

The background of the cover is a photograph of a park in autumn. A large, leafy tree with orange and yellow foliage dominates the upper half. Below it, a grassy area is covered with fallen leaves. In the distance, a statue of a person stands on a pedestal, and a body of water is visible under a pale sky. A small monument is on the left, and a lamppost is on the right.

The **MAYFLOWER** **QUARTERLY** *Magazine*

VOL. 92, NO. 3

FALL 2026

General Society of
Mayflower Descendants

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HELP TELL THE
PILGRIM STORY

The Mayflower Meetinghouse Project



Find out more at:
www.TheMayflowerSociety.org/give/the-mayflower-meetinghouse-project

Cover Art: A fall scene of the top of Cole’s Hill featuring the statue of Massasoit and the Mayflower sarcophagus. Photo by Doug B.

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www.chicagomanualofstyle.org/book/ed17/frontmatter/toc.html.

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The
MAYFLOWER
QUARTERLY
Magazine

VOLUME 92, NO.3
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EDITOR’S NOTE

Welcome to the 2026 fall issue of *The Mayflower Quarterly Magazine*.

Inside you will find several interesting and informative articles revolving around seventeenth century medicine. Surgeon General David L. Nash, MD has provided an in depth look at Samuel Fuller, who served as Plymouth’s doctor and deacon. Alex Cervenak’s article, The Balanced Diet, illustrates the doctrine of humors; specifically, how the idea influenced what the pilgrims ate. Lastly, Dorinda Bloss’ article ties together the past and present with a great reminder of how the medical history of your ancestors can warn of potential problems in your future.

In addition, the issue contains Member and Family Society News articles, General Society Updates, scholarship winners and an article by Dale Cook on the dos and many don’ts of cleaning gravestones.

South Dakota member, Mark Mayer and his wife Betty Mayer, sent the below photographs of their visit to The Mayflower Pub in Rotherhithe, South London; where *Mayflower* is believed to have departed to meet the Leiden Pilgrims in Southampton. Thank you for the wonderful photos!

– Doug



SD member Mark Mayer and his wife Betty in front of The Mayflower Pub along the Thames River.



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Governor General's Message

LISA PENNINGTON, GOVERNOR GENERAL

One of the best things our Mayflower Society memberships gives us is the ability to strengthen bonds with our family members by telling the stories of the extraordinary men, women and children who sailed on the *Mayflower*. These ordinary people accomplished amazing feats, and their stories can inspire the same resilience in their descendants.

A few years ago, I gave a Compact speech about the Pilgrims which my youngest son, Ryan, attended. He was most impressed by the stories of his ancestor, Remember Allerton, age 6, and the other thirteen children who lost one or both of their parents that first winter. Ryan was struck by how brave they must have been to survive in this new land among strangers.

Research conducted at Emory University by psychologists Marshall Duke and Robyn Fivush has demonstrated the remarkable benefits of family storytelling and genealogy. Their “Do You Know?” study found that children who knew more about their family’s history tended to have higher self-esteem, greater resilience, and a stronger sense of control over their lives.



◀ The author’s father with three of his grandchildren.



Executive Director's Update

CHERYL SOARES, EXECUTIVE DIRECTOR

THE MEETINGHOUSE TAKES SHAPE

The Mayflower Meetinghouse is coming to life. Restoration is moving forward across every floor of the historic building with careful work that honors the past while preparing this landmark for generations to come.

Plaster restoration is underway in the sanctuary and will continue through the fall, alongside the restoration of painted walls and ceilings and the conservation of historical finishes. Safety improvements remain a top priority, with installation of a sprinkler system now in progress, thoughtfully integrated into the historic structure. The basement is being cleared and prepared for its future role as an exhibition hall, which will soon house displays, educational programming, and rotating exhibits that deepen visitors’ understanding of Mayflower history. Detailed work on the HVAC system is also underway, carefully balancing climate control needs to protect historic materials while ensuring comfort for visitors and staff year-round.

This winter and spring will bring further construction as the building continues its transformation, including work to make the Meetinghouse fully accessible. Mayflower members will be updated every step of the way.

We are deeply grateful to the donors who have already made this progress possible. Your generosity has moved the Meetinghouse from vision to reality.

Now we need your help to keep this momentum going. Every gift brings us closer to opening these doors to the world. We look forward to celebrating your gifts with naming opportunities within the space. And if you know friends or colleagues who share a passion for historical preservation and education, we invite you to bring them along. Please reach out to Executive Director Cheryl Soares to learn more, for a tour, or to give today (ExecutiveDirector@TheMayflowerSociety.org).



◀ The northern facing side of the Mayflower Meetinghouse.



▲ Top: Removal of the flooring in the basement hall. To be replaced with new concrete supports and joists.

Bottom: Plaster restoration in the sanctuary.

A New Chapter in the Pilgrim Story: The Center for Living History Opens in Duxbury

DESIREE MOBED, EXECUTIVE DIRECTOR, ALDEN HOUSE HISTORIC SITE

Four centuries after the Pilgrims established their first foothold in Plymouth, their story continued to unfold in Duxbury. Eight years in the making, the J. Alden and Virginia E. Keyser Center for Living History is opening its doors, marking a significant interpretive expansion at the Alden House Historic Site. Created through the efforts of the Alden Kindred of America and generous supporters, the Center for Living History offers a deeper look at the world of John and Priscilla Alden, their legacy, and the community that grew around them.

After several years in Plymouth, John and Priscilla joined other families in moving to land north of the original settlement, establishing homesteads along the shoreline of what would become the town of Duxbury. Their decision marked the beginning of a shift in which the Pilgrims began to spread outward, gradually turning a small settlement into a wider and more stable colony. One of the key exhibits at the Center for Living History explores this shift through an interactive touchscreen exhibit that allows visitors to explore the 1627 land grants that brought John and Priscilla—and many other Pilgrims and early settlers—from Plymouth to Duxbury.

Combining historic maps, animated segments, and real-time GIS mapping, the exhibit allows visitors to move from the broad view of Plymouth Colony down to individual allotments and familiar landmarks. It also offers a way to “time-shift” between the 1620s and the present day, showing how the landscape has changed and where traces of the early settlement remain. Descendants can locate where their families first lived, while local residents can discover who once lived in the neighborhoods they call home.

Another interactive experience features the Alden Family Tree, which

Visitors are welcomed by a custom metal sculpture of the Mayflower at the entrance to the new exhibit gallery.



Historian and author Jerry Roberts, a long-time museum professional, developed the Alden exhibit gallery and leads a talented team of museum professionals installing the exhibits.

allows visitors to explore how the family grew over generations. Seeing the branches unfold on a screen helps people understand the Aldens’ long lineage and the wide network of descendants connected to John and Priscilla—some well-known, and others who might live just down the street!

The Center for Living History not only offers interactive technology, it also invites hands-on learning through the reproduction colonial hearth, where visitors can try hearth cooking and household tasks that kept the Alden home running.

The re-created cooper shop gives visitors a close look at the tools of a traditional cooper’s workspace and helps them understand the craft that supported the Aldens and the seventeenth-century economy.

With its blend of technology, scholarship, hands-on engagement, traditional museum displays, and stunning bespoke art pieces, the Center for Living History opens a new window into the Pilgrim experience and celebrates the enduring legacy of John and Priscilla Alden as builders of a home, founders of a town, and contributors to the founding of our nation.

The Center for Living History will be open through Thanksgiving and by appointment during the winter.

Please visit!

GSMD 2026 Scholarship Winners

CHERIE S. LAWSON, SCHOLARSHIP COMMITTEE CHAIR

The General Society of Mayflower Descendants (GSMD) Scholarship Committee is honored to announce the 2026 scholarship winners. Cherie Lawson, Scholarship Chairman and Committee members, Nancy Harrison, Jackie LaMar, Della Regenold, and Collier Wiese worked together to select the 2026 winners.

FIRST PLACE: Shannon Carter, \$6,000



Shannon is from Massapequa Park, New York. Her Mayflower ancestor is Francis Cooke.

Shannon’s high school honors included being an AP Scholar and a member of the National Honor Society, Spanish National Honor Society, Business and Marketing Honor Society, and DECA Honor Society. Shannon is also a four-year varsity athlete in cross country, indoor track, and outdoor track, consistently earning All-Conference or All-County honors. For three years she volunteered as a track camp counselor, mentoring elementary students and building their confidence through athletics. Shannon worked with her school’s Buddies Club and Safe Halloween events, creating inclusive and supportive environments for children with special needs and disabilities. She earned the New York Seal of Biliteracy in Spanish and participated in a service focused educational trip to Costa Rica where she helped paint murals at a local school and assisted with sea turtle conservation efforts.

This fall, Shannon will attend Siena University as a member of the Honors Program, majoring in Marketing while continuing her athletic career in cross country and track. Her experiences in DECA inspired her interest in marketing and advertising and has led her to pursue a career focused on innovative branding and communication strategies.

SECOND PLACE: Eli Hughes, \$5,000



Eli is from Fort Collins, Colorado. His Mayflower ancestor is George Soule.

Eli graduated from Fossil Ridge High School where he was a member of the National Honor Society and the Science National Honor Society. His other high school achievements included receiving the College Board National Recognition Program’s Outstanding Academic Achievement Award which is awarded to high school students who are in the top ten percent of test takers, performing as a 2nd / 3rd chair violist with his high school orchestra at concerts and community events, and playing high school basketball for four years, winning the Varsity Basketball Letter Award given to students who play at the varsity level showing leadership, good character, and dedication to the team each year. Eli also volunteered for the Young Men’s Service League, earning the most service hours for the chapter individually.

Eli is very excited to be an incoming student at Colorado State University where he will be studying Biology with a concentration in Botany.

THIRD PLACE: Galilee Stevens, \$4,000



Galilee is from St. Augustine, Florida. Her Mayflower ancestors are John Alden, Myles Standish, George Soule, and James Chilton.

Galilee received a homeschooled education, leads her youth group at Good News Church, and loves to dance. She has served as both a teacher and an assistant teacher at the St. Augustine Dance Conservatory, where her dance teacher of ten years has described Galilee as reliable, responsible, kind, and committed to doing her best. Galilee has danced with Perla Ballet for fifteen years, taking leadership roles during the past three years. Galilee will receive the Bright Futures Medallion Scholarship in recognition of her academic achievement and community service.

Galilee plans to attend Palm Beach Atlantic University in West Palm Beach, Florida, where she will study dance with a minor in marketing. Because she will complete her associate degree while graduating from high school, Galilee expects to earn her bachelor's degree and minor in two years.

**MARY CHILTON WINSLOW
SCHOLARSHIP:
Monica Stratton, \$2,400**



Monica is from Reading, Pennsylvania. She is a descendant of Richard Warren.

The youngest of seven children, Monica is an AP Scholar, a member of the National Honor Society, and recipient of the Gold Eagle Award for earning the highest marks in every grading period of high school. One of her teachers praised her sophisticated writing and analytical skills, noting that her work consistently demonstrated insightful understanding of rhetorical strategies. Monica also competed on the varsity tennis and swim teams, and she received art awards from the Yocum Art Institute, Scholastic, Goggle Works, and Nolde. As a volunteer, Monica served her community as a summer camp volunteer, soup kitchen worker, and church lecturer. Monica's enthusiasm, curiosity, intellect, and integrity make her a standout.

Monica will attend King's College in Wilkes-Barre, Pennsylvania, where she will enroll in its accelerated 3+2 physician assistant program.

**NATIVE AMERICAN SCHOLARSHIP:
In conjunction with the Massachusetts Society of
Mayflower Descendants, the General Society of
Mayflower Descendants (GSMD) is awarding two
\$1,300 scholarships in 2026 under the guidance
of Massachusetts Society Chairman Beth Anderson
Godfrey. The recipients are Eliana Hellon
and Cordelia Oakley-Robbins.**

Eliana Hellon



Eliana Hellon, a member of the Mashpee Wampanoag Tribe, won the Native American Scholarship in 2025. She lives in San Diego, California. Eliana asked the Massachusetts Society if she could apply a second time for the scholarship she had won in 2025.

The Massachusetts Society said she could apply again if she submitted a new essay. Eliana describes in her essay how, as an Afro-Indigenous woman and proud member of the Mashpee Wampanoag Tribe, her Native American heritage is more than a part of her identity. It is the foundation of her values, her sense of responsibility and the purpose behind the future she is working to build. Eliana says that her appreciation for her heritage has also led her to discover that her purpose in architecture is more than the design of buildings, it is a way to honor land, culture, memory, and community. She has learned from her Wampanoag culture that land is not simply property to be owned or developed; the land carries history, holds stories, and connects people to identity, ceremony, family, and survival. This perspective has deeply influenced the kind of architect she hopes to become. The connection between heritage and architecture has become especially meaningful to her as she thinks about housing, urban planning, and community development. Many Indigenous and historically marginalized communities have been impacted by displacement, environmental harm, and lack of safe affordable housing. These are issues that Eliana wants to address.

Eliana will be continuing her education at the University of Southern California.

Cordelia Oakley-Robbins



Cordelia is from Mashpee, Massachusetts, and is a member of the Mashpee Wampanoag Tribe.

Growing up, Cordelia attended powwows, danced in regalia, and worked with the next generation of tribal youth. Being surrounded by this tradition and community shaped who Cordelia is today. Cordelia helped to create the Mashpee NEA (Native Environmental Ambassadors) youth group, who traveled to Alaska and Washington, DC, to spread their agenda and teach people their culture. The youth group would sit down with the clan mothers who told them stories and taught them to make deerskin pouches and quahog shell shakers. Mashpee NEA made an ordinance to protect the herring and the waterways which passed their council and went on to make a law. As an intern with the tribal education department, Cordelia runs vacation camps for tribal youth where she teaches cultural traditions and tells stories to ensure her heritage lives within everyone. Cordelia will be majoring in psychology at the University of Massachusetts Amherst.

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In Memoriam



**CAPT George James Hill, MD, D.Litt.,
MC, USNR (Ret.)**

Former Surgeon General CAPT George James Hill, MD, D.Litt., MC, USNR (Ret.), passed away April 22, 2026, at the age of 93. A descendant of Mayflower passenger William Bradford, he was a longtime member of the New Jersey Society of Mayflower Descendants and later became a dual member of the Maine Society. He served the General Society with distinction as Surgeon General from 2020 to 2023.

Captain Hill's life was marked by extraordinary service, scholarship, and leadership. Beginning his military career as an enlisted Marine, he volunteered for Army parachute training and later rose to the rank of Captain in the United States Navy Reserve. A graduate of Yale College and Harvard Medical School, he enjoyed a distinguished career in medicine, education, and public service while earning advanced degrees in history and the humanities.

An accomplished physician, naval officer, historian, genealogist, and author, Captain Hill published numerous works on medical, historical, and genealogical subjects, including studies of leprosy, outpatient surgery, Loyalist John Saxe, and New England families. His book *Hill: The Ferry Keeper's Family* reflected his lifelong dedication to genealogy and the preservation of family history.

Known for his intellectual curiosity, generosity, and commitment to careful research, Captain Hill brought both scholarship and friendship to those who knew him. He also worked to preserve the natural heritage of New England, including the conservation of his beloved Eaton, New Hampshire farm.

He will be remembered with gratitude by his fellow Mayflower descendants and by the many lives he touched through his military, medical, historical, and genealogical endeavors. He is survived by his wife, Deborah, and his children, James, Sarah, and Lana.

Charles Edwards Twitchell of Medford, Oregon, passed away on March 14, 2026, at the age of 88. Twitchell served the Oregon Society as Governor from 2001 to 2004. He was a descendant of Mayflower passenger William Bradford.

Twitchell is survived by his children Peter, Richard, Wendy and Katy, six grandchildren and five great-grandchildren.

Sidnie Kruse of Fairbanks, Alaska, passed away on July 8, 2026, at the age of 68. Kruse served the General Society of Mayflower Descendants as Assistant General – Alaska in 2023 and served the Alaska Society as Historian from 2021 to 2026 and as Secretary from 2020 to 2021. She was a descendant of Mayflower passenger Francis Cooke. Kruse is survived by her husband Jeffery Kruse, her children Marlies Guest and Brenon Kruse, her step-daughter Jessica, four grandchildren and one step-granddaughter.

The General Society of Mayflower Descendants remembers those who have served on the board of a Member Society or as a General Society officer. If a past or present officer of your Member Society has passed away, please complete the In Memoriam Form located in the Members Area of the GSMD website under Society Resources, and email it to the GSMD Elder General at the following email address: **ElderGeneral@TheMayflowerSociety.com**.



Why I Joined The Mayflower Society

DAN S. ALDEN

The Celebration of Mayflower Passengers is to Honor Yeoman Ancestry

I joined The Mayflower Society to confirm what I had always been told: that my family name was handed down from John Alden, 1620 Mayflower passenger. I moved to Massachusetts in 1995 and shortly thereafter I applied to the Massachusetts Mayflower Society and found out what was required to document my ancestry. The Massachusetts Society already had records proving my line through generation six. It seemed relatively simple at this point; just come up with birth, marriage, and death documents for the most recent five generations. (I am generation eleven.)

Of course, this was easier said than done and thus began a process of searching census records, writing to state agencies, and physically visiting county and town record departments. Unfortunately, names get misspelled, dates get smudged, records burn up in fires, or two sources give contradictory information. But, despite frustrations, the process was fascinating and extremely rewarding. It meant enough to me to become a lifetime member of The Mayflower Society.

Just as I am one-quarter “Alden,” I am also one-quarter Swedish, one quarter German, and one quarter Czech from ancestors who came to these shores more recently. If you do the math, you will see that we all have 512 sets of eighth-great-grandparents. Trying to even begin the research back for all that ancestry can be overwhelming. What The Mayflower Society did for me was give focus to my ancestral research in order to provide future generations with this historically important record. European aristocracy is very fond of documenting their long lines of royal ancestry. For me, the celebration of the Mayflower passengers is to honor yeoman ancestry. It represents that ideal of America which is the upholding of the working class.

CHERIE CHRISTENSEN

Searching for my Children’s Heritage

When I married fifty years ago, my father-in-law told me, because of his extensive genealogy research, that I was

lucky to marry my husband because my children would have a good heritage. However, I felt so sad that I did not have any knowledge/records of my own ancestry to refute him about my ancestors not being special as I did have a few known skeletons. As I was busy raising a family, I accepted that it was nice that at least half of my children’s DNA was wonderful.

Years ago, when computers were still using DOS, our local family history center showed me that I had Colonial America ties, but I did not even think of Mayflower possibilities. During the 400th Anniversary of the *Mayflower*, Family Search posted hints to people who might have a connection. I had two: Elizabeth Tilley and Thomas Rogers. I was so excited about Elizabeth, reading many books about her as I compiled my connecting records. Thankfully, I had a wonderful Utah Society helper in Kevan Barton. I submitted my paperwork.

Sadly, I was told there was an error in Family Search’s line to connect me to Elizabeth Tilley. I cried and cried. I had done so much work, and it was dashed. Kevan encouraged me to search my Thomas Rogers line and I did.

Gratefully, I was accepted as a member in March of 2021 as a descendant of Thomas Rogers.

I felt sad for so many years over what my father-in-law had said to me, but it had set a fire in me to learn more about my family. I am thankful to him for that. In the process of finding Thomas Rogers, I found seven other lines that go back to Colonial America with one ancestor that came on the second ship into Plymouth. I am proud to be a Mayflower descendant and to call Thomas Rogers my grandfather.

JOHN FAIRHEAD

Proving my Mayflower Connection Became a Challenge

I am a fourth-generation cattle rancher in the northern Sandhills of Nebraska. My paternal great-grandfather homesteaded here in 1885. Although I do not consider myself a genealogist, I love family and local history. It is astonishing to me that my mother’s ancestry descends

from Revolutionary War veterans on both sides of her family. For as long as I can remember, she was a member of the Daughters of the American Revolution (DAR), as documented through her paternal line.

However, some years ago I became aware of a Mayflower connection to William and Mary Brewster on my mother’s maternal side. A distant cousin became a member of the General Society of Mayflower Descendants (GSMD) and explained to me how to begin that process. I simply needed to prove the relationships back to my great-great-grandfather Byron Rush Ashley, another early Nebraska settler, who was established as a tenth-generation descendant of the Brewsters.

Proving this connection became a challenge for me, as birth, death and marriage certificates from the 1800s are sometimes nonexistent or difficult to find. Our Nebraska Historian Marty Beerman, currently GSMD Secretary General, came to my rescue and with his guidance, my application was accepted on October 9, 2020, which was the 400th Anniversary of the sailing of the *Mayflower* and close to the midpoint of that historic voyage.

I do not know if either my mother or grandmother knew about their connection to the Brewsters. If they had any knowledge about it, they never told me, or I simply do not remember. Oh, how I wish I could talk to them about the Brewster connection now. I am confident that we each would swell with pride in rejoicing this fact!

Joining The Mayflower Society has much to do with the gratification of knowing and documenting my connection to William and Mary Brewster, and that important, historical pilgrimage. Even more importantly, my grandchildren and beyond can possess this same pride, as it will be simple for them to document their own connection, if they so desire.

CAPTAIN PHILIP A. JOHNSON JR.

Unexpected Family Genealogy Discovery

I had been aware of some of my family history since childhood when my mother showed me a copy of *A History of Deerfield, Massachusetts* by George Sheldon. My grandmother, Hazel Edith Sheldon, was George’s great-granddaughter.

In early 2008, I did not know much about Hazel’s husband, Walter Herbert Nichols’, ancestry so I decided to explore it. His mother was Ellen Minerva “Gigi” (Hale) Nichols. She was born in 1859 and died in 1964. I don’t recall Gigi talking about her parents or grandparents at family holiday gatherings.

Using Gigi’s vital records, I was able to trace back to her paternal grandparents. Her grandmother was Aurelia Lucinda Cushman. My research presented me with my first three Mayflower ancestors Isaac Allerton, Mary (Norris) Allerton, and their daughter, Mary Allerton Cushman. What my research discovered was so rewarding to me because I am sure my mother and her parents were never aware of their Pilgrim connection.

I had been told that once you find one connection to a Pilgrim there are usually more. I never expected I would eventually find a total of twenty-one.

From my maternal grandfather’s ancestry, I am connected to William Bradford, Richard Warren, John Billington, his wife Elinor, and their son Francis, Stephen Hopkins and his daughter Constance, William Brewster and his wife Mary, and Edward Doty.

On my maternal grandmother’s lineage, I descend from William Mullins and his daughter Priscilla, John Alden, Thomas Rogers, John Tilley, his wife Joan and their daughter Elizabeth, and John Howland.

I felt so fortunate and connected to The Mayflower Society based on my discoveries that I became a member in 2009 and a General Society of Mayflower Descendants Verifier from 2017 to 2021.

My proven lines have allowed other members of my family to also become Mayflower Society members.

WHY I JOINED THE MAYFLOWER SOCIETY

“Why I Joined The Mayflower Society?” is a human-interest article for *The Mayflower Quarterly Magazine* that the members of The Mayflower Society may participate in. Members of The Mayflower Society are invited to write and submit an article that shares stories of how they discovered their Mayflower ancestry, why they joined The Mayflower Society, and why they continue their membership.

The article should be approximately 300 words in length in Word format. Please email your submission to MQMEditor@TheMayflowerSociety.org and put *MQM Submission* in the subject line of your email. You may submit a couple of photographs with the article, but please attach them separately to the email. The photographs should be 300 dpi resolution or higher. Please include with your submission, your name, contact information, title if any, and your Member Society. Submissions will be published in each issue depending on available space. The submission deadline for the winter issue of *The Mayflower Quarterly Magazine* is October 1.

MEMBER SOCIETY NEWS



ARIZONA

Arizona Society Hosts Governor General

On the weekend of April 25–26, 2026, the Arizona Mayflower Society joyfully welcomed Governor General Lisa Pennington and her husband David Furlow to the Valley of the Sun. The Governor General's visit was quick but wonderful! We began with a dinner at a local restaurant, expertly arranged by Deputy Governor Rick Spargo, with both the outgoing and incoming board members in attendance to share time to relax and get to know one another. The Arizona Society's annual meeting was the next morning which was attended by over 100 members and guests! The Governor General said it was one of the largest Member Society meetings she has attended. Governor General Pennington gave a very enlightening presentation on our Pilgrim ancestors, including some previously unknown facts, such as their establishment of the law to support soldiers or their widows and children, in the event the men were injured or killed while in defense of Plimoth Colony. Americans still have that law today. And Pennington stressed the importance of Society members sharing the Mayflower story with their families and friends so that the accurate story gets shared and remembered. Pennington also updated our Society members on the restoration status of the Pilgrim Memorial Meetinghouse in Plymouth, Massachusetts, which the Arizona Society has supported with member donations. A new executive board was also installed at the meeting.



The new Arizona Society Governor is Terri Clarke and the Society also recognized, honored and thanked their out-going Governor Matthew Harrison and his executive board. Matthew served two terms as the Governor of the Arizona Mayflower Society and was presented with a Mayflower Past Governor Medal. The Arizona Society also presented the Governor General with Arizona olive oil and a check for \$500 in support of the Pilgrim Memorial Meetinghouse restoration. The Arizona Society gives many thanks to Governor General Pennington and David Furlow for their visit and we hope they went home with good memories of the Valley of the Sun.

Submitted by: Lynda J. Hylander, Public Relations Chair



▲ Above, left to right: Out-going Governor, Matthew Harrison; Governor General Lisa Pennington; and new Arizona State Society Governor, Terri Clarke.

Circle: Governor General Lisa Pennington delights the Arizona Society with her Pilgrim presentation.

◀ The new Arizona Mayflower Society Governor and Executive Board were installed by Governor General Lisa Pennington.



AUSTRALIA

Greetings from Your Mayflower Cousins in Australia

The first of July marks the beginning of a new financial year in Australia and also the start of a new operating year for The Australian Society of Mayflower Descendants Inc., a not-for-profit corporation. Our Treasurer, David, is busy processing invoices and payments, while our Secretary, Connie, is preparing for our Annual General Meeting, to be held on 25 July. Under our Australian incorporated association status, we are required to elect officers for the Board of Assistants each year.

Cousins Coffee

Our online *Cousins Coffee* gatherings continue to go from strength to strength, with growing participation in recent months from American Mayflower members. In June, our discussion topic was "When and How Did You First Discover Your Mayflower Ancestry?" The session produced lively conversation and a wonderful exchange of family stories and research experiences between Australian and American Mayflower cousins.

Any Mayflower members interested in joining our monthly online events are warmly invited to contact me at Governor@MayflowerSociety.org.au.

Australia: The Trip You Have Always Promised Yourself

Following our participation in last year's GSMD Silent Auction, we have been considering how best to offer a prize that reflects the special strengths of our Australian Society. The result is a new promotion designed to encourage our Mayflower cousins to visit Australia in 2027.

Through this initiative, we hope to assist visiting members with itinerary planning, provide helpful local information, and, where possible, offer friendly hospitality from Australian Mayflower cousins during their travels. Please stop by our Silent Auction page. We look forward to welcoming you to Australia!

Australian Mayflower Lineage Qualified Through Joseph Smith and Emma Hale Descendants

The Australian Society of Mayflower Descendants has achieved a significant genealogical milestone with the qualification of its first lineage through Sidney Garden Wright and Ina Inez Smith, granddaughter of Joseph Smith Jr. and Emma Hale. This success was made possible through the dedicated work of our energetic historians, Andrew and Lisa.

Joseph Smith Jr., founder of Mormonism and the Latter-Day Saint movement, and his wife Emma Hale were fifth cousins and descendants of Mayflower passengers John Howland and Elizabeth Tilley. Their granddaughter, Ina Inez Smith, married Sidney Garden Wright, an Australian who travelled to America in 1890 at about 21 years of age for a holiday with friends and remained there for three years. After their marriage in Iowa, Sidney and Ina returned to New South Wales, where Sidney worked as a grazier before later operating a sawmill and dairy at Nabiac.

The qualification is especially noteworthy because few Mayflower Society memberships have been accepted through either Joseph Smith Jr. or Emma Hale, with the most recent examples dating back to the 1950s.

Modern genealogical standards required fresh supporting evidence. Earlier applications had relied heavily on Mary Audentia Smith Anderson's 1929 work, *Ancestry and Posterity of Joseph Smith and Emma Hale*. While this remains a valuable reference, it is a secondary source and contains some details that are inconsistent with primary records.

Researchers ultimately found that the Emma Hale line through Hope Howland, John Chapman, and the Lewis families of Connecticut and Massachusetts, was easier to document than the Joseph Smith Jr.'s line, which was complicated by the Smith family's frequent relocations.

This successful qualification is an important addition to the Society's Australian story, and a reminder of the many unexpected ways Mayflower ancestry has travelled across generations and across the world.

Submitted by: Bill Elliott, Governor



HAWAII

Hawaii Society Continues Moving Forward

The small but mighty Member Society of Mayflower Descendants in Hawai'i continues moving forward! ALL of our meetings are held online via Teams (like Zoom). We encourage ALL of our members to join us online Saturday, November 14 at 10:00 a.m. HST for our Compact Day meeting! Reminders for all meetings and the meeting invitations are sent by email to all members about one to two weeks before the scheduled meeting.

Our Assistant Historian Eric Smith was recognized at Congress in September for his excellent work over the past three years! Eric has worked with over one hundred potential applicants to varying degrees, resulting in more than two dozen new approved applications. During his tenure, he adeptly adjusted to the General Society of Mayflower Descendants (GSMD) transition to a fully digital application system (including electronic payments). Eric rapidly mastered the new platform and procedures, ensuring a smooth continuation of operations. He also served as an

indexer for GSMD to assist in digitizing applications. As a result of his effort and those of Historian Jim Tueller, Hawaii has six new members so far this year! That is a ten percent increase in our membership!

Three of our Board members attended Congress at Plymouth in September 2026! This is a record number for our small society! Governor/AG Bill Stiles, DGG Lynda Hylander, and Secretary Hannah Dennis all enjoyed attending the events and tours, and networking with GSMD staff and all of our Mayflower cousins!

We have recently added three new members to our Board serving as Assistants and "learning the ropes!" This addition of Assistants brings us to a total of twelve Board members (over 20% of our total membership) representing various Hawaiian Islands and several mainland states. We continue to actively seek new Board members to join us in service and we have three more slots available, including two with few assigned duties and no formal background required.

Submitted by: Bill Stiles, Governor



INDIANA

Indiana Report

A program titled "Meet the Pilgrims" was presented by Lori Coffey at the Indiana Society Members Luncheon on April 11, 2026. Lori, a Mayflower descendant, has a twenty-five-year career as a writer, genealogist, and trainer. She also serves as President of the Pinellas Genealogy Society in Florida. The presentation focused on the Pilgrims as people, highlighting their family ties, their jobs, their hopes and their failures, as well as the decisions they made as they fled from England to Holland and then to the New World.

Erica Gould was presented with the Certificate of Commendation by past Governor Laura Smith. She has been active on the Board of Assistants, instrumental in the development of fundraising initiatives for the Indiana Society, as well as hospitality coordination and bylaws review. She is the daughter of Past Indiana Society Governor Richard Gould and the late Karen Gould.



▲ Presentation of the Certificate of Commendation to Erica Gould, Pictured: IN Governor Tom Botts, Erica, Past Governor Laura Smith.

Indiana Society member Nancy Broertjes and her husband Bob gifted each member in attendance with a Semiquincentennial Quarter honoring the Mayflower Compact.

Submitted by: Diana Soule McDowell, Corresponding Secretary



IOWA

Governor General Visits Iowa

The Iowa Society held its Spring Meeting on Saturday, May 2, at the Machine Shed Restaurant in Urbandale, Iowa. Special guests were Governor General Lisa H. Pennington, Esq., and her husband David Furlow. Attendees also included Kelsey Johnston, recipient of the 2026 Iowa Mayflower Scholarship. The scholarship award is \$1,000 and is paid to the post-high school institution the student attends upon completion of the first semester.

The Governor General gave a talk titled "Lighting the Candle: Why We Must Tell the Mayflower Story." The Governor General provided many interesting facts demonstrating the historical significance of the Pilgrims. For instance, the Pilgrims elected the first colonial governor in the Western Hemisphere. After the program, gifts were presented to Governor General Pennington and David Furlow, which included a pewter plate depicting Mamie Eisenhower's birthplace in Boone, Iowa, and a John Wayne shot glass to mark his birth in Winterset, Iowa. Also, a check from the Iowa Society in the amount of \$5,000 was presented to the Governor General for the Mayflower Meetinghouse Project.



▲ Top: pictured in the first row (l to r) are: Governor General Lisa Pennington, Lisa Lang (Secretary), and Bernie McGuire (Counselor).

Pictured in the second row (l to r) are: Mark Church (Governor), Gerald Graves (Treasurer), Ken Callison (Elder & Deputy Governor General), Shawn Albaugh Kleppe (Assistant Historian), Jackie Peters (Captain).



▲ Kelsey Johnston & Governor General Lisa Pennington.

The final part of the meeting centered on the installation of officers of the Iowa Society who were elected to a three year term, 2026 to 2029. Governor General Pennington administered the oath for installing the officers. The meeting concluded with a benediction given by Elder Ken Callison.

Submitted by: Mark W. Church, Governor



OKLAHOMA

Oklahoma Society Celebrates Centenarian Member Dr. Dorothy Frosch

The Oklahoma Society presented member Dr. Dorothy Ann Kellogg Frosch with a proclamation to celebrate her 100th birthday on June 10, 2026. A descendant of William Bradford, she became a member of the Oklahoma Society on May 30, 2003, making her a twenty-three-year member.

In her professional life, Dorothy holds a BS in Education from the University of Central Oklahoma (UCO), a MEd in Science from UCO, and a PhD of Science (Doctor of Education) from Oklahoma State University. Dorothy taught Biology and Physics at the University of Central Oklahoma, where she retired as a full Professor in 1991. She received the E.C. Hall Award for outstanding teaching in the field of science.

With her enduring interest in genealogy, Dorothy is a member of several other lineage organizations,

including Daughters of the American Revolution, Chapter Regent 1998-2002, and Colonial Dames XVII Century. In her retirement, Dorothy was able to pursue many new interests, including painting. Her portrait of Lucille Mulhall, an Oklahoma cowgirl/performer, was entered in a NSDAR contest and won the Evelyn Cole Peters Award, the highest National American Heritage Award.



▲ Dr. Dorothy Frosch, Oklahoma's Centenarian Member.

Thank you to Ohio's Governor Beth Anderson and Past Governor Jill Parker for their assistance in creating the proclamation.

Submitted by: Norma Maron Hughes, Governor



OHIO

FGG Filson speaks on Mayflower Meetinghouse

Hilda Pappas invited Former Governor General Lea Sinclair Filson to speak on the Mayflower Meetinghouse. The other morning presenter was Jennifer Gardiner who spoke on the Navajo Code Talkers. The group picture is of the Columbus Colony which hosted with twenty-four volunteers.

Submitted by: **Steve Kelley**



▲ Top: The Columbus Colony
Left: Jennifer Gardiner (L) and Former Governor General Lea Sinclair Filson (R).



UTAH

Utah Society Held its Spring Banquet and Participated in the Colonial Heritage Festival

The Utah Society held its Spring 2026 Banquet on Friday, May 1, 2026, at the Sons of Utah Pioneers National Headquarters. It was a beautiful evening on the benches of the Salt Lake Valley.

The banquet was catered by Salt Lake Sweetery, and the meal was excellent. Among the highlights of Society business were the nominations of Deputy Governor General (DGG) Thomas Portlock and Dan Newbold as Acting Assistant General (AG), to represent the Utah Society at the General Society Congress to be held September 11–15, 2026, in Plymouth, Massachusetts. All Society members are invited to attend.

After conducting Society business and presenting certificates to new members, more than seventy-eight Society members enjoyed the evening's program which included a musical selection performed by the Sterling Singing Ambassadors, directed by Mary Ross and accompanied by Julie Smith. Choir and members also enjoyed a presentation on Mayflower history by Trent Staggs, former mayor of Riverton City.

Over the Fourth of July weekend, SCERA Park in Orem, Utah, was transformed into a bustling colonial village during the Colonial Heritage Festival. This popular living-history event celebrates America's colonial heritage by bringing the eighteenth century to life through demonstrations of traditional trades, educational exhibits, military encampments, and interactions with knowledgeable historical reenactors.



▲ Top: Lori Liljenquist and Thomas Portlock with a General George Washington historical reenactor.

Right: Lori Liljenquist, Utah Society Secretary and Diana from the DAR.



The Utah Society of Mayflower Descendants was pleased to help sponsor the **Founding Fathers** booth at this year's festival. Throughout the weekend, visitors of all ages stopped to learn about the extraordinary men whose vision and leadership helped establish the United States. The booth provided an excellent opportunity to share the enduring principles upon which the nation was founded while introducing many attendees to the history, lineage, and educational mission of the General Society of Mayflower Descendants.

One highlight of the event was Utah Society member Thomas Portlock posing for photographs with George Washington, portrayed by a historical reenactor. Their display attracted many visitors and sparked engaging conversations about the enduring legacy of the Pilgrims, the Mayflower passengers, and the generations of Americans who followed in building the nation.

The Colonial Heritage Festival continues to be an outstanding venue for promoting historical education and encouraging a deeper appreciation of our nation's colonial and founding eras. The Utah Society is grateful for the opportunity to participate in this community celebration and looks forward to continuing its efforts to preserve and share the story of our Pilgrim ancestors with future generations.

During the past year, the Utah Society celebrated its "Pilgrims to Pioneers" initiative, honoring descendants of Pilgrim ancestors who later crossed the plains as pioneers before completion of the Transcontinental Railroad. To commemorate this

initiative, lapel pins, medallions, challenge coins, and mugs featuring a newly created design were made available for purchase. A new Utah Society certificate was also announced and is now available through the Society website. It pairs well with the "Pilgrims to Pioneers" medallion and includes the member's Passenger and Pioneer GSMD number, as well as their Member Society membership number. This certificate provides a beautiful legacy to pass down through generations while honoring family heritage.

Submitted by: **Lori Liljenquist, Secretary, and Thomas Portlock, Deputy Governor General**



VIRGINIA

Virginia Society Launches Mildred Ramos 1620 Award at William & Mary College

On May 14, just prior to 2026 Commencement events, the Virginia Society presented its first Mildred Ramos 1620 Early American History Award ("Award") in cooperation with the History Department of William & Mary College. Ms. Fallon Burner, a master's degree candidate in early American history at William & Mary College, received this new Award.

Miss Mildred Ramos is a past Governor of the Virginia Society, as well as a past Governor General and Assistant Governor General of the General Society of Mayflower Descendants (GSMD) based in Plymouth, Massachusetts. The Award honors her long and dedicated service to the General Society and the Virginia Society and the fact that she is the only Virginia Society Governor to also become Governor General of GSMD.

From 2012 to 2025, the Virginia Society awarded an annual \$1,620 scholarship in Miss Ramos' name, primarily to a graduating Virginia-based high school senior or first-year college student based on his/her academic record, teacher recommendations and a 1,500-word essay on topics related to the historical experiences and values of Mayflower passengers.

The intent of the new, larger \$3,240 (1,620 x 2) award program is to support more advanced research into early American history, including the experiences and values of our Mayflower ancestors and other significant colonial period topics. William & Mary College is a recognized leader in this important and challenging area of research and education.



▲ Left to right: Fallon Burner, Nancy Saul, VMS Governor, Chris Bates, Chairman, Mildred Ramos Award Committee and Jim Wheaton, Counselor General, General Society of Mayflower Descendants.

In May 2025 the Virginia Society's Board of Assistants (BOA) approved the recommendation of its Scholarship Committee to take a new approach to the Mildred Ramos Scholarship program in collaboration with the College of William & Mary in Williamsburg, Virginia. This new program is identified as "The Mildred Ramos 1620 Early American History Award." Its objective is to encourage fresh in-depth research on a variety of topics in early American history, consistent with the goals of the Virginia Society.

After defining the objectives and scope of the new program, the Virginia Society Mildred Ramos Scholarship Committee developed a list of, and reached out to, twelve Virginia-based private and public universities with strong American history programs. Following contacts with history department chairs by phone and email the committee in consultation with the Virginia Society Board of Assistants and legal counsel Peter Broadbent, selected William & Mary College as its recommended partner for this grant-based award.

The Virginia Society Board of Assistants selected this College to provide the strongest possible pool of early American history Master of Arts candidates, appropriate academic oversight and an objective process for selection of the top master's degree candidate in early American history starting this past academic year.

Future Mildred Ramos 1620 Awards will be made to the master's degree candidate at William & Mary whose research and academic work in early American history are judged by the College's History Department faculty to be the most outstanding and consistent with the Virginia Society's program objectives.

Nancy Saul, Virginia Society Governor, Chris Bates, Virginia Society Chairman of the Mildred Ramos 1620 Award Committee and Jim Wheaton, Counselor General of the General Society of Mayflower Descendants presented the Virginia Society award to Ms. Fallon Burner. Under the new collaborative grant program, William & Mary's History Department faculty selected her for this Award based on her exceptional 2025-26 research and course work on early American history topics to support her forthcoming Master of Arts degree from William & Mary, College of Arts and Sciences.

Dr. Tuska Benes, Associate Professor and Chair of the William & Mary History Department, Dr. Andrew Fisher, Associate Professor and Director of Graduate Studies, and Gerald Bullock, Executive Director of Development for the College of Arts and Sciences, joined the Virginia Society delegation to present the award to Ms. Burner.

The Virginia Society has committed to a one-year research partnership with William & Mary College with the intention of continuing it in future academic years. Questions may be directed to Chris Bates, Chairman of the Mildred Ramos 1620 Award Program at BatesChapelHill@aol.com or by calling him at (703) 895-6452.

Governor Nancy Saul and Mildred Ramos 1620 Award Committee Chairman Chris Bates thank the Virginia Society's Counselor, Peter Broadbent, and the full Committee for their dedicated work on the 2025 Mildred Ramos Scholarship program and development of the Virginia Society's new 2026 collaboration with the College of William & Mary. Committee members include Governor Saul, Deputy Governor Karen Pogoloff, Former Governor Lee Hardin Woody, Assistant Secretary Meg Averett, Former Governor Martha Ellen Brockner and Finance Committee Chairman Mark Cox.

Submitted by: Nancy Saul, Governor

WESTERN MEMBER SOCIETIES

A Spring Gathering of Western Member Society Cousins

On Saturday, April 25, ten western Mayflower Societies met jointly over four time zones to enjoy a spring program presented by Richard Pickering, Deputy Executive Director and Senior Historian at Plimoth Patuxet Museums, titled "Plymouth Colony and the Origins of our Revolutionary Democracy." This meeting idea was birthed by the western Society Governors in a ZOOM Meeting last fall. With so many of our members spread out geographically across prairies, mountains, valleys and oceans the question was posed: Would it be possible for ALL of us to meet together and enjoy a program for America's 250th Semiquincentennial Birthday?

The answer: Yes! From the Hawaii and Alaska Societies to the Pacific States of Washington, Oregon and California, to Idaho, Montana, Utah, Nevada and New Mexico, Mayflower members gathered in restaurants, coffee houses, homes and individually to enjoy the time together. Oregon's Governor Debbie Sorensen,

a member of the GSMD Technology Committee, had diligently practiced with each State's Technology point person the week before to iron out any glitches that might come up. . . and then we were ready to go!

Over breakfast in Hawaii, coffee/tea in the Pacific time zone and lunch-time meetings in the Mountain States, over 230 members on more than 90 ZOOM links all came in **at the same time** to see the program and greet each other via hundreds of thumbnail pictures of all of us sitting in rooms together or in our homes. The comradery of "seeing" each other and being together was palpable! Governors of several of the Member Societies declared it a huge success and asked for more meetings together this way in the future. Geography in these bigger states may seem to pose a problem but the creative use of ZOOM and other new technologies are paving the way for us to meet together in entirely new settings. Here's to "seeing" even more of our cousins in joint meetings in the months ahead!

Submitted by: Beth Lambright, GSMD Member-at-Large (WEST)

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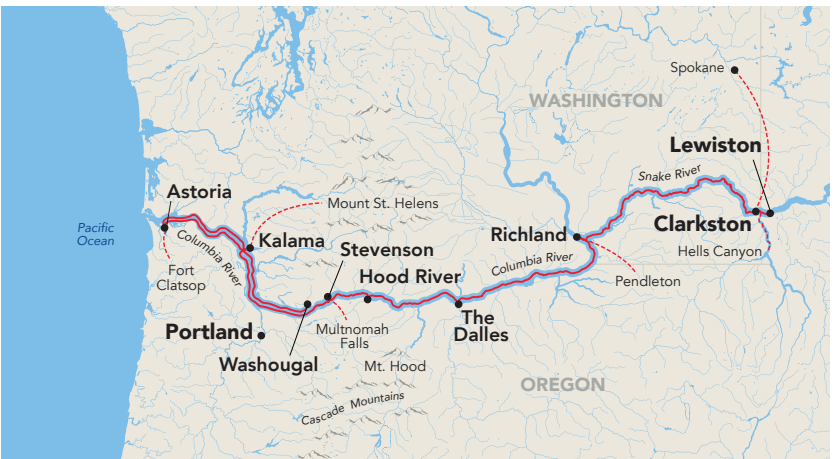


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The Hidden History no one Wants to Address: Medical Family Trees

DORINDA BLOSS

One of the many side benefits in continually researching your Mayflower roots is the information that can be revealed regarding your own health. This new information can surface in many ways: death certificates, notes on the back of photographs, old diaries, and even research material in local libraries.

In my own case, my maternal grandfather's mother, Mary Agnes (White) Keen, passed away in 1898 from colon cancer at the age of 53.¹ Her cause of death was mentioned a few times to me by Mary Agnes (White) Keen's, daughter-in-law, (my grandmother) Edith Logan Keen, when I was a teenager, but I did not think much of the information at the time; however, I did file this information in my memory bank.

Years later, in 2019, when I was writing my book, *The Keen Family and the Mayflower Beginning*, I came across a photograph of Mary Agnes (White) Keen that was in very good condition and was most likely taken some time in the 1880s.

That very same year I was diagnosed with third stage colon cancer and although there were complications and a long recovery, I was given a clean bill of health six years later by my oncologist.

Shortly thereafter, I attended a family summer get together. It was a nostalgia fest. I shared old photos I received from my mother and aunties, and recollections of good times, travel, and outings in New England were fondly discussed. Then I learned for the first time that my first cousin's eldest daughter had died of colon cancer at the age of 51.

A few years later, I was informed that my only female first cousin, Edith, had been diagnosed with fourth stage colon cancer and that remedial treatment, such as chemotherapy, etc., would not be an option. Sadly, Edith passed away on May 24, 2025, within months of her diagnosis.

I wondered why colon cancer was so prevalent in the female members of my family, while no male family members to my knowledge have been stricken by the disease. Is it possible for colon cancer to be passed to only female family members?

The answer I found is no. According to the medical experts, colon cancer is not genetically inherited in a female line only. Colon cancer is equally transmitted from autosomal chromosomes (not sex chromosomes), i.e., an affected parent passes this mutation forward, regardless of the gender of the child.²

Additionally, this type of cancer does not skip generations.³ Fortunately, only five to ten percent of colon cancers are inherited, with only one in twenty-five persons developing this type of cancer throughout the general public.⁴

There was one clear caveat that gave me pause: If your family medical tree has multiple members with colon cancer, you could consider genetic testing. You would start by having a discussion with your primary care physician who might recommend genetic testing and the appropriate testing facilities in your area.

So why am I writing about medical family trees in *The Mayflower Quarterly Magazine*? It is a reminder to all my Mayflower cousins to find and to note the causes of death in your immediate family lineage, and to know that genetic testing is a possibility if you suspect a correlation between yourself and a close direct ancestor. Currently, there are numerous resources in which we can get ahead of genetically prone diseases like colon cancer.



▲ Mary Agnes (White) Keen.

You do not have to die at the age of 53, in agony, like my great-grandmother, Mary Agnes (White) Keen, and you should not wait to get tested because you are afraid of what the results might be.

REMEMBER: There is no 'Pause' button on this issue.

Dorinda W. Bloss is the author of "The Keen Family and the Mayflower Beginning", published in 2019. For over 50 years, Dorinda has been gathering and researching the genealogy of this early settler family and its connections to the Mayflower Pilgrim

Richard Warren and others. She is currently working on a similar genealogy project as well as a children's book. She lives in Garden City, Long Island (NY) with her husband, Kevin.

1. Dorinda W. Bloss, *The Keen Family and the Mayflower Beginning*, (Genealogy House, 2019), 9.
2. "What are the Risk Factors for Colorectal Cancer?" University of Texas MD Anderson Cancer Center Blog. Published June 27, 2024. <https://www.mdanderson.org>.
3. MD Anderson, "Risk Factors."
4. MD Anderson, "Risk Factors."

Online Discoveries: Gravestone Cleaning

DALE H. COOK

Introduction

Any genealogical researcher who wants to take better photographs of ancestral gravestones may be tempted to clean a gravestone before photographing it. Before you attempt any cleaning you need some important information on the subject. I will begin by revisiting part of my column in *MQM* 85:4 (Winter, 2019), "Learning About Old Gravestones: Publications of the Association for Gravestone Studies." I will then discuss materials, tools, and techniques for proper gravestone cleaning. Techniques for gravestone photography will be the subject of my column in our next issue.

Resources about Gravestone Cleaning

Visitors to graveyards often see gravestones that are disfigured or discolored by moss, lichen, mold, dirt, or other contaminants. Those who are tempted to clean those gravestones should study the matter before undertaking any cleaning, because many cleaning methods can damage those gravestones.

Information on, and discussions of, proper and improper methods of gravestone cleaning are

scattered through many Association for Gravestone Studies (AGS) publications (see the *Markers*¹ and *Newsletter/Quarterly*² subject indexes on the AGS site. A useful summary was published in the AGS *Newsletter* in 1979.³

One important resource concerning cleaning comes from the National Park Service, which oversees our National Cemeteries, and which is available online.⁴ The Veterans' Administration's National Cemetery Administration also has an online guide worth reading.⁵ See also the [Memorials.com](https://www.memorials.com) page "How to Clean a Headstone: A Step-by-Step Guide for Every Material."⁶



▲ Gravestone on Burial Hill in Plymouth, MA.

One of the best references for gravestone cleaning is found in a book published through the auspices of the AGS. It is not online but is held by many libraries (use the search function at WorldCat.org to find them). It is by Lynette Strangstadt, *A Graveyard Preservation Primer* (Walnut Creek CA: The Altamira Press, 1995; Lanham, MD: The Altamira Press, 2nd Edition 2013). Use sites such Bookfinder.com if you want to purchase a copy.

The First Consideration – Permission

Always get permission before cleaning a gravestone. If it is a family gravestone, it is wise to consult other family members before cleaning. In general, you will also need permission from the cemetery or other authority. For cemeteries still accepting burials, that would be the superintendent, or someone designated by the cemetery owner. Obtain permission even if you hold title to a family burial plot. For historic cemeteries which are no longer accepting new burials means contacting many people who have authority for the cemetery.

The Second Consideration – Understanding Correct Methods

Since I published that article in 2019 there have been a lot of videos about gravestone cleaning posted on social media sites. The vast majority of those videos show materials and techniques which can cause irreversible damage to older gravestones. See this warning from the Museums + Heritage website⁸. In addition, I have seen gravestone cleaning kits sold online with contacting materials and chemicals which should never be allowed near a gravestone. Although vandalism has long plagued old cemeteries, experts are warning that they now see more damage from botched “cleaning” than they do from vandalism.

The most important injunction regarding gravestone cleaning comes from the Hippocratic Oath, “I will do no harm or injustice to them.” The materials and techniques for gravestone conservation are, almost entirely, not ones which you will find in your house. If you are not willing to invest the time, effort, and money into cleaning the gravestones properly, I beg you to not attempt it. Brushes with metal bristles, and household chemicals such as bleach, have no place in gravestone cleaning.

Examine Your Motives

Before you undertake any cleaning you first need to examine your motives. Are you dismayed by the appearance of a stone, which may be stained or encrusted with lichen? That is an entirely

inappropriate motive for cleaning. Cleaning should be undertaken only to prevent additional damage to a stone, or, at as minimal a level as possible, to prepare a stone for a satisfactory photograph, preserving the details of the carving for posterity. Although much of what I have to say below can be found online, I am drawing upon my experience to present it in a concise form for your benefit. Aggressive techniques or materials may still have a place in graveyards, but only in the hands of professional conservators, not in the hands of amateurs. My suggestions below are chosen to minimize the chances of damage to the most vulnerable of gravestone materials.

The First Step

The first step in cleaning a gravestone is always to not clean it. Anything that you do to clean a gravestone can cause damage to the stone, even if you do not see any damage. Some gravestone materials, such as limestone, are highly susceptible to damage. Everything that I recommend is founded upon the chemistry and morphology of gravestone materials. If you do not understand the characteristics of, and differences between, a freestone such as Bath stone (a politic limestone), and a foliated stone such as slate, you need to listen to the advice of those who understand such things.

Tools and Chemicals

All tools used in gravestone cleaning should be made of natural materials. All chemicals should be pH neutral, that is, neither acidic nor alkaline. Any chemical which is acidic or alkaline, even if only mildly so, can attack many types of stone.

My tools begin with brushes with bristles made of natural materials such as animal hair. I have a variety of those. The one which is the softest is also the most expensive. It is a professional quality artist’s sash brush, which I only use dry, to brush off loose dirt. I also have natural fiber stencil brushes, in five diameters from 1/4” to 3/4”. They are stiffer and used with cleaning solutions. I also use a variety of picks hand-carved from birch popsicle sticks; natural, undyed, sponges; and cotton towels.

My chemicals come in six strengths. The first is water, the purer the better. You will want to bring your own water, as there may not be any water spigots near where you are working, and municipal water may not be as pure as one would like. I buy water in five-gallon carboys at a home center, intended for office water coolers. I can keep two in the back of my Explorer with a hand pump, and fill gallon plastic jugs for transport to the grave site and for diluting chemicals. I carry six



▲ The view looking south from the top of Burial Hill towards Town Brook.

liquid cleaners of different strengths, pre-mixed in quart sprayers from the home center. Each is labeled with the name of the chemical, and each is tagged with a different color of vinyl tape around the neck for quick identification.

Any chemical cleaning begins with pure water. The next step up is Kodak Professional Photo-Flo 200, a liquid surfactant for darkrooms, used to prevent streaking and spotting of film negatives. The next step is Orvus® WA Paste, a cleaner for fine textiles, pets, and livestock. I will not name the three strongest chemicals which I use, because you need to gain some experience before using them.

Techniques

I will not go into detail about cleaning techniques, because my space for this column is limited. You always need to be gentle, because any cleaning will remove some of the gravestone’s surface, and that must be minimized. The best advice I can provide to beginners is to read the National Park Service page cited above (URL in endnote 4). At the top of the page

is a link to “Cemetery Preservation Course,” which is well worth reading thoroughly. The two videos linked to on that page are a must-see. The first video is the most significant, and was created by Mary F. Striegel, Chief of Materials Conservation, at the National Center for Preservation Technology.

In Closing

I would like to note that advanced photographic techniques (the subject of next issue’s column) can often yield satisfactory results without cleaning a gravestone. Although I use a DSLR for gravestone photography, even those using a cell phone camera can learn how to take better gravestone photos.

Dale H. Cook <webmaster@plymouthcolony.net> serves as the Massachusetts State Coordinator for the USGenWeb® Project, and specializes in Plymouth Colony families, especially those of Bridgewater, Massachusetts. Dale is also a member of The Mayflower Quarterly Magazine staff as Contributing Genealogist.

1.

2026, <https://gravestonestudies.org/images/markers/markersindexv1tov39-pdf>.

2.

2026, <https://gravestonestudies.org/images/Quarterlies/9-18-25QuarterlyIndexV1toV49No2.pdf>.

3.

“The Association for Gravestone Studies Recommendations for the Care of Gravestones” (*AGS Newsletter*, 3:1 (Winter, 1979), 7-9).

4.

2026, <https://www.nps.gov/articles/000/cemetery-preservation-course-cleaning-grave-markers.htm>.

5.

2026, <https://www.cem.va.gov/hmm/cleaning.asp>.

6.

2026, <https://www.memorials.com/info/how-to-clean-a-headstone>.

7.

2026, <https://museumsandheritage.com/advisor/posts/expert-warns-viral-diy-gravestone-cleaning-can-cause-irreversible-damage/>.

The Balanced Diet: Food and the Humors in the Seventeenth Century

ALEXANDRA CERVENAK

First popularized by ancient physicians like Hippocrates and Galen, the theory of the four humors still held sway in Europe during the time of the Pilgrims in the seventeenth century. The theory said that four bodily fluids, or “humors” – blood, yellow bile, black bile, and phlegm – governed nearly all aspects of life. The seasons, the elements, the stages of a person’s life, food, illness, even a person’s temperament and personality, could all be understood through the lens of these four humors.¹

Each humor was made up of a combination of two out of four qualities – hot, cold, wet and dry. To stay healthy, it was believed people needed to keep their body in a good balance of these four qualities. According to humoral theory, people tended to naturally have more of one specific humor in their body (which influenced their personality), but an excess of that same humor could lead to illness. Diet was one way people kept their bodies in balance, by eating foods which had the opposite qualities of their body’s humors. For instance, a naturally hot and dry person should mostly eat foods considered to be cold and wet to keep their humors balanced.²

Which humor matches your personality? Follow the chart to see how you would have eaten a balanced diet in the seventeenth century.

1. Patricia Tuohy, ed., “‘And There’s the Humor of It’ Shakespeare and the Four Humors,” (National Library of Medicine, 2022), <https://www.nlm.nih.gov/exhibition/shakespeare-and-the-four-humors/index.html>.
2. Karen Lyon, “The Four Humors: Eating in the Renaissance.” (Folger Shakespeare Library, December 4, 2015), <https://www.folger.edu/blogs/shakespeare-and-beyond/the-four-humors-eating-in-the-renaissance/>.
3. Lyon, “The Four Humors.”
4. John Gerard, “The Herball, or, Generall Historie of Plantes,” (Archive.org, 1597), <https://archive.org/details/mobot31753000817749>.
5. Lyon, “The Four Humors.”
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8. Gerard, “The Herball.”
9. Lyon, “The Four Humors.”
10. Gerard, “The Herball.”

SANGUINE

Blood was the sanguine humor, considered to be hot and wet. It was associated with the season of spring and the element of air. People with a sanguine temperament were jolly and social with a ruddy facial complexion. Sanguine foods could be rich, and indulging in too much of them could lead to diseases like gout.³ A sanguine person should eat cold and dry, or melancholic, foods to balance their humors.

- Red meats
- Sugar
- Wheat and Rye⁴

Wet

PHLEGMATIC

Phlegm was thought to be stored in the brain and lungs and was considered cold and wet. It was affiliated with the season of winter and the element of water. Phlegmatic people were listless with a pale complexion, and a reserved nature. Phlegmatic foods were cooling and moist, and often mild in flavor.⁹ A phlegmatic person should eat the opposite hot and dry choleric foods to balance their humors.

- Cucumbers
- Lettuce
- Fish
- Spinach¹⁰

Hot

CHOLERIC

Choleric people were governed by yellow bile, thought to be found in the gallbladder. Choler was hot and dry, so therefore corresponded to summer and fire. Choleric people were quick witted, but also short tempered. Unsurprisingly, choleric foods had a sharp flavor and came with a bite.⁵ Phlegmatic foods, which were cold and wet, would balance a person’s choleric humor.

- Mustard
- Onions
- Garlic
- Pepper⁶

Cold

MELANCHOLIC

Melancholy was cold and dry and derived from black bile, secreted by the spleen. It was associated with the season of autumn and the element of earth. While oftentimes sad and dark, people with a melancholic nature could also be creative.

But an excess of black bile could lead to depression, or cancers when concentrated in a single area of the body. Melancholic foods were sour and left you with a tart, drying sensation in your mouth.⁷ If you were melancholic, consuming hot and moist sanguine foods would balance your humors again.

- Aged cheese
- Lemons
- Vinegar
- Barley⁸

Dry

Samuel Fuller, Deacon and Doctor

SURGEON GENERAL DAVID NASH, MD

When people think of prominent leaders of the Pilgrims who survived that first winter in 1621, there are names which are commonly listed such as: William Bradford who took over as Governor when John Carver died in the first spring; William Brewster, Elder, who led the Plymouth church when it was without a pastor; Captain Myles Standish, a trained soldier and their military leader; Isaac Allerton who played a prominent leadership role as first assistant and business agent; and Edward Winslow, diplomat, leader and published writer of some of the early accounts of Plymouth's first couple years.

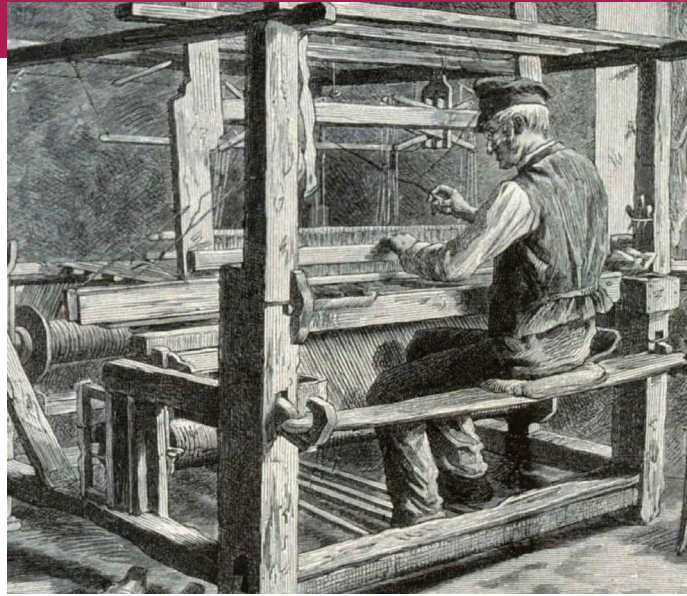
However, of all the Pilgrim leaders, Samuel Fuller probably had the most intimate contact with Plymouth colonists. Samuel served as Plymouth's deacon and doctor. As a deacon he would be responsible for receiving and managing the tithes and offerings to the church, visiting the sick and dispensing financial support to the poor in the church. The responsibilities of the deacon fit well with those of a doctor, i.e. caring for the sick, injured and dying.

The question I would like to explore is this: what was it about the early life of Samuel Fuller with respect to his family life, education, vocational training and religious influences that led to his prominent roles as a deacon and a doctor? Unfortunately, there is little documented to answer these questions, so I will take the little information we do have and speculate possible and plausible stories that could have taken place during his formative years.

FAMILY OF ORIGIN AND EARLY YEARS

It is commonly agreed that Samuel was the son of Robert "the butcher" Fuller of Redenhall, Norfolk, England.¹ His father was a butcher by vocation and had the title of Yeoman according to his will.² A Yeoman had the status of the rural middle class, above the tenant farmers but below the gentry class. Samuel had three older brothers, Thomas, Edward and John and one older sister Anne. Recent Y-DNA studies have been able to confirm that fellow Mayflower passenger Edward Fuller was Samuel's brother.³ The oldest brother, Thomas would have had inheritance rights to his father's property as verified in Robert's will.

Samuel, having less inheritance benefit of family property and business, would have had to create



▲ Serge weaving loom similar to one that could have been used by Samuel Fuller in Leiden.

"Weaver from Val de Liepvre," illustration by Frédéric Théodore Lix, 1889 (Bibliothèque nationale et universitaire de Strasbourg).

his own future opportunities. He must have been afforded at least some basic education but, there is no record of his enrollment in preparatory school or college; However, with Samuel becoming a deacon and a doctor, he clearly received some excellent foundational education that allowed him to seek out learning opportunities and self-education over time.

Primary education during the Elizabethan period would have started in what was called a Petty School or Dames School. These were schools for children 5 to 8 years of age to learn their basic reading, writing and arithmetic as well as some basic catechism religious learning and memorization of prayers such as the Lord's Prayer and the Ten Commandments. Often instruction was in the teacher's home at a small expense.

The next level for some was to enter Grammar School with a focus on learning Latin and preparing for entrance to a college or university. This level of education was expensive and primarily for the Gentry and upper middle-class children with academic potential. Most children with land owning Yeoman fathers would be trained to manage the land, farming and animal care. With Samuel's father being a butcher, Samuel would most certainly have had plenty of exposure to animal anatomy, similar to the biology dissections that one might experience

in school but on a larger scale. His father could have possibly afforded some Grammar School education for Samuel or helped pay for an apprenticeship in a trade.

APPRENTICESHIP TO BECOME A SERGE WEAVER

Some youth would be sent away to learn a trade as an apprentice that also involved paying a fee to the master of the trade in exchange for the training and living with the Master's family. The master of the trade would then get free labor and profits from the work that was produced. Apprenticeships were required by law at that time in England to last at least seven years. The common age to start an apprenticeship as a textile weaver in the late sixteenth century was between 12 and 14 years of age.

Records in the Netherlands indicate Samuel Fuller came from London with the skill of being a serge weaver.⁴ A serge weaver weaves a specialized twill textile. This level of skill suggests that he had spent at least seven years in an apprenticeship to become a serge weaver and given the age of starting at 12 to 14 years old he would have been 19 to 21 years old at the completion of his training. Most serge weaving apprenticeships in the late sixteenth century were in Norwich, and Colchester. Norwich was just twenty miles from Redenhall where Samuel was born and raised. Samuel could have been just finishing up his apprenticeship at age 21 in 1601 in Norwich and it would have been common to then join the local guild and work within the trade networks with which he would have become familiar but he then may have subsequently moved to London taking his skills with him for more economic opportunity.

EARLY PURITAN AND SEPARATIST INFLUENCE

Of note is Robert Browne, one of the earliest of the Separatist Theologians who, after leaving Cambridge went to Norwich in 1580, but was forced to leave after a couple years and took some of his followers to establish a Separatist church in Middleburg, Netherlands, in 1582. Our Pilgrim forefathers were sometimes referred to as Brownists as a derogatory label. There continued to be nonconformist Puritans in Norwich in the following years, so, you can think of Norwich as the birthplace of Separatism.

Could Samuel have met up with John Robinson (the eventual Pastor of the Separatist Church in the Netherlands) in Norwich while training to be a serge weaver before emigrating to the Netherlands?

John Robinson was born in 1576 in Sturton le Steeple in Nottinghamshire, England. He received a Bachelor of Arts degree in 1596 from Corpus Christi College, Cambridge and was admitted a Fellow of his college and ordained a priest of the Church of England in 1598. Robinson received a Master of Arts degree in 1599 followed by a lectureship in Greek. In 1602 he became the curate (associate pastor) of St. Andrew's church in Norwich. Robinson had developed strong Puritan beliefs while at Cambridge and when King James I issued a proclamation enforcing conformity in 1604, Robinson refused and was suspended from his ministry. He subsequently preached privately and for a time returned to his home of Sturton le Steeple. In 1606-7 Robinson joined Rev. Richard Clifton and the Scrooby Separatists before eventually emigrating to Amsterdam in 1608.

Samuel Fuller could have overlapped for a time with John Robinson between 1602 and 1604 when Robinson was preaching a strongly Puritan message that led to his suspension from preaching at his position at St Andrew's church in Norwich. Samuel may have become influenced by Robinson's preaching, and they may have even initiated personal contact and the beginning of a relationship at that time.

When Robinson left in 1604 Samuel may have also taken the opportunity to leave for the London area where he would have greater economic opportunity as a serge weaver, but also where there were other Puritans and Separatists meeting together. Francis Johnson had started the Ancient Church of separatists in London for which he was imprisoned from 1594 to 1597. He subsequently took many of his followers to Amsterdam in 1598 reconstituting the Ancient Church of separatists there and was joined by Henry Ainsworth, teacher and Hebrew scholar. Their church continued to grow with more separatist Puritans leaving London for freedom to worship in Amsterdam.

SAMUEL FULLER'S FIRST WIFE, ALICE GLASCOCK

By moving to the London area, Samuel Fuller would not only have had the opportunity to be affiliated with Francis Johnson's Ancient Church but also the closer proximity to where Alice Glascock (his first wife) was born and raised in Chelmsford, Essex. Chelmsford is about forty miles from the center of London and just twenty to twenty-five miles from the outskirts of London. Perhaps Samuel and Alice met seeking out similar Puritan communities to worship in. The Rev. Henry Glascock was the Vicar of St. Mary's Church, High Easter, Essex, England (1576-1606). Some

believe Rev. Glascock was Alice's father, but I can only find a baptismal record⁵ of Alice Glascock, baptized 16 Apr 1582 at Chelmsford, Essex, nine miles from High Easter and the Parish Register record indicates Thomas Glascock as her father so the Rev. Glascock may have been Alice's uncle or some more distant relation. This area of Essex, England, was also noted for many Puritan followers.

We do not know how, when or where Samuel Fuller met Alice Glascock, and we do not know when or where they got married. Author and historian Caleb Johnson has speculated that they got married around 1605 when Samuel would have been about twenty-five and Alice about twenty-three. When I spoke with Caleb Johnson, he indicated he chose the date 1605 based on the age of twenty-five being the average age when males got married. If they were part of the underground separatist church, there probably wouldn't be parish records documenting the event. It was common at the time for people attending conventicles (illegal churches) to avoid documentation in hopes of not being discovered and persecuted; therefore, we may surmise that the lack of records for Alice Glascock and Samuel Fuller is due to their both being followers of non-conformist pastors. We do know from the Leiden records of Samuel's second marriage to Agnes Carpenter on 23 April 1613, that he was a widower, and his former wife was Alice Glascock.⁶ There are no records of when or under what circumstances Alice died. While there is no record of any children by this first marriage, they most likely shared a deep religious bond to Puritan if not Separatist beliefs.

SAMUEL FULLER, RELIGIOUS EXILE TO THE NETHERLANDS AND BECOMING DEACON TO THE CHURCH

At some point Samuel Fuller arrived in Amsterdam, presumably, as a religious exile. We do not know when he came or with what group of exiles he came. Documents suggest that he had arrived at least by 1610 if not earlier. Mary Sherwood in her book, *Pilgrim, A Biography of William Brewster*, writes **"The second leading lay officer of the church at Leiden was Samuel Fuller, who had been one of the seceding members of the Ancient Brethren from Amsterdam."**⁷ When the Scrooby congregation and John Robinson first came to Amsterdam in 1608, they worshiped with but didn't join Francis Johnson's Ancient Church for about a year before they left to form their own church in Leiden. Some of the disenchanted members of Johnson's Ancient Church defected to the John Robinson's congregation. Samuel Fuller, according to Peter Toon in *Saints and Strangers* was among them.

"So, the Pilgrim Church prepared to go, but their first pastor, Richard Clyfton, preferred to remain with the Ancient Brethren; however, others from the ancient church decided to join the Pilgrims. They were tired of the continual problems and squabbles. These people included Deacon John Carver, who became the first governor of 'Plimoth Plantation', and Deacon Samuel Fuller, a surgeon and physician."⁸

Samuel Fuller as Deacon had been part of a delegation led by Rev. John Robinson with William Brewster to go to Amsterdam from Leiden in 1610 to try and help settle a dispute in the Ancient Church. Christopher Lawne of the Ancient Church referred to Fuller as at that time being a Deacon of Robinson's church. Lawne quoted a letter by Daniel Studley, the controversial Elder of the Ancient Church, in which Studley referred to "Fuller and his friends" as **"ignorant idiots, noddy Nabalites, dogged dogs, fainfaced Pharisees, shameless Shimeites, [and] malicious Machiavellians."**⁹

Since Studley singled out Fuller for his scathing remarks and only acknowledged Robinson and Brewster as his "friends," one might speculate that he had known Fuller longer than Robinson and Brewster and had a falling out with him when Samuel chose to leave the Ancient Church to go to Leiden. Perhaps Samuel Fuller came to Amsterdam before the Scrooby congregation in 1608. Or maybe Samuel Fuller was more outspoken and less diplomatic in the interactions drawing the vitriol of Studley. Daniel Studley was a ruling elder at the time of the initiation of Ancient Church in 1592 with Rev. Francis Johnson as pastor. Studley was subsequently excommunicated from the Ancient Church for sexual impropriety.

Samuel Fuller is listed as a witness of civil weddings of Leiden parishioners including Degory Priest to Sara Vincent in 1611 and Edward Southworth to Alice Carpenter in 1613.¹⁰



▲ A mahogany reproduction of the sea surgeon's chest, which was built according to the drawings and specifications found in John Woodall's book, *The Surgeon's Mate*, published in 1617. The small chest on the right is called a salvatory and contains concentrated oils to be used in the preparation of medications.

Samuel Fuller is the first signer of a letter to Robert Cushman and John Carver in June of 1620 expressing the great concern the Leiden leaders had of the changes made in the original contract: **"that the merchants should have the half of men's houses and lands at the dividend, and that persons should be deprived of the two days in a week agreed upon."**¹¹ The other signers of the letter were, Edward Winslow, William Bradford and Isaac Allerton.

We can assume from even the limited documentation of Samuel Fuller's time in the Netherlands that he must have demonstrated to his fellow parishioners a sound foundation in his Biblical knowledge, a theology consistent with John Robinson's teaching and preaching and a trust in his ability to serve the congregation in managing their tithes and offerings, serving those amongst them who required support financially or with physical or emotional needs due to illness as these were the duties of a deacon. Deacons were elected by the congregation to their position. These Separatist churches fostered lay prophesying which was not, as we might interpret that term, predicting the future but proclaiming divine will, interpreting God's purposes, and edifying, encouraging, and comforting others through God's word. It may be that Samuel Fuller had as one of his gifts that of prophesying, elevating his status among the parishioners to be recognized early on as one worthy of being voted on as deacon.

SAMUEL FULLER THE DOCTOR

So, when did Samuel Fuller take on the identity of doctor, physician or surgeon? It was not early in his time in Leiden as in the Leiden records in 1613 when he married Agnes Carpenter, he identified himself as a say-weaver from London. Jeremy Bangs indicates that the term say-weaver was equivalent to that of a serge weaver, a weaver of a twill fabric.¹² Agnes died along with her newborn child in 1615, and they were buried at Pieterskerk in Leiden. Fuller married again on May 27, 1617, to Bridget Lee in Leiden and once again he listed his occupation as a say-weaver.¹³

Leiden was a university city with medical training and botanical gardens to identify and study the therapeutic effects of many plants. Even with Samuel Fuller having the intellectual capacity, ambition and opportunity to learn the medical, surgical and pharmaceutical arts it would have been pretentious for him to represent himself as a practitioner in such a community. His documented occupation while in Leiden was that of a textile weaver. Fuller, however, may have had some access to auditing some Leiden University training given Rev. John Robinson and William Brewster both had some teaching

appointments at the University. Rev. John Robinson was both enrolled as a student at the university and a highly respected lecturer and debater in theology and William Brewster was sought out for his ability to teach the English language to non-English speaking European students. There were dissection anatomy demonstrations open to the public at the university that Samuel may have attended. Absorbing some of the medical arts in a self-study informal manner complemented Samuel Fuller's role of deacon visiting and caring for the church parishioners.



▲ Medical Arts on the Mayflower by Duane A. Cline 2000.

Samuel Fuller may have also had the opportunity to gain some experience while on the *Mayflower* with the ship's surgeon Giles Heale. Giles was a young barber surgeon who had recently finished his apprenticeship in London.¹⁴ As I have speculated that Samuel sought out opportunities to learn medical and surgical care in Leiden, it only stands to reason that he would have worked at establishing a relationship with Giles Heale to further his knowledge and perhaps assist the ship surgeon in his care of some of the sailors and some of his fellow passengers.

On arriving in the New World with no other formally trained physicians or surgeons it was an opportunity for Samuel Fuller to fulfill that role and claim that title. It is interesting though to note that William Bradford only identifies by name William Brewster and Myles Standish as two of six or seven passengers who provided exemplary care to those sick and dying in that first winter.¹⁵ Samuel Fuller is not named. I suspect that he might have been one of the sick being cared for. It is also worth noting that he had experienced the tragedy of losing people close to him as his servant William Button died a few days before reaching Cape Cod and his brother Edward Fuller and Edward's wife died that first winter leaving their orphaned 12-year-old son also named Samuel Fuller to the care of Dr. Samuel Fuller.

Medical care was still being driven by the ancient theory from Hippocrates (c.460-c. 370 BC),

considered the “Father of Medicine” who introduced the humoral theory of health and illness.¹⁶ The natural state of health was thought to require a balance between the four bodily humors: Blood, Yellow bile, Black bile and Phlegm. It’s an elaborate theory that has lost its legitimacy with the advent of modern medicine, but had symptoms of diseases associated with one of these bodily humors being out of balance and requiring associated treatments to bring the humors back into balance. Probably the most notable treatment was bloodletting used to treat fevers and respiratory illnesses and many other symptoms as well. Other common treatments were purges using emetics to cause vomiting or laxatives to empty the lower digestive tract.

In Samuel Fuller’s estate inventory of books, “phisicke books”¹⁷ were noted as the only medical texts which would have focused on various herbal preparations and treatments while William Brewster’s estate inventory included several medical textbooks of the time.¹⁸ Samuel Fuller’s estate inventory also included a surgeon’s chest containing various surgical instruments.

The first mention of Samuel Fuller as a doctor was in August of 1621 when a couple of natives were brought to him to have gunshot wounds cared for. On August 14, 1621, Myles Standish and ten men with Hobbamock went to Nemasket to rescue Squanto who was held captive by the sachem Corbitant. Two natives were shot in the encounter and brought back to have Dr. Fuller treat their wounds.¹⁹ Gunshot wounds would likely have been treated with cleansing with warm water or even wine or vinegar and salt. Superficial dead tissue would be removed (debridement) with a surgical tool such as a scalpel, and the wounds might have been probed to remove a bullet fragment if easily accessed without causing additional injury. A topical treatment may have included herbal poultices, salves and absorbent dressings. The herbal ingredients may have included yarrow to stop the bleeding, comfrey or St. John’s Wort to aid healing and possibly chamomile or calendula which had some anti-inflammatory properties. Absorbent dressings during these colonial times often used bran or other finely ground cereals as an absorbent poultice to pack a wound and then cover with a bandage.

In 1622, when Thomas Weston brought a group of fifty to sixty men arriving on the ships *Charity* and the *Swan* in late June or early July to set up a neighboring colony, Samuel Fuller was called on to care for their sick. According to Edward Winslow’s *Good News From New England* “At length their Coasters returned, having found in their judgment a place fit

for plantation, within the Bay of the Massachusetts, at a place called by the Indians Wessugussett. To which place the body of them went with all convenient speed, leaving still with us such as were sick and lame, by the Governors permission, though on their parts underserved, whom, our Surgeon by the help of God recovered gratis for them, and they fetched home, as occasion served.”²⁰

RELIGIOUS AMBASSADOR AND PHYSICIAN TO MASSACHUSETTS BAY COLONY

In 1628, John Endicott arrived with about fifty to sixty puritan colonists to settle in Naumkeag but changed the name to Salem. It had been initially established in 1626 as a fishing village by Roger Conant who had left Plymouth due to religious differences. Endicott served as governor until John Winthrop arrived in 1630, replacing Endicott as governor, beginning the great migration and establishment of Massachusetts Bay Colony. Soon after John Endicott arrived many of the colonists became sick possibly due to scurvy. Endicott wrote to Governor Bradford requesting assistance and Samuel Fuller was sent in 1629 to help care for the many sick colonists.²¹ In addition to caring for the sick, Samuel Fuller discussed with Governor Endicott how the church in Plymouth functioned on principles established under the guidance of Rev. John Robinson in Leiden and continued in Plymouth under the leadership of Elder William Brewster. Governor Endicott wrote Governor Bradford, May 11, 1629, “...I acknowledge myself much bound to you, for your kind love and care, in sending Mr. Fuller amongst us, and rejoice much that I am by him satisfied, touching your judgments, of the outward form of God’s worship...”²²

Samuel Fuller continued to serve this dual function of ambassador, physician and religious guide to several new villages in the early days of the Massachusetts Bay Colony. In 1630 while Samuel Fuller was still in Massachusetts Bay Colony together with Edward Winslow and Isaac Allerton, Governor Winthrop asked their advice for those suffering and dying of illness in Charlestown and indicated “they would do nothing without their advice.”²³ Fuller and Winslow subsequently indicate in their letter that they advised they set apart a day to humble themselves and commit themselves to walk in the ways of the Lord and make a covenant amongst themselves to establish three distinct bodies of believers in each of their separate locals of Charlestown, Watertown and Dorchester. They advised that each covenant body of believers take some time before electing leaders (lay elders and deacons), pastors and teaching clergy. This advice was all in the pattern of the Plymouth

church, self-governing congregational churches, and would become what was referred to as the “New England Way.”²⁴

In 1630, while advising on the establishment of three distinct congregational led churches, Samuel Fuller also treated the sick and dying treating more than twenty sick with bloodletting and others with medications until he ran out of drugs.²⁵

SAMUEL FULLER’S DEATH AND BEQUESTS IN HIS WILL FOR CHILDREN GIVEN TO HIS CARE

It was in 1633 while treating a local smallpox epidemic in Plymouth that Samuel Fuller apparently contracted the disease himself and died. He was memorialized by Bradford in *Of Plymouth Plantation*. “It pleased the Lord to visit them this year with an infectious fever, of which many fell very sick, and upward of twenty persons died, men and women, besides children, and sundry of them of their ancient friends which had lived in Holland; as Thomas Blossome, Richard Masterson, with sundry others, and in the end (after he had much helped others) Samuel Fuller, who was their surgeon and physician, and had been a great help and comfort unto them; as in his faculty, so otherwise, being a deacon of the church, a man godly, and forward to do good, being much missed after his death; and he and the rest of their brethren much lamented by them, and caused much sadness and mourning amongst them...”²⁶

In his will it is also evident that he and his wife Bridget cared for and mentored several children who were sent to live with them. The will mentions “a child committed to my charge called Sarah Converse” naming several options to care for her “...that whosoever of them receive her perform the duty of a stepfather unto her and bring her up in the fear of God as their own which was a charge laid upon me per her sick father when he freely bestowed her upon me and which I require of them.” Also, “...whereas Elizabeth Cowles was committed to my education by her father and mother still living in Charlestown, my will is that she be conveniently appareled & returned to her father or mother or either of them.” “And for George Foster being placed with me upon the same terms by his parents still living at Sagos my will is that he be restored to his mother likewise.”²⁷

Samuel Fuller’s son, the Rev. Samuel Fuller Jr. became the first pastor of Middleboro, Massachusetts. After her husband’s death, Bridget Fuller was invited by the city of Rehobeth to be their midwife, but she turned down this offer but probably continued with her midwifery cares in Plymouth. There is also some speculation that she opened a small private school.



▲ Anatomy Lesson of Dr. Nicolaes Tulp by Rembrandt, 1632.

CONCLUSION

I speculate that Samuel Fuller as a young man obtained at least a very basic education that allowed him to self-educate, learn a trade as a serge weaver through an apprenticeship and become devoutly influenced and committed to the Puritan and eventually Separatist movement. He may have encountered John Robinson in Norwich in the early 1600s and Alice Glascock, his first wife, must have also been a strongly committed Puritan whom he met in the London area. Samuel Fuller at some point emigrated to Amsterdam based on Puritan convictions and possibly to avoid persecution. It seems that he may have initially become a member of the Ancient Church in Amsterdam before switching to John Robinson’s congregation by 1609–10. The fact that Samuel Fuller was elected at that time by Robinson’s congregation to be one of their deacons suggests that he had made a significant early impression with his religious virtues and trustworthiness. One possible way for Samuel to have made such an early positive impression would be by lay speaking and prophesying. He may have had a gift for speaking that continued as part of his participation in services throughout his time in Leiden and in Plymouth.

His role as deacon, caring for the needs of parishioners, eventually complemented his performing the duties as Plymouth’s physician despite no apparent formal medical training. His third wife, Bridget Fuller, at some point became a mid-wife, possibly as early as their time in Leiden complimenting Samuel’s medical care. He was instrumental in helping spread the congregational governed church model referred to as the New England Way. As Fransis J. Bremer writes, “...there is little doubt that Plymouth and particularly Samuel Fuller, played a key role in providing the Puritans of the Massachusetts Bay with a model for forming their churches.”²⁸ Samuel and

Bridget Fuller also actively mentored their children and other children entrusted to them as documented in Samuel's will.

Samuel Fuller, deacon and doctor, must have been a remarkable self-made man of many gifts and a servant's heart ministering to the physical and spiritual needs of his fellow Pilgrims. He was an ambassador to the Massachusetts Bay Colony in helping them establish their churches. He was committed to giving compassionate care to sick and injured fellow pilgrims, natives and other settlers. A man worthy of our recognition and admiration.

David L. Nash, MD of the Florida Society has served as Surgeon General of the GSMD from 2023 to 2026 and has been nominated for a 2nd term. Nash's medical training began at the University of Minnesota, followed by a Surgical Internship at Duke Medical Center and Residency in Physical Medicine and Rehabilitation at the Mayo Clinic with a subspecialty in Pediatric Physical Medicine and Rehabilitation. Nash served on the staff at the Mayo Clinic as Assistant Professor for thirty-one years and for an additional eleven years as an Emeritus staff fully retiring in November 2025.

Nash is currently the Governor of the James Chilton Colony in Florida. He has prepared several talks for the Colony meetings and had the pleasure of giving a talk on "The Seasoning: Death and Survival of the Pilgrims" at the GSMD Hereditary Fortnight Breakfast in Washington, DC, on April 9, 2025. Nash portrayed William Bradford in the GSMD video of "The Arthur Peach Trial of 1638."

Nash has been married to Sue Nash for 53 years and together they are responsible for producing nineteen Mayflower descendants (four children and fifteen grandchildren).

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