

The Virginia Mayflower

The Society of Mayflower Descendants in the Commonwealth of Virginia

VOLUME 43 SEPTEMBER 2016 NUMBER 2

Message from the Governor



Lee Hardin Woody

appy Fall! I hope this newsletter finds you well and celebrating all that Autumn has to offer! This year's Fall Compact Day Luncheon Meeting will be held on

Saturday, November 19, at The Commonwealth Club in Richmond. Please be sure to send in your Luncheon Reservation Form as soon as possible to Miss Mildred Ramos. I look forward to seeing you there!

Our Compact Day Fall Luncheon Meeting

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will be held

Saturday, November 19

at

The Commonwealth Club Richmond, Virginia

Address and Directions on page 7.

No-Host Social 12 Noon

Luncheon at 12:45 p.m.

Your Luncheon Reservation Form See Page 7

Check must be received by Thursday, November 10.

Our speaker this fall will be Dr. Christine Arnold-Lourie. Her topic will be the 1920 Pilgrim Anniversary. As we are only a few years away from the 2020 Anniversary Commemoration, I am sure you will not want to miss learning more about how our ancestors honored the 300th anniversary!

In addition, we will be holding our fourth annual silent auction before the meeting to raise money to help support our Mildred Ramos Scholarship program. Since 2012 we have provided talented and deserving students the opportunity to pursue their dreams of higher education. Our first recipient, Nick Aunspach, graduated this spring from Virginia Tech with a degree in mechanical engineering. Nick is a Junior member of our Society and a descendant of Richard Warren. With your continued support, we hope to expand the program in the future. The General Board of Assistants of the General Society met this past September at the Columbia Club in Indianapolis, Indiana. Our Society was represented by Lee Woody, Governor. Topics discussed included reviewing a draft DNA policy, ways to attract and retain members, and possible 2020 Anniversary Commemoration activities.

Finally, Pilgrim Robert Cushman's book, The Cry of a Stone, has been recently published and is available for sale. Cushman's book was first published in London in 1642. Editor Michael Paulick, states that this work is "the only known book written by a Pilgrim in 1619, close to the time of the Mayflower sailing." Members may purchase the book from the GSMD's online bookstore.

Dr. Christine Arnold-Lourie

is our Fall Speaker



Dr. Christine Arnold-Lourie is a Professor of History and Coordinator of the History Program at the College of Southern Maryland where she has been a member of the faculty for 24 years and is a recipient of the College's Faculty Excellence Award. She has developed and taught a variety of courses, including classes in American History and Culture, Women's History, and the History of Race and Racism. Dr. Arnold-Lourie earned a BA in History at George Washington University, an M.Phil in American Studies at George Washington University, and a Ph.D. in American Studies at the University of Maryland. She is a co-author of Pathways to History: Charles County, Maryland 1658-2008, which was honored with the Maryland Historic Trust's Heritage Book Award. Her most recent publication is "Baby Pilgrims, Sturdy Forefathers, and One Hundred Percent Americanism: The Mayflower Tercentenary of 1920, published in Fall 2015 in the Massachusetts Historical Review.

Draft Minutes of the Virginia Mayflower Society's Spring 2016 Luncheon at the Holiday Inn Conference Center in Staunton, Virginia on May 7, 2016

Governor Lee Woody called the meeting to order at 12:50 p.m. and welcomed those in attendance, including first time attendees and guests.

Elder Nancy Barrow offered the Invocation and Blessing.

Captain Channing Zucker led the assembly in the Pledge of Allegiance to the Flag of the United States of America and the Pilgrim Pledge.

Governor Woody introduced those seated at the head table: Treasurer Richard Burke, luncheon speaker Brigadier General Terry Djuric, and Secretary Rebekah Fleury. She also introduced Former Governor General and Past Governor Mildred Ramos, Past Governor Mark Cox, Past Governor Betty Diakun and Past Governor Martha Ellen Brockner who were also present.

As luncheon was served Governor Woody introduced the speaker, Brigadier General Terry Djuric (USAF, Retired), Commandant of the Cadet Corps for the Virginia Women's Institute for Leadership (VWIL) at Mary Baldwin College in Staunton, Virginia. General Djuric is responsible for the nation's only all-female cadet corps developing leaders and citizens of character and ensuring effective operations of the Corps. She gave a brief history of VWIL and highlighted the sacrifices and commitment of the women cadets over the years.

The meeting reconvened with the Roll Call of Passengers, read by Assistant Historian Anita Walters.

The minutes from the 2015 Fall meeting were approved as published in the newsletter.

Governor Lee Woody and Mildred Ramos Scholarship Chair James Maloney presented the Mildred Ramos Scholarship to Hannah Wheaton, the 2016 scholarship recipient. Her winning essay can be viewed on the Virginia Mayflower Society's website.

Treasurer Richard Burke reported a balance on hand as of April 30, 2016 of \$76,729, including \$15,869 in the Mildred Ramos Scholarship Fund and \$6,547 in the Memorial Fund. During the 2016 fiscal year GSMD increased its dues from \$11.00 to \$15.00 per member. The VA dues increase from \$28.00 to \$38.00 helped cover the additional \$4.00 per member.

Assistant Historian Anita Walters reported 17 new members since the fall meeting including 1 new dual member and 1 transfer. One member

has transferred out. Three supplemental applications have been approved. There are currently 14 applications pending in Plymouth.

Junior Membership Chair James Maloney reported a total Junior Membership count of 299. Since October 2015 we have added 25 new Junior members to the Virginia Mayflower Society. Since the publication of the Spring newsletter we have added 4 additional Junior members.

Governor Lee Woody reported that the book "The Cry of a Stone," a rare 1600's treatise by Pilgrim Robert Cushman, has been published by General Society of Mayflower Descendants and can be purchased for \$30.00. Another article of note pertains to the 1920 anniversary of the Pilgrims' landing in Plymouth "Baby Pilgrims, Sturdy Forefathers, and One Hundred Percent Americanism, The Mayflower Tercentenary of 1920," by Christine Arnold-Lourie, published in the Massachusetts Historical Review. The next General Board of Assistants meeting will be held in Indianapolis, Indiana, September 8th through 11th, 2016.

Governor Woody announced that the next meeting of the Virginia Mayflower Society will be on November 19, 2016 at the Commonwealth Club in Richmond, VA.

Captain Channing Zucker added that he was impressed with the Virginia Mayflower Society's recently elected Board of Assistants and offered recognition of their accomplishments since assuming office.

Member Robert Garrett Jackson proposed that we submit a petition for a VA license plate recognizing the 400th anniversary of the Pilgrims' landing in Plymouth in 2020. A total of 350 applicants are required. Governor Lee Woody will explore the feasibility of his proposal.

Following the Benediction by Elder Nancy Barrow, the meeting adjourned at 1:55 p.m.

-Rebekah B. Fleury, Secretary

Society of Mayflower Descendants in the Commonwealth of Virginia

Founded January 10, 1950

THE BOARD OF ASSISTANTS

OFFICERS

Governor	Lee Hardin Woody
Deputy Governor	James H. Maloney
Secretary	Rebekah B. Fleury
Assistant Secretary	Miss Mildred Ramos
Treasurer	Richard S. Burke
Assistant Treasurer	Janita C. Sullivan
Historian	Dr. William A. Paquette
Assistant Historian	James T. Callender
Assistant Historian	Anita J. Walters
Assistant Historian	Cynthia J. Carlson
Assistant Historian	Deborah Shea
Captain	Channing M. Zucker
Elder	Nancy Southworth Barrow
Librarian	Dr. S. Dawn Goldstine
Counsellor	Richard E. Dominguez, II
Surgeon	Dr. Arthur G. Gower III

COMMITTEE CHAIRMEN

Constitution & By-LawsRichard E. Dominguez, II
EducationJohn Alden Copenhaver
FinanceMark T. Cox, IV
Junior MembershipJames H. Maloney
Newsletter EditorVacant
Publicity & ScrapbookVacant
Mildred Ramos ScholarshipJames H. Maloney
Special Services & HospitalityCarolyn Hudson
WebmasterJames T. Callender
Wedbmaster DesigneeEric T. Callender

PAST GOVERNORS

Mildred Ramos
Dr. William A. Paquette
Elizabeth Wing Carver Diakun
Nancy Southworth Barrow
Col. Robert Irving Channing
Mark T. Cox, IV
Martha Ellen Traband Brockner

OFFICERS TO THE GENERAL SOCIETY

Former Governor General	Mildred Ramos
Deputy Governor General	Mark T. Cox, IV
Assistant General	Lee Hardin Woody

Publications of Interest!

In 2010 Dr. William Paquette was the Director for the National Endowment for the Humanities Grant "Plymouth, Massachusetts: Landmark of Pilgrims and the Wampanoag Indians," which brought 50 college faculty to Plymouth for study and research. Two participants have achieved significant publications from participation in this Grant in 2015. Dr. Christine Arnold-Lourie, Professor of History at the College of Southern Maryland published "Baby Pilgrims, Sturdy Forefathers, and One Hundred Percent Americanism: The Mayflower Tercentenary of 1920" in the Massachusetts Historical Review. Volume 17, 2015. Kari Miller, Associate Professor of English at Georgia Perimeter College successfully wrote her doctoral dissertation at Georgia State University in 2015 on New England writer "Jane Goodwin Austin." Austin knew Louisa May Alcott, Ralph Waldo Emerson, and Mrs. Frank Leslie. Her historical fiction centered on her Pilgrim ancestors and Austin was influential in shaping American myths about the Pilgrim story. Dr. Kari Miller is now writing a book about American Historical Fiction featuring Pilgrims.

Education News

By John Alden Copenhaver, Jr., Education Chair

For our new members who wish to learn about the passengers of the Mayflower, extensive information is available from the General Society of Mayflower Descendants website. The address is https://www.themayflowersociety.org then click on About the Pilgrims in the column on the left, then click on Pilgrim History, then click



on site. The site consists of thirty pages of extensive and well documented information with links to other sites which contain lesson plans and other excellent educational materials for older students and adults interested in research. The content within this website was written by Duane A. Cline who was a Former Assistant Governor General of the national Society, and served a number of years as its Education Chair.

Fourth Silent Auction will benefit Scholarship Fund

The Fourth Mildred Ramos Scholarship Fund Silent Auction will be held during the social hour before the November Compact Day Luncheon. Minimum bids will be established for each item. The monies raised will be donated to the Mildred Ramos Scholarship Fund. Be sure to bring your check



book and be generous. If you would like to donate an item to be included in the auction, please contact James Maloney at mayflower@maloneylaw.com.

In Memoriam

Mrs. Lucy Forrest Barnes

of Mechanicsville, died July 11, 2016, GSMD No. 39872, VA No. 399

Dr. William E. Howard, III

of McLean, died June 25, 2016, GSMD No. 66040, VA No. 894

Mr. Lloyd A. Thacher

of North Chesterfield, died June 16, 2016, GSMD No. 69488, VA No. 979

Governor Bradford is looking for you!

Secretary Rebekah B. Fleury has had undeliverable newsletters and emails returned to her when sending the Virginia Mayflower Newsletter.

Please notify Rebekah of any changes to your Postal address or to your e-mail address. Her address is: 10173 Granbury Circle, Mechanicsville, VA 23116.

If you have not done so, please send us your e-mail address. Allow your Virginia Mayflower Society to communicate with you more effectively by e-mail. To do so, please send us your e-mail address following these 4 steps:

- 1. Send an email to the Secretary using the contact form found on the Virginia Mayflower Society web page
- In the Subject field of your e-mail please type "Mayflower E-Mail Request"
- 3. In the body of your message, please provide your name & address, noting any needed corrections or changes
- 4. If available, please include your Gen. Soc. Membership Number and/or your State Membership Number



2016 Mildred Ramos Scholarship Winner

By James H. Maloney, Scholarship Chair

This year's winner of the Mildred Ramos Scholarship is Miss Hannah Elizabeth Wheaton of Chesapeake, Virginia. Her essay on "The Role of Women of the Mayflower Contrasted with 1691, at Plymouths Absorption in to the Massachusetts Bay Colony" can be found on the Society's Webpage.

Hannah is a 2016 graduate of Norfolk Academy, and was a French exchange student in Neuilly-sur-Seine, France in 2015. She will be attending Washington University in St. Louis this fall.

Our scholarship winner is a prolific essay writer. She was the second place winner of the General Society's 2016 essay contest, and she was the second place finisher in the Virginia Society of the Sons of the American Revolution Knight Essay Contest. She was a member of her school's 2014 State Championship field hockey team.

Hannah is a Junior Member of the Virginia Society, and a descendant of Francis Cooke, Stephen Hopkins, William White and Edward Doty. Her parents are James and Laurie Wheaton, and her father was for a number of years the Counsellor of the Virginia Society.

The winner of the Mildred Ramos Scholarship receives \$1,620. The essay topic for 2016 concerns the children of the Mayflower and effect on them of the death of so many of the passengers.



Pictured left to right: Lee Woody, Hannah Wheaton, James Maloney

Historian's Report

By Jamie Callender

Between March 31 and June 23, 2016, we have welcomed 11 new Members, including 1 dual member and 1 transfer, into the Virginia Society of Mayflower Descendants. In addition, 1 supplemental application has been approved. There are currently 13 applications pending at Plymouth.



NEWAPPLICANTS	PASSENGER	VA NUM	GSMD
MRS. JANET DUNN	JAMES CHILTON	VA1534	89891
MRS. JOSIAH DUNN	JAMES CHILTON	VA1535	89892
MRS. CHERYL LAW	JOHN ALDEN	VA1536	89893
MR. DONALD TRAUSNECK	EDWARD FULLER	VA1537	89894
MR. STEVE KILLIAN	WILLIAM BRADFORD	VA1538	89912
MR. JAMES BRIGGS	FRANCIS EATON	VA1539	89953
MRS. CINDY DENNIS	JOHN ALDEN	VA1540	89954
MR. MARK HERTHUM	JOHN ALDEN	VA1541	89955
MR. PAUL J. TUPPER	FRANCIS COOKE	VA1542	89956
TRANSFER IN / DUAL			
MRS. ELAINE E. BOGUS	JOHN ALDEN	VA1533	73840
SUPPLEMENTALS			
MR.JON LITTLE	RICHARD WARREN	VA1508	88605

STOP (THEN RESTART) THE PRESSES!

As announced on pages 266-268 of the September 2015 issue of The Mayflower Quarterly, the General Society is splitting The Mayflower Quarterly into two separate publications:

Effective with its March 2016 issue, The Quarterly will be reborn as a larger-format, 16-page, full-color magazine focused on reporting Society activities and other Society matters to its membership.

In contrast, the new Mayflower Journal, a twice-ayear publication scheduled to debut in May 2016, will be available to members and the public alike, featuring scholarly articles focused primarily on history and genealogy. Its physical format will resemble the familiar 5-1/2' x 8-1/2' 96-page Quarterly of the past.

For more information, please visit the GSMD web site at:

https://www.themayflowersociety.org/publications/mq-magazine

https://www.themayflowersociety.org/publications/mayflower-journal

Please share your e-mail
address with us.
Send it to
VirginiaMayflower@gmail.com
(Include your full name.)

We welcome 14 new Junior members to the Virginia Mayflower Society

By James Maloney, Junior Membership Chairman

Since May 2016 the following 17 people have become Junior members of the Virginia Society which brings the number of Junior members in the Virginia Society to 331:

Junior	Member #	Sponsor	Ancestor
Zipfel, Autum Elizabeth	677	Anne B. Chipman-Zipfel	John Howland
Zipfel, Amber Bourne	678	Anne B. Chipman-Zipfel	John Howland
Carver, John Harrison	679	Elizabeth C. Diakun	Stephen Hopkins
Carver, Emerson Lee	680	Elizabeth C. Diakun	Stephen Hopkins
Haywood, Alex Ross 681	681	Richard S. Burke	William White
Haywood, Todd Christopher	682	Richard S. Burke	William White
Broadbent, Blaise Everett J.	683	Peter E. Broadbent, Jr.	Edward Fuller
		Mary Ann Broadbent	Peter Brown
Broadbent, Augustine Peter	J. 684	Peter E. Broadbent, Jr.	Edward Fuller
		Mary Ann Broadbent	Peter Brown
Broadbent, Simon Peter M.	685	Peter E. Broadbent Jr.	Edward Fuller
		Mary Ann Broadbent	Peter Brown
Broadbent, McKinley Edwin	686	Peter E. Broadbent Jr.	Edward Fuller
		Mary Ann Broadbent	Peter Brown
Broadbent, Harrison Herbert	687	Peter E. Broadbent Jr.	Edward Fuller
		Mary Ann Broadbent	Peter Brown
Cruckshanks, Vaughan B.	688	Peter E. Broadbent Jr.	Edward Fuller
		Mary Ann Broadbent	Peter Brown
Cruckshanks, Ann Carol	689	Peter E. Broadbent Jr.	Edward Fuller
		Mary Ann Broadbent	Peter Brown
Velasquez, Lennon Robert	690	Emily Payne Carter	Stephen Hopkins
Velasquez, Adeline Parson	691	Emily Payne Carter	Stephen Hopkins
Velasquez, Collier David	692	Emily Payne Carter	Stephen Hopkins

Junior Membership

in the Virginia Mayflower Society is available to all those with proven lineages of any age up to 18 and may continue up to the age of 25. After Junior members turn 18, they may apply for regular membership in the Society.

To request junior membership for your children, grandchildren or great-grandchildren, please provide James H. Maloney with the following information:

- 1. Full name of applicant
- 2. Date of Birth
- 3. Place of Birth
- 4. Mayflower Ancestor
- 5. Full names of parents and their address
- 6. Full name and address of the Sponsor of Applicant for Junior Membership
- 7. Sponsor's Virginia State Membership number
- 8. Sponsor's relationship to Applicant

There is a \$10 fee per applicant, so please include a check payable to the Virginia Mayflower Society along with the requested information.

When the process is complete, James Maloney will send the Junior Membership Certificate to the Junior Member at the address of the parents unless otherwise instructed. Please contact him if you have any questions. James's address is:

1763 Bluff Mountain Farm Madison, VA 22727-3379

If you are a junior member who has reached your 18th birthday, consider becoming a full member by submitting an application. Please contact the person who sponsored your Junior membership and Historian Dr. William A. Paquette for more information about the membership process.

EXCITING VOLUNTEER OPPORTUNITIES!

Our Society has several volunteer opportunities open, and we welcome your involvement! Either chairing or being part of a committee is a wonderful way to learn more about the workings of the Virginia Mayflower Society. The following chair positions are open: Newsletter Editor and Publicity. Perhaps you would like to be a member of a committee. Serving as a member of the Education, Special Services and Hospitality, or Mildred Ramos Scholarship Silent Auction committees might be the perfect fit for you! If you are interested in volunteering your time, please contact:

Lee Woody at Ihwoody@yahoo.com.

Virginia Mayflower Society Scholarship

ELIGIBILITY*

You must be a high school senior or home-school equivalent, a undergraduate or graduate student under the age of 26 enrolled in an accredited educational institution.

You must be any one or more of the following:

- A Virginia resident
- Related to a Virginia resident
- A member or related to a member of the Virginia Mayflower Society.

You must have a grade point average of B or the equivalent.

You must be sponsored by one of your current teachers or by a member of the Virginia Mayflower Society.

HOW TO APPLY FOR THE \$1,620 SCHOLARSHIP

By the March 15, 2017 DEADLINE, provide the Scholarship Committee with all of the following:

- 1. A brief resume showing academic achievement and community service.
- 2. Your sponsor must provide a letter setting out the name, address, telephone number/contact information for you and your sponsor.
- 3. A copy of your academic transcript for the current year and the previous two years.
- 4. An original essay on this year's subject of no more than 1500 words in the MLA, APA, or Chicago Manual of Style. The essay must cite a minimum of 5 print/web sources, but do not cite Wikipedia. Do use spell check or grammar check. Submit a hard and/or electronic copy.

Applicants will be judged on their academic record, resume, and, predominantly, on the essay.

* Family members (children, nieces and nephews, and in-laws of members) of the Society's Board of Assistants or of the Scholarship Committee are not eligible.

ESSAY SUBJECT FOR 2017

In 1620, 102 passengers sailed on the Mayflower with a crew of 30. During the crossing, one died and a child was born keeping the number at 102. During the winter of 1602/21death plagued the Colony and only 51 passengers survived. By the time of the first Thanksgiving, Peregrin White was born bringing the number to 52. Did the death of many of the Pilgrims change the concept of family? If it did not change, how did the survivors embrace and raise orphaned Pilgrim children?

Send you submissions to James H. Maloney, Scholarship Chair, at:

1763 Bluff Mountain RD, Madison, Va 22727-3379 or mayflower@maloneylaw.com

ABOUT THE SCHOLARSHIP

Named for the former Governor General of the General Society and past Governor of the Virginia Society, the mission of the



Mildred Ramos Scholarship Fund is to encourage and support the study of the Mayflower Pilgrim experience and values.

ABOUT THE SOCIETY

Our full name is The Society of Mayflower Descendants in the

Commonwealth of Virginia. Founded in 1950, we are the Virginia component of the General Society of Mayflower Descendants, a non-profit hereditary, charitable, and educational society based in Plymouth, Massachusetts. Each of our members is descended from one or more passengers aboard the Mayflower's historic voyage in 1620.

For more information, please visit: www.VirginiaMayflower.org

The Virginia Mayflower Society

Fall Compact Day Luncheon Saturday, November 19, 2016

The Luncheon and General Membership meeting will be held at the Commonwealth Club, 401 W. Franklin St., Richmond, VA 23220

12:00 Noon —	– No-Host Social	12:45 p.m. — Luncheon
		ola, sliced strawberries and a poppy seed honey vinaigrette; Imondine; Commonwealth Rolls and butter; Coffee, decaf, ice neese Cake.
	\$35 per person	
Child (12 an	d under): Half portion with	cookie for sessert \$16.50
·	amount of \$ cov ke check payable to "Virgin	rers Luncheon Reservations(s). ia Mayflower Society"
My guest(s) will be: (1)(2)(3)		Member's(s') name(s):
Please mail this reserva	tion with your check to be r	Attending Junior Member received by Friday, November 10 to: Apt. 635, Richmond, VA 23227 (804) 264-6793

Directions to the Commonwealth Club

The address of The Commonwealth Club, where our Compact Day luncheon meeting will start at 12 noon Nov. 19, is 401 W. Franklin St., Richmond, Va. 23220. Ample free parking is available in the club's own private lots adjacent to its building, as well as on the streets adjacent to the club, where the city's parking meter ordinance is not enforced on Saturdays. The Commonwealth Club's phone number is (804) 648-6543.

- From Washington, D.C. and Fredericksburg: I-95 South to Exit 76-B, Belvidere. At traffic light turn left onto Leigh Street. At the next traffic light turn right onto Belvidere. Continue south on Belvidere, then turn left at the fifth traffic light onto Franklin Street. The Commonwealth Club is in the second block on your right.
- From Harrisonburg, Waynesboro and Charlottesville: Take I-64 East to I-95 South. Take Exit 76-B (Belvidere), following directions given above. From Norfolk, Virginia Beach and Newport News: Take I-64 West to the Fifth Street Exit (stay in the center lane as you enter downtown Richmond). Proceed 8 blocks, then turn right onto Main Street (one way) and proceed west 9 blocks. Turn into the Commonwealth Club's parking lot (black iron fence with "Commonwealth Club" sign).
- From Petersburg, Hopewell and Emporia: Traveling north on I-95, take Exit 74-A as you cross the James River onto the 195 Downtown Expressway. Take the exit marked Belvidere (pay toll). At the first traffic light, turn right onto Belvidere and proceed north on Belvidere to the third traffic light. Turn right onto Franklin Street and go two blocks. The Commonwealth Club is on the right.

Please observe the Commonwealth Club's Dress Code: Jackets and ties are required of gentlemen. "Business casual" attire is appropriate for ladies. (Jeans, shorts, sneakers, sweat pants and flip-flops are not permitted.)

Visit our web site

VirgniaMayflower.org

for updates and additional information about our state society.



The Virginia Mayflower Society

Rebekah B. Fleury 10173 Granbury Circle Mechanicsville, VA 23116 ADDRESS SERVICE REQUESTED

The twice-a-year newsletter of the Society of Mayflower Descendants in the Commonwealth of Virginia



Our speaker, Brigadier General Teresa "Terry" A. H. Djuric (US Air Force, Retired)



First time Attendees, left to right: The Rev. Fr. Raleigh H. Watson, Ann Phillips, Elizabeth Watson Martin, Robin Lemunyon, Robert Garrett Jackson, Betty Lesko, and Sandy Mueller

Scholarship Committee celebrates Former Governor-General of the General Society and Past Governor of the Virginia Mayflower Society's 90th Birthday.



Center: Mildred Ramos Left to right: Betty Diakun, Lee Woody, Mark Cox, Martha Ellen Brockner, James Maloney Photo: Courtesy of Dr. William Paquette