifer intended this to be a three-part story before her death due to Covid-19. She passed shortly after writing her article. It is my honor to continue the rest of her story. If you missed the previous article, then let me briefly bring you up to date.



In her youth, Alice developed a very strong sense of imagination and creativity. Her early sense of playfulness also taught her to care for children. She played with dolls as most girls do, which is not surprising, but Alice described it as though these toys truly were her children. A bit later in Alice's childhood, she received an invaluable education by accompanying her father on his business trips to Europe. This would serve her many times over when she later opened her own coffee shops across Manhattan and styled them in the colorful décor of the European



**Alice Foote
MacDougall
circa 1907**

cities she had seen as a child. A year after marrying Allan MacDougall, their marriage and his health began to decline and they grew poorer. They had three children: Allan, Donald, and Gladys before she became a very poor widow wearing hand-me-down dresses given to her by friends. To support her family, she set her mind to providing better for herself and her three children. To do this, she took her husband's coffee roasting recipe, refined it, and borrowed a \$1,000 loan co-signed by a friend of her father. In today's money, that same \$1,000 is worth \$30,000.

She used that money to start a one-woman business under the name A.F. MacDougall inside a 10' x 10' room with crates for office furniture. After roasting and blending more exotic types of coffee beans to

Alice Foote MacDougall (cont)

produce her own brand of ground coffee, she personally delivered the shipments to her customers' homes and businesses along with advertisements she wrote herself. At the peak of her success, she and her sons had grown a one-woman business into a million dollar success employing a staff of 700 in her chain of coffee shops and restaurants. Alice was now being described in business magazines as "The Queen of the Coffee Shop," and an "American Success Story," and as a self-made millionairess who had started her business at age 41 with only \$38 (\$1,140 today) in the bank. There is so much more to her story.

A Woman of Contradictions and her Legacy

Alice is a puzzle of contradictions. She started out wealthy; was widowed early; hit rock bottom financially; then pulled herself from the very bottom to the top of the business ladder. For a woman who was an anti-feminist and anti-suffragette, and who took a "man's viewpoint" (for her time) as to where a woman's place was, she did very well for herself. She became a major success and millionairess; yet she fully believed, and often stated, that women were better served staying at home with their children rather than being in the world of business. It was because Alice focused her life on the dire necessity to provide for her family. She became an entrepreneur all the while believing and seemingly wanting to just be a mom at home with her children. Once she became an entrepreneur, she could not allow failure. She had to succeed in a business world dominated by men in order to provide for her children and their future. She touched on the importance of her children in the introduction to her book, *Coffee and Waffles*:

"To my soldier sons I dedicate my book. As I tried to conquer the battle of life, so they fought the terrible battle of the trenches. Serenely they bade farewell to all the sweet security of life and home, perhaps of life itself, and bravely entered that hideous thing we call War.

As little children they had delighted my soul by all the foolish, funny, tender things little children do and say. Then as soldiers they filled me with pride and joy and now they carry on.

– To them I owe my success – "

As for her legacies, she left many as I see it: her children, Allan, Donald, and Gladys MacDougall; the business experiences she shared with her sons operating the coffee shops and restaurants, for one. Her insightful books, for two. She wrote recipe books even though she claimed not to know how to cook. Her two recipe books included stories and quotes about her approach to life and business, which remain applicable today. One, written during the Great Depression era, was about how to make frugal dishes from leftovers so as not to waste. She also wrote a "how to" book detailing how to operate a restaurant. It went so far as to show how she staffed her restaurants and scheduled her employees. Her books would have been a blessing to others who were able to put that knowledge to use. She also included the waffle batter recipe which helped to make her first coffee shop in Central Station such a success.



MacDougall

Alice Foote MacDougall (cont)

It may sound as though this is the end of Alice's Story but it is not the end of her legacy. While you are waiting for the Spring Issue of The Tartan for more of Alice's story, you might like to try out her recipe for waffles.

Waffle Batter Recipe

- 3 cupfuls of flour
- 4 teaspoonfuls of baking powder
- $\frac{1}{2}$ teaspoonful of salt
- 2 cupfuls of milk
- $\frac{1}{2}$ cupful of butter
- 4 eggs

Beat yolks well. Add sifted dry ingredients and milk alternately to the yolks. Then add the butter which has been melted, and last of all fold in the stiffly beaten whites. Do not beat mixture too much or the waffles will be tough.

Galloway Travelogue Part II: Western Galloway and the Hills

by Christopher McDowell

Editor's Note: Our September article covered historic sites and important points of interest from Dumfries to Dundrennan Abbey in eastern Galloway. In this issue we travel into western Galloway. Be sure to check opening times and dates before making your own journey.



Galloway Travelogue (cont)

Leaving Dundrennan Abbey we return to the Route A711 and head west towards Kirkcudbright situated four miles from the Irish Sea at the mouth of the River Dee. Kirkcudbright was a power base of Prince Fergus of Galloway, the ancestor of the Clan MacDowall, until his 1160 rebellion failed. A green knoll on the north side of minor Route B727 1 mile (1.5 km) east of town is all that remains of his Castle Fergus which stood on Palace Isle, an island within the long since drained Lochfergus. Today Kirkcudbright, pronounced ker koo bree, is a fine representative of contemporary Galloway. The creative hub of Galloway, Kirkcudbright offers plenty of art galleries, museums and shops that sell locally made goods. Annually, the Arts & Crafts Trail takes place at the end of July and features local shops and galleries where the town becomes as one big outdoor crafts bazaar.

Newton Stewart and the Hills of Galloway

The road from Kirkcudbright leading north to Galloway Forest Park is a road worth traveling. The first leg of our journey follows Route A75 and the second leg follows Route A714 along the River Cree past Newton Stewart and into the forested hills.

Our first stop on our journey to the hills of Galloway is the town of Newton Stewart, similar in size and feel to Kirkcudbright, but located in Galloway's other historic county of Wigtownshire. As we near Newton Stewart we find Machermore Castle located on the east side of the River Cree 1 ½ miles (2.4 km) southeast of the town, just south of Route A75. Machermore Castle was built before 1100 and was the home of the Macdowalls of Machrimore. Until 2010 it was the Machermore Castle Care Home but it is now a boutique hotel offering lodging. There is a tradition set to rhyme that says a kettle full of gold is buried under a flat rock somewhere around Machermore Castle (See The MacDowalls pp. 146-147):

Between the castle and the River Cree
lies enough o' gold to set a' Scotland free.

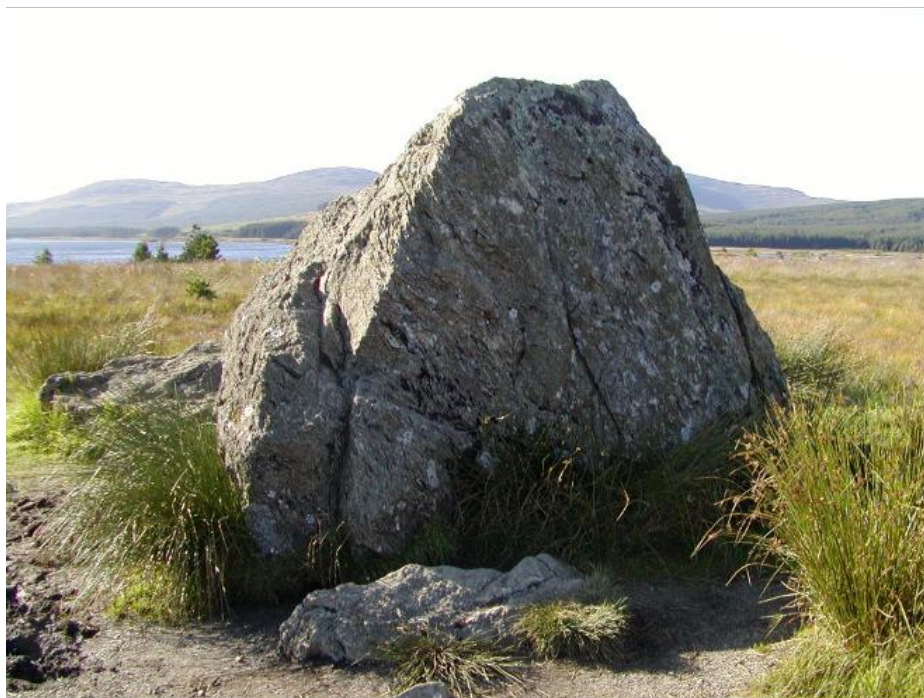
Dubbed as the "Gateway to the Galloway Hills", Newton Stewart is a picturesque town on the banks of the River Cree. These days, mountain biking and eco-tourism have taken the place of traditional industries of logging and agriculture. Kirroughtree Forest, located east of town, is a fully developed mountain bike park and nature preserve, one of the seven 7stanes mountain biking centers located in Galloway and the Borders of Scotland. The name 7stanes comes from the Scots word stane which means stone and each of these seven bike parks prominently displays a local stone marker. Another highlight of Newton Stewart is the award-winning Crafty Distillery on Wigtown Road. Well-known for its Scottish gin, the distillery offers daily tours and features a lovely tasting room overlooking the hills.

The Galloway Forest Park is said to be the largest forest in the United Kingdom with nearly 300 square miles of protected areas for hiking, birdwatching, mountain biking and camping. The park is also notable for its status as a "Dark Sky Park" unobstructed by artificial light pollution due to its remoteness. Still, the Galloway Forest Park remains important for timber harvesting, which is managed by the



MacDowall

Galloway Travelogue (cont)



At several locations in Scotland you will find large stones upon which Robert Bruce is said to have rested after a victory. This one is at Clatteringshaws Loch and there is one at Lochtrool too. The April 1307 running Battle of Glentrool carried on to Glenheur before Bruce escaped pursuing men such as Fergus Macdoulal who lost his horse here. Photo by Sheila McDowell.

Forestry Commission of Scotland. With over 100 lochs situated among the mountains and moorland, a great biodiversity of plants, trees and wildlife exists in this rugged landscape which was once a refuge for hunted men.

Deep in the heart of Galloway Forest Park is the site of the Battle of Glen Trool, located on a sliver of land alongside Loch Trool and surrounded by challenging topography. At this site in April 1307, the fugitive Robert the Bruce successfully ambushed and fought off a pursuing force of English and Scots. He did it by rolling loose boulders down a steep hillside to

strike their column of horsemen ascending a narrow track below his ambush position. Aside from its historical significance, Loch Trool is a popular starting point to climb the highest point in Southern Scotland, the 843-meter Merrick, and for mountain biking. The Glentrool Visitor Centre is open 7 days a week from 10:30 am to 4:30 pm. We now leave the forest park and travel 20 miles (32 km) south on Route A714 back through Newton Stewart to Wigtown.

Wigtownshire and the Birth of the Scottish Church

One of the more charming towns in Galloway is the quaint burgh of Wigtown, perched on a shelf above the salt marshes and mud flats where the River Bladnoch flows into Wigtown Bay. Wigtown is most famous for being the “National Book Town” of Scotland because of its abundance of second-hand book shops and for its annual 10-day Wigtown Book Festival that happens during the last week of September.

Despite being a town of only 1,000 people, there are plenty of good places to eat, get a coffee or tea or a pint. For visitors curious about what it is like to run a bookshop for a day, the Open Book offers an Airbnb stay atop the shop coupled with the experience of running a book business first-hand. Folks feeling a little claustrophobic from all the shelves of used

Galloway Travelogue (cont)

books, can easily take refuge at the sprawling 50 acre campus of Bladnoch Distillery, a 200 year-old maker of single malt Scotch Whisky, and one of the oldest distillers in Scotland. The distillery, located along A714 at the foot of the Bladnoch Bridge, is open Tuesday through Saturday from 10 am to 5 pm.

Just 9.7 miles (15.6 km) down Route A746 is the ancient spiritual center of Whithorn, and the Whithorn Priory and Museum. Here the first recorded church in Scotland, called Candida Casa or “White House,” was built by Saint Ninian in AD 397. Ninian, supposedly educated in Rome, was a Briton who came to Galloway to convert Pictish people to Christianity. Later on, the Whithorn Priory was built by Fergus, Prince of Galloway in the 12th century to house a group of Augustinian monks. The Priory ruin still stands but the Candida Casa, like many churches of the day, fell victim to time. The Whithorn Priory and Museum, maintained by Historic Environment Scotland, is typically open April through October, daily from 10:30 am to 5 pm.

Dunragit Archaeology

After heading back to the A75, we move westward towards the Rhins of Galloway to the small village of Dunragit which many travelers pass without much thought. Toponymy suggests that Dunragit, coming from the word Din Rheged (meaning Fort of Rheged), was a possible stronghold of the Kingdom of Rheged, a Brythonic civilization that flourished after the Roman occupation of the region ended in the 2nd century AD. Neolithic sites recently excavated near Dunragit revealed a series of timber circles and earth works that date back to 2500 BC demonstrating the habitation is much older than previously thought. Not only that but aerial photography and archaeological excavation indicates the largest of the timber circles 328 yards (300 m) in diameter is nearly six times the size of the Stonehenge. Only a few “motes” or mounds are visible today, one being Droughduil Mote, which can be seen from the road. Located outside of the larger excavated Dunragit complex, it was possibly used as a lookout post.

The Rhins of Galloway

From Dunragit, a short trip down the B7084 to the A716 takes you into the heart of the Rhins of Galloway. The Rhins is the hammerhead shaped peninsula at the edge of southwest Scotland jutting out into the Irish Sea to the west. As we pass the old airfield at West Freugh, the long expanses of beach near Sandhead soon turn into rocky cliffs. Sandhead village marks the south bounds of the old Barony of the McDougalls of Freugh. The Tigh na Mara hotel and restaurant located at Sandhead features a range of updated cottages, cabins and suites with full Scottish breakfast included for £80 to £110 per night from June to September with lower prices in other seasons.

Not only is the Rhins of Galloway a unique geographical point in Scotland, it is also of historical importance because of its strategic location and proximity to nearby Northern Ireland. From early hill-forts built by ancient Celts and Pictish people, to its strategic location for the Royal Air Force during World War II, the Rhins have remained



MacDougall

Galloway Travelogue (cont)



Mull of Galloway lighthouse (Photo credit Ian Cowe).

relevant as a land's-end lookout. The temperate climate is attributed to the westerlies steering tropical moisture to the Rhins to keep it wet and mild year-round. With more than 50 miles of beaches, the Rhins of Galloway is the perfect place to catch a great sunrise, sunset or simply view the local flora and fauna. Lodgings in the form of hotels, bed and breakfasts as well as caravan sites are located throughout the Rhins. The Rhins are filled with quaint cottages and cliffside lodging to stay the night.

The southern end of the Rhins is the Mull of Galloway, Scotland's most southerly point. For people who love to hike and explore, the Mull of Galloway Trail is a 37-mile long-distance coastal path following Luce Bay northward to Glenapp. This trail starts from its southernmost point at the iconic Stevenson-built lighthouse. At the very tip of the Rhins, the Mull of Galloway Lighthouse, built in 1828 by Robert Stevenson, stands 84 ft. (26 m) high with a light 324 ft. (99 m) above sea level. The lighthouse, which converted to electricity in 1971, is open to the public. If you want to enjoy a coffee and lunch with a spectacular view of the Isle of Man, Ireland, Cumbria, and Luce Bay, the Gallie Craig Coffee House provides a cliffside panorama in its glass-fronted, green-roofed storefront within walking distance of the lighthouse and Visitor Centre. It is closed in December and January.

Galloway Travelogue (cont)

Moving North in The Rhins of Galloway and Portpatrick

The Logan Botanic Garden, located near Port Logan on minor Route B7056, is a fantastic destination for viewing exotic flora which, you might be surprised, could survive in Scotland. Due to the mild Gulf Stream climate and abundant moisture, palms, ferns and other non-native plants thrive at the 30-acre (12 ha) complex. Interestingly, the gardens developed as part of the ruins of Castle Balzieland, a 16th century tower house stronghold for the McDouall of Logan family branch of Clan MacDowall. When the family line ended the site was passed on to the Royal Botanic Garden in Edinburgh who manage these gardens to this day. A remnant of the McDouall of Logan's original Balzieland tower house has been incorporated into the garden's features.



Logan Botanic Garden (Photo credit Paul Tomkins at Visit Scotland).

For many towns in Galloway, the Beeching Axe railway closures of the 1960s decommissioned many of the historic Victorian-era rail lines that made tiny port towns like Portpatrick popular destinations. Modern day Portpatrick is potentially the eastern end of the controversial Irish Sea Bridge, a long-range and long-talked-about project that would span a 20-mile stretch of the Irish Sea to connecting the two nations. Until then, the headlands of the Rhins remain relatively similar to the way they were thousands of years ago, dominated by farmland, steep cliffsides, and vistas looking out to the sea. Here the lush green pasture terminates at the deep blue sea, signifying the end of the road.



MacDowall

Galloway Travelogue (cont)

Garthland Tower Cairn and Stranraer

Capping off this journey, we head 4.5 miles (7 km) east of Portpatrick along Route A77 heading for the cairn monument commemorating the Garthland Tower House at Garthland Mains. This site was the caput baroniae of the MacDowalls of Garthland from 1411 to 1811 and this tower house provided an excellent view over the sea and land for miles around. The cairn is situated on the west side of Route A77 just south of the two road intersections of minor Route B7077 with Route A77. It was erected in 1980 by Professor Fergus D. H. Macdowall, the Chief of Clan MacDowall. Details of the site are on pages 141 and 142 of his book, *The MacDowalls*, which is available online at www.lulu.com. The book also provides information on several other historic sites in Galloway which relate to Clan MacDowall.

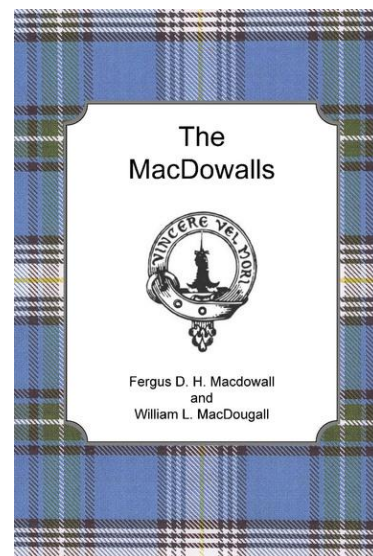


Garthland Mains cairn with Society member Ed McDowell. Photo by Sheila McDowell.

After leaving the cairn at Garthland Mains, it is a 4 mile (7 km) journey on Route A77 north to the town of Stranraer on the south shore of Loch Ryan. Stranraer is a convenient place to stay and make a base for other trips within Galloway. From Stranraer the A77 leads north and east for 6 miles (9 km) to the P&O Ferry Terminal and its connections to Ireland, or you may continue the 85 mile (137 km) journey to Glasgow. If you prefer to travel by train, ScotRail runs approximately 2 1/2 hour trips between Glasgow Central station and Stranraer.

Galloway is admittedly a little harder to get to than the more traveled touring areas of Scotland, yet that often preserves its character and authenticity of place. Renting a car is preferable if you are comfortable with driving on the left hand side of unfamiliar roads. Otherwise, bus service is available to most of these sites. If you wish to begin your Galloway journey from another direction, combinations of interconnecting transfer rail, bus, and ferry tickets are available to or from Glasgow and Edinburgh so that you may journey without a car to Galloway and onwards to Ireland or other parts of Scotland as well. From these stations you can take a number of buses to most Galloway destinations.

For those interested in ancient history, hiking through montane scrub, or simply enjoying the aesthetics of coastal moors and headlands, Galloway has enough history to intrigue just about anyone. The next time you visit Scotland, perhaps take a short



Galloway Travelogue (cont)

drive on minor roads away from the Route A75 main corridor to discover more of the historic places in Galloway. However you travel, whether your visit is long or short, Galloway is worth visiting.

Online Resources for Galloway Travel

Visit Scotland Tourism: <https://www.visitscotland.com/destinations-maps/dumfries-galloway/> and Bus, Ferry and Train Travel: <https://www.visitscotland.com/travel/getting-around-scotland/coach/>

Dumfries and Galloway Family History Centre: <https://dgfhs.org.uk/>

Forestry and Land Scotland: <https://forestryandland.gov.scot/visit/forest-parks/galloway-forest-park>

Historic Environment Scotland: <https://www.historicenvironment.scot/visit-a-place/explore-by-region/>

Mull of Galloway: <https://mull-of-galloway.co.uk/>

Royal Botanic Garden Scotland: <https://www.rbge.org.uk/visit/logan-botanic-garden/>

ScotRail: <https://www.scotrail.co.uk/>



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From everyone at the

***Clan MacDougall Society
of North America***

and the production team of

The Tartan





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Clan MacDougall Society of North America



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Reference information for Society members

Get the most out of your membership!

About Your Society

As a registered 501(c)(3) charitable nonprofit, CMSNA depends on the financial contributions of our members to fulfill our “literary, historical, and educational” purposes. The Society connects 750 clanfolk like you who want to celebrate, share and preserve our proud legacy. We rely on volunteers and no one receives compensation for their efforts.

The Value of Membership

Membership is rewarding and loyalty is widespread. More than 40-percent are 25-year contributors and nearly 300 have become Life Members. Your contributions are tax deductible in the U.S. Membership is on a calendar year basis and members must make a minimum yearly contribution of \$25 by December 31st to remain active. Life Memberships are also available. The minimum contribution only covers our basic operating expenses and allows you to enjoy our popular newsletters and special Society events that help build lasting relationships. Contributions in excess of the \$25 minimum make a significant difference in our funding for scholarships, historic site preservation and new programs. Please consider contributing above the minimum, because there's so much more we can accomplish.

Renewing Your Annual Membership is Easy

Make your annual renewal online by December 31st for the coming calendar year online through PayPal at: <https://macdougall.org/paypal/> or by postal mail to our Treasurer

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Or mail your changes to:

Membership Secretary, 17 Ladysmith Court, Hamilton, VA 20158-9065

Mail hard copy Applications, Contributions or other forms to:

Treasurer Barry Marler, P.O. Box 239, Roy, UT 84067

Applications for Membership are available online at:

<http://www.macdougall.org/memberApp/>

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