



# NEW ZEALAND SOCIETY OF GENEALOGISTS DUNEDIN BRANCH NEWSLETTER



Issue 127

May / June 2008

## Dunedin Branch NZ Genealogists Committee

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All meetings are held in the Otago Settlers Museum, first Wednesday of the month unless otherwise notified. Starting time 7 pm, but doors are open from 6.30 until 9.30 for research.

## Programme

June 4 **Sue More** from **Broad Bay China** takes us down memory lane as she shares the stories and uses of items from her vast collection of crockery.

June 10 **Computer Group** meets 2<sup>nd</sup> Tuesday of every 2nd month, Science 3 building 730 Cumberland St. Members will share charts, reports and lists from the many different Family History Programmes. Members are invited to bring along samples.

July 2 **Heather Bray** - Writing and / or Publishing your family history. A brief outline of what you need to consider before writing or publishing your family history, plus the research process of actually putting your information into print.

Aug 6 **Emeritus Professor Hargreaves.** Old Dunedin Hotels.

Sept 3 Sean Brosnahan, O.S.M - Clothing worn by our Ancestors (following the Fabulous Frocks exhibition)

## From the Committee

Your Committee is exploring the possibilities of having one or two sessions at the Dunedin Public Library, to help members learn the potential of using the ancestry.com website to assist with your research. Members experienced in its use will be available to help. We will let you know dates and times. Also, it is likely more afternoon computer sessions in the Polytech Computer Rooms at Cargill's Corner will be organized to help members use the sites "Papers Past", "The Old Bailey", and other historical United Kingdom directories.

We are investigating developing a website for the Dunedin Branch. Many other NZSG Branches have websites, so there are models to guide us, but we would appreciate hearing from anyone with expertise in this area.

Prue Turnbull and Shirley Smillie will attend the NZSG Conference in Christchurch, so look forward to a report on their return. They will look for resources and ideas to bring back to our Branch.

## Library Roster

### JUNE

#### **THURSDAY**

5 <sup>th</sup> Shirley Hay	455 -4169	12 <sup>th</sup> Elizabeth Timms	467-2141
19 <sup>th</sup> Pat Inder	477-4789	26 <sup>th</sup> Margaret Godfrey	487-6700

#### **SATURDAY**

7 <sup>th</sup> Stuart Preddy	476-4048	14 <sup>th</sup> Jack Ingram	456-2640
21 <sup>st</sup> Heather Bray	455-4288	28 <sup>th</sup> Janet Rutherford	489-8649

#### **SUNDAY**

1 <sup>st</sup> Heather Grimwood	476-2161	8 <sup>th</sup> Heather Bray	455-4288
15 <sup>th</sup> Jean Thomas	489-7074	22 <sup>nd</sup> Jean Gallagher	477-4543
29 <sup>th</sup> Janet Rutherford	489-8649		

### JULY

#### **THURSDAY**

3 <sup>rd</sup> John Rutherford	489-8649	10 <sup>th</sup> Cath Grant	453-5192
17 <sup>th</sup> Ian Sime	453-6185	24 <sup>th</sup> Judith Grey	471-9913
31 <sup>st</sup> Cath Grant	453-5192		

#### **SATURDAY**

5 <sup>th</sup> Joyce Innes	471-0274	12 <sup>th</sup> Heather Bray	455-4288
19 <sup>th</sup> Jack Ingram	455-2640	26 <sup>th</sup> Stuart Preddy	476-4048

#### **SUNDAY**

6 <sup>th</sup> Margaret Batchelor	477-5408	13 <sup>th</sup> Jean Thomas	489-7074
20 <sup>th</sup> Jean Gallagher	477-4543	27 <sup>th</sup> Gerrard Ellis	456-0223

*A summary of a Research Project demonstrating the archival material available at Presbyterian Archives*  
**Conversing with your past – how to get the most from Church Archives.**

By **Yvonne Wilkie**

Director

**Presbyterian Church Archives Research Centre**



The Presbyterian Archives Research Centre has a large number of resources that helpful to family historians and genealogists. From local parish and national records to reference books and biographical files the resources can allow you to trace your Presbyterian family which will add a further dimension to your family's past. may be church

In a recent power point presentation given to the Dunedin Genealogical Society we outlined a typical research request drawing attention to the extensive number of records in which family information can be located. Delving into the many records to undertake the research once more confirms that patience and time-a-plenty is required when building up a story around our ancestors.

From our inquirer we knew that William Hutton and his family lived in North East Valley and owned a home in Opoho Road on land leased from the Presbyterian Church Board of Property around the 1880s.

To ascertain if he was a church-going person our starting point was to look into the North East Valley Parish records. We confirmed through the *Communion Roll* that both William Hutton and his wife Elizabeth were regular attenders from the inception of the parish in 1883. This opened the way for us to dig further to see what else the records would reveal about this man and his family. *The Communion Roll*, a membership roll, is extremely helpful in beginning a research. The Roll may give us a current address, date of arrival into a parish or when a person becomes a member, the previous congregation, how frequently they attended, if they were removed through lack of attendance, a date of leaving and new location or the date of death.

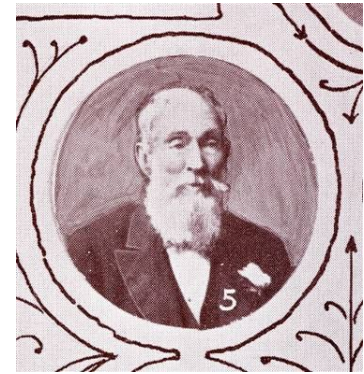
No	Name of member	Address	When joined	Where from
33	Feather David	Shelvin Grove	Dec 1883	Young Conn.
34	Feather W. David	" "	" "	" "
35	Goss J. Graham	Acetowale	Dec 1883	North Dunedin
36	Goss Wm J. Graham	" "	" "	" "
37	Gray James	Old Road N. 9. Valley	" "	Young Communion
38	Gray Wm James	" "	" "	" "
39	Heads William	Old Road	" "	North Dunedin
40	Heads Wm William	" "	" "	North Dunedin
41	Hutton William	Opoho Road	Oct 1883	North Dunedin
42	Hutton Wm Wm	" "	" "	" "
43	Jack Alan	Bolton	" "	Knox Church

We discovered that William Hutton came to North East Valley Church from St. Stephen's, North Dunedin, and previous to this time attended Knox Church and sometime after his arrival in Dunedin in 1857 worshipped at First Church. We also learned from the 1895 Roll that he lived at Dunfermline Place.

The Attendance Roll notes William Hutton's last Communion as September 1906; his death is recorded as 1906 so we could assume that he died in the last quarter of that year.

It was through the North East Valley records, however, that we gained the greatest insight into William Hutton's commitment and activity to his Church work. An invaluable record in beginning the Hutton's church story the various *parish histories*. Here we located our first photographic image of which identified him as the one 'of the earliest members' of NEV church.

We also learned that he was one of the longest serving Elders in the parish 1883 to 1906. The histories also inform us of his role as a church 'planter' as worked towards the establishment of St. Stephen's and NEV Churches and buildings.



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An Elder belongs to the Session, a court of the Church, which has oversight of the spiritual functions of the congregation. A *record of Sessions Meetings* is maintained which offers a fascinating source of information. Besides giving some insight into the life of the Congregation we may find lists of names of first-time members and transfers, Sunday School teachers, organists and other office-bearers, as well as reference to deaths of significant members of the congregation. It is here we read of the death of the Hutton's "only remaining daughter", Lizzie in 1886, which gives us clues that there were other daughters in the family.

The *Session Minute Books* of both NEV and St. Stephen's reveal that William Hutton was a well respected Elder. He received the second highest number of votes for Eldership at NEV. He represented both congregations at the Synod of Otago and Southland, and he sought permission for the introduction of instrumental music in both congregations. It is clear that he rarely missed a meeting and he made a significant contribution to the decision making processes of both Sessions. In St. Stephen's an issue arose in which he felt very strongly that eventually led him to resign and make an appeal to the Dunedin Presbytery resulting in the entire Session being dismissed. The events around this unfortunate tale can be explored further in the *Presbytery Minute Books*.

On his resignation as an Elder in 1904 *the minute of appreciation* informs us he held the position of a Sunday School Teacher, supported the weekly Prayer Meetings, was a visitor to the sick and afflicted' and 'showed tenderness and courtesy' at all times.

The obituary in the Presbyterian magazine *the Outlook* fills in some other information that we were unaware of. We learn that he was born in Dunfermline Scotland, he arrived in Dunedin with his family in 1857, Lizzie was born in Dunedin, he joined Knox Church when it opened in 1860, and he had grandchildren and great-grandchildren.

Room does not allow us to explore the history of his property in Opoho Road, which can be found in the Church Board of Property *rent books, correspondence, leases and Minute Books*. But we can say that Dunfermline Place, (now Elgin Court) remained in the family until the late 1940s, some 70 years.

*Marriage and Baptismal registers and Sunday School Rolls* have been used to find out about the grandchildren and great-grandchildren. One of the most frustrating aspects for the inquirer and the Archives research staff is the lack

of information relating to Mrs Elizabeth Hutton.

Sadly no records of the early women's organisations for either St. Stephen's or NEV are extant, which means our family story is only partially told.

The Presbyterian records help us to converse with our past, they convey prevailing attitudes, they can authenticate or debunk family myth. We welcome your inquiries and willing assist in your research. For further information visit our web site [www.archives.presbyterian.org.nz](http://www.archives.presbyterian.org.nz)

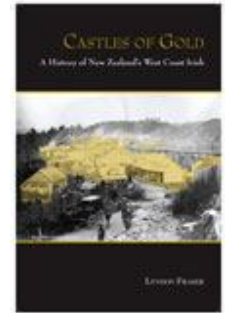
## Review

### Castles of Gold

#### A History of New Zealand's West Coast Irish

Lyndon Fraser

From the 1860s, the West Coast of New Zealand's South Island was the scene of two major goldfields, attracting hopefuls from all over the world. Suddenly, where there had been native bush and wide rivers, towns with 400 pubs and accommodation houses had appeared. Amongst the hopefuls were Irish miners, many of whom stayed on after the goldrushes as part of a community with its own distinctive character.



This is the first study on the history of those Irish – where they came from, who they were, how many women came and what they did, how people sustained their family connections, what they believed – in the context of the history of the larger Irish diaspora. The author draws on private letters and oral histories as well as more conventional sources, and includes many individual migration and settlement stories.

PRICE \$39.95

PUBLICATION DATE May 2007

### Shirley Smillie tells of recent research.

I do appreciate the information that [ancestry.com](http://ancestry.com) provides. I am sometimes disappointed that it does not yield this without a bit of a tussle! Mind you, you do feel as if you have won Lotto when the answer that you thought might be there does turn up. Lateral thinking helps. So does deviousness. Let me tell you of a couple of finds that I have recently won.

One of the families I have been searching for are the **Pettmans** from **Kent**. (Sometimes it is spelt with only one "t".) I was looking for them in the Index of the 1851 Census. I knew the parish where the parents, Robert and Maria, were born and I had a good idea where they were still living. But would they turn up? No! I tried with one "t". I tried with 2 "t"s. Still with no luck. I tried various other ways but the Pettmans that turned up were not mine. Then I tried looking for just "Maria" - no surname but putting in the correct Parish and a good stab at the date of her birth. In Kent at that time "Mary" was a common first name but "Maria" was not. Low and behold, I found the family - all five of them, Maria, her husband Robert, and children James, Susan, and Thomas. They were not under the name Pettman in the index but "Pekman" When the actual census document was called up I reckoned that Pettman was easily read, but you could read it as "Letterman" as easily as "Pekman".

The other Kentish family that I am trying to follow is the **Kingsland** family. And "Mary" is the one I wanted to find the other night. To cut a long story short, she was found as a "Kingstone" in the index but you could definitely read "Kingsland" on the actual document.

But the one find that I had that had me crowing as I pranced about the living room was **Charlotte Kingsland**. I knew that she died in 1873 for I had her death certificate. But try as I might, using all the previous learnt tricks I could not find her. So I re-read the death certificate. I saw that the Informant was a **Sarah Holliday**. The address she gave was East Street, Ash. Now I knew that **Charlotte** had lived in East Street in the 1861 Census time and there on the death certificate you could read that Charlotte was still living in East Street, Ash, when she died. So I reckoned that Susan Holliday was a neighbour., Looking **her** up on the [ancestry.com](http://ancestry.com) index she turned up nicely and when I chose the "View" option and was able to read the other people in that street there was my Charlotte. Going back to the index, which showed all the people in East Street, I found that Kingsland had been "translated" as **"Ringstad"**!

You can have all your crosswords and Sudokos as far as I am concerned. Taking on the challenge of finding out your ancestors through the censuses really does make your brain work.

Grave Matters provided by Robyn Armstrong

Recently we had the opportunity to travel to the UK. I called this our geriatric OE, well we had to get round to it sometime. The trip was organised around places we knew, from my research, that our ancestors had come from. However on the way, whilst checking out a particular graveyard in Scotland in fact Westerkirk 'Old' graveyard we found the following memorial. This has no relevance to any of our families. It stood about 6 foot high encased in the surrounding graveyard wall and rather touched us. It read thus;



*In Memory of James Pasley Esq of Craig  
Who died 15<sup>th</sup> April 1773 Aged 78  
Also of his Spouse Magdalene Elliot  
Of Middlemiln who died 24<sup>th</sup> Sept 1787  
Aged 57 years. During 31 years  
Wedlock in which time they were  
Blessed with 7 Sons and 4 Daughters  
Their virtues secured to them  
A degree of felicity rarely enjoyed  
In this world. Their conjugal affection  
Was only equalled by their love to  
Their children and care in forming  
their principles. In commemoration  
Of which this is erected by their  
youngest son Charles Pasley 1780.  
Here lyeth also the body of his  
Spouse Mary Clark who died  
21 July 1764 Aged 42 years  
Also Elizabeth Pasley  
Their Eldest Daughter who died 10<sup>th</sup>  
April 1790 aged 58 years.*

An item recently circulated by the Irish Interest Group, and provided by Catherine Delahunty.

**“THROUGH MY EYES: looking at my ‘family’ Lyons, Horner, Hackworth, Robertson, Broughton, O’Rourke and sundry others”**  
Maris O’Rourke May 2006

**Introduction**

I took the family history to a one-day workshops in Orewa. I wrote and published “Through My Eyes” in 2006. I was asked to share how I had done it. I, of course, like everyone who gets into genealogy, was more than happy to share with anyone who wants to listen to me about this fascinating topic.

Now when you are contemplating an enterprise like this I think there are three key elements you need to consider – I call them the 3 P’s:

- the PURPOSE – why you are doing this;
- the PROCESS – how you will do this; and
- the PRODUCT - the result you want.

I will look at each in turn using “Through My Eyes” as the example.

## The Purpose – The Why

This is different for everyone of course. So look into your heart and explore exactly why you are doing this. This is important as it gives you your storyline/ your themes/ the shape of the whole thing. In our case – ‘our’ being my sister Evelyn and I - it was a search for understanding and, hopefully ultimately, forgiveness. It was ‘genealogy therapy’ if you like. We knew little or nothing about our family or background – for example we had never met a blood relative or even knew if there were any or where they were.

Our father Aussie was Australian and our mother Peggy was Scottish. Aussie was 26, had been in the Merchant Navy since he was 15 and then joined the RAF at the beginning of WW2 and his first posting was to the RAF Air Sea Rescue unit based in Wigtownshire in Scotland. He must’ve seemed exotic and exciting to the local teen-age Peggy. They met, got pregnant, married and lived unhappily ever after. They both died in the 1970’s. We had a strange, tense, uncertain at times violent, peripatetic childhood living on Air Force stations around Europe and we all left home as teenagers - my sister to the USA, me to NZ and our younger brother Allan to England - trying to put all that ‘family stuff’ behind us I guess and create new lives – which we did.

Many years later we realized it wasn’t that simple.

In 1991 through my job I had the opportunity to go back to Scotland for the first time since I had left as a 5 year old and I decided to go to the Isle of Whithorn where I was born. All I had was a small packet of black and white photos of my mother’s. The Isle was beautiful and I ‘found’ my infant self, something of my young mother and the house, in fact the very room, where I was born. But no relatives as ‘Peggy wasna frae here’ as the locals said, rather obliquely. I hadn’t known that. In fact I realized I knew nothing much.

In October 2003, I went to Scotland, again for work, but this time I decided to go armed with information. On 24 August 2003, as a complete novice to genealogy, I went onto Scotland’s People for the first time and I found my grandparent’s marriage certificate. He was an American with the Canadian Engineers in WW1 – she was a local Whithorn girl. What an exciting moment – a jolt went right through me and the search was on! I was obsessed and I spent every spare moment finding out everything I could about the Lyons family in Scotland and the Hackworth family in the USA. And what a fascinating story it all turned out to be. So off I went to Scotland and this time I ‘found’ the young Peggy, her story and the reasons for her sad silences and stoicism. And a great deal more besides including a huge number of relatives.

Evelyn then came to NZ for a year in 2004 and we decided to do the same search for Aussie. He was born in Kalgoorlie WA and unfortunately WA records cannot be accessed on the web. So she went off house-sitting for 3 months to Perth, West Australia and we pursued the life of the young Aussie. His story was truly heart-wrenching and we felt explained a good deal of what had happened in his life; his marriage with Peggy; and to us as children.

Our parents had been largely silent about their past and rarely spoke about their lives and circumstances. Consequently we knew very little and understood even less. Through the family search we reframed our lives and, more importantly, reclaimed theirs. It was a challenging, remarkable and worthwhile journey for us to understanding and forgiveness. A story that I felt had to be told - hence “Through My Eyes”.

## The Process – The How

So how did I do it? I was a complete novice and I made lots of mistakes in the process. The first and main one I made right at the start was that in the thrill of the chase I didn’t **record all the references** and/or where I had found the information or **keep a bibliography**. This came back to bite me when I decided to write the history. I had to spend many, many difficult hours re-finding things and recording them properly. Luckily for me on Scotland’s People I have a data base of searches I had made, copies of things viewed and a timeline of those saved as ‘my family’ but that was only for Scotland and by then I had moved into many other countries. So do record all your references right from the start and keep a running MS Word Bibliography of books and website urls.

One of the first decisions you need to make is which **software** to use to record your family. There is a free programme on the Latter Day Saints S site but I found this too rigid for all the strange things I had to record – bigamy, out of wedlock children, unmarried couples with children, children of affairs and so on. So I quickly abandoned that and bought Family Tree Maker Version 11. I have found it excellent. It’s flexible and produces good trees and reports in a variety of styles, ways, fonts, colours and so on that are easy to attach to emails as PDFs

or MS word docs and/or print. You can add photos and edit the notes when you find out new things. Plus you can update your version although I haven't. I don't think you can use it on a Mac though.

In terms of **technology** I use a PC Sony laptop with 1 gig of fast broadband internet access, a scanner, a printer, a 10 megapixel digital camera and a memory stick for backup. I also have a small separate La Cie hard drive that backs up everything each night. If you want to record conversations and interviews you will need a small recorder. You also need a dedicated small hardback notebook for all the websites and **passwords** you will end up using. Give them a page each so that you can add handy notes. And keep a dedicated indexed address book of all the contacts you make and their coordinates. I also have see-through plastic files in different colours for each family and every single bit of hard copy stuff goes in there with annotations. On top I have a running question sheet of anything I am still looking for or mystified about.

The **internet** is an amazing resource and I am still astonished by what I can find and all the data bases available. I started with entering a name on Google and went from there. I found LDS good for a first cut especially the IGI (International Genealogical Index). Then there is Rootsweb and Ancestry.com and the ones operated by countries e.g. Scotland or states e.g. Victoria and NSW or counties e.g. I put a request on the Wigtownshire site and found a fourth cousin who had done a lot of work on the same family already and the same happened in NZ for the O'Rourkes and in the USA for the Hackworth family - who were very excited that I could add a whole branch, that had been 'lost', to their extensive website of *The Descendants of George Hackworth*. Here in NZ the Family Research Centre was really helpful and I wish I had known about them sooner.

The **ethics** of what you do must be seriously considered. Other people's feelings and thoughts must be taken on board. In the publication e.g. I have rarely include living descendants and only if they agreed. People need to be properly consulted and communicated with. I found I had to leave a lot of time to produce trees and text and send it to people to comment on and/or change. Also I had to explain it was a story 'Through My Eyes' so that I might choose to leave something in that they would object to and explain why. For example we discovered that our American grandfather had left our pregnant Scottish grandmother, returned to the USA (not to his home in Dutch Valley, Tennessee) and a year later 'married' a young woman in South Dakota and had 7 children. In 2004 when we uncovered all this five of the children were still alive, living in SD and in their 80's. No-one had ever known or suspected this of their upright, authoritarian father. The 'boys' were fine with it but Annie was heartbroken and didn't want anyone to know she was illegitimate or that her father was a bigamist. But that wasn't actually it - when I talked it through with her it was that he had lived with her and she was holding his hand when he died and 'he never told me - I can't forgive him for never telling me' and 'I always wanted a sister - how could he abandon your mother like that - his own child' and so on.

Then there are the **family feuds** - people will try to draw you to 'their side' - I had this in Whithorn between the Lyons who live at the 'top of the toon' and those at the 'bottom of the toon' - about 5 minutes apart I might add but much further in terms of history and psychology. I also had it in Murchison with the O'Rourkes and with the Tennessee Hackworths when we visited in 2006. My advice is don't ask for anything e.g. photographs, try to treat everyone the same, tread very carefully, be fair and share all information equally e.g. if you mail something to one mail it to the others too and finally don't stay with anyone - go to a hotel or a B and B.

### **The Product - The Result**

So you've been through all that and you decide to do something with all the information. There are a lot of things to consider in arriving at a product. Its like making a sculpture - a great deal more is going to be chipped away than will stay. I have probably included about 5-10% of what I have. There are 1500 people and many generations - clearly I wasn't going to include all that. I wanted something to be proud of; that was readable, that would last; and, in particular, that my children would not suffer the 'silence' that we had - that they would know where they had come from.

First it's highly motivating to have a **public deadline** so give yourself that e.g. Evelyn and I were going to visit the SD and TN USA relatives in June 2006 - and I had promised the family history for a family reunion they were holding. So May 25, 2006 - the day I was leaving for San Francisco - was my deadline.

Now you **write the story**. This is not easy but just sit down and start - keeping your mind firmly on the purpose. Because it was 'genealogy therapy' for us my first attempt in October 2005 had a lot of personal stories mixed in with the family histories - it was long, messy and complicated. One night I woke up with a start and realized it was actually two stories: "Through My Eyes" and "Letters to My Children". I jumped on the computer, and began to cut and paste and it fell into two just like that - only one piece has ended up in both and I've left it that way.

My next middle of the night thought was that the whole thing was cyclical/circular and about migration and movements from country to country by one or two rogues and/or adventurers in each generation - and also about those they moved away from - the stay-at-homes. So then by Christmas 2005 I had my adventuring **theme** and my **framework/titles for each piece**. I tried, and abandoned, a world map with arrows of voyages on - only one of many things I explored and abandoned - but that's fine it's all part of the creative process so just let it happen. I wrote the separate pieces about each adventurer including some social context, history and interpretation e.g. Irish famine, rebellion of 1789, the Australian and NZ gold rushes and so on to make it all less turgid. Then later I put them into order. However, from the start I knew I would start in Ireland, with the Lyons moving from Ireland to Scotland and end with the O'Rourke's moving from Ireland to New Zealand via Australia.

In January 2006 I made the **family trees** to go with each piece. With FTM you can make PDFs that can be translated direct into Illustrator - that's very handy. Or you could easily make them, print them off and scan them. Choosing who will go into a family tree is tricky - luckily you are constrained by the size of the page which forces you to simplify things! I decided that I would follow **the direct lines of descent** and in general I would have two generations for each tree - the parents and the children - and that they would go at the beginning of each family's piece so e.g. Thomas Patrick O'Rourke and Jane Theresa Broughton, my children's gggrandparents, had 13 children and there are 6 generations of descendants in NZ. First I showed them, their 13 children and who they married. Then I only followed through on one - Thomas Michael O'Rourke and Ellen Mary Keen, my children's ggrandparents, and their 5 children. Then I only followed through with one again - Patrick Nolan O'Rourke and Gwynneth Isobel Cotter, my children's grandparents and so on. I did this for each family. Other people are following through on other families from the original 13 and I have provided them with all the relevant information they need. You also have to make hard decisions about siblings of your ancestors - I had them in initially but it destroyed the story line so I made them into Annexes so e.g. on page 2 it says: "*Things changed dramatically in the next 10 years and by the 1851 census: Sarah had married an Irish fisherman John Malone (see Appendix 1 for the Malone family) moved to Garlieston and had two children; Agnes had married an Irish General Labourer John Potts (see Appendix 2 for more on the Potts family) and had three children; Christiania was a servant with the Campbell family in Auchenay, Colvend; Thomas had moved to Stirling, become a coalminer and married a Scot, Barbara Boslem (see Appendix 3 for more on the Thomas Lyons family); and David may have died.*".

During February and March 2006 I had to choose which key **documents/certificates** to scan, reduce and include. This actually falls out quite easily once you have written the text - it will usually be key births, deaths and marriages. Then it's the **photos** and **newspaper cuttings** to scan, reduce and include. Again I found this wasn't difficult once I had the text. Plus I had some favourites that I knew were definitely going in somewhere. By April 2006 I had the draft final text in MSWord, the documents, certificates, photos and cuttings chosen, the caption sheets completed and the list of where everything would go.

Each of these categories needs their own Folder on your computer with things in the exact order they will go into the document. Then in the main text you put full instructions in red e.g. "the marriage certificate for Isabella Lyons and Harry Hackworth - its #5 in Folder 2 - here" and so on. As a rule each page needs something to break up the text and plenty of white space.

Then you take (or get someone else to take) your MSWord document into page layout programmes e.g. Quark or Indesign (you cannot publish from MS Word) and make a **mockup**, work out where all the pages will come, right hand side or left hand side, back or front, what number will go on the page and so on. Meanwhile begin endlessly reading, editing, reading, editing, correcting - getting it perfect. Now you are on the home run. For me it was now 29 April 2006 - three weeks to go to my deadline.

In terms of overall look I chose **colour** printing though black and white is cheaper. For the **cover photo** I chose a high megapixel one I had taken of the Isle of Whithorn (as the symbolic place where the whole journey had begun) to wrap-around front and back - it needed a bit of work in Photoshop to make it fit but not for the quality. I decided on **high quality paper** and **A4** as this easily fits in an envelope. Also **60 pages** as this can be fastened once through the centre and is therefore easier to produce. And **double columns** as I like the professional 'magazine type' look

of that. I decided on **four different fonts** – for the text; for the titles of trees, photos and documents; for the book quotes; and for the email and letter quotes. I also set out some **protocols** e.g. that a person's name would be in bold the first time it appeared and then in plain text; that page numbers would be on the top outside edge and so on.

Then its make **another mockup**, or maybe two or three more depending on the editing and correcting. Finally you put it on disc and it goes to be **printed**. For me that was 12 May 2006. Be sure to send the mockup as well so they can see exactly how it has to look once printed. Printing only takes a couple of days. It is a great moment when you get it in your hands. I cried.

I chose to have 100 printed – they cost me \$22 each. People offered to pay but I saw it as koha, a gift for what I had received in doing this and I gave them all away. In the great **mail-out** they went to all the families; to all those who had helped; and to the relevant different libraries. As it turned out I still get requests for it and I should've had more printed.

And my two **big mistakes**? Well I should've had an index and I should've got an ISBN# for it from the National Library – I had no idea it needed both those to be a 'real' book. Anyway to me it is very real and I achieved my **purpose**, I enjoyed the **process** and I love the **product** "Through My Eyes"!

Thank you and best of luck on all your endeavors. And by the way if all this seems too much I can recommend an excellent, reasonably priced person to do it for you and desktop publish it to disc level!

*Something I found on the internet, which may be of interest. Don't mean to introduce gloom, just knowledge. Because it is written for citizens of the USA, not all advice will apply to NZ.*

## The Role of Family Medical History in Your Health

by [Howard Bell](#)



Sometimes it really is "all in the genes." Knowing your family's medical history can alert you to potential problems and help you take precautionary measures.

Wendy Pickar believes family medical histories tell a powerful story. Her maternal grandfather died of [brain cancer](#) at age 49. Her maternal grandmother died of [thyroid cancer](#) at age 55. Her mother died of brain cancer at age 51. Her mother's sister died of brain cancer at 64. That aunt had a son who died of thyroid cancer at 13.

Wendy is 40 and says she's thankful for every year. "Doctors tell me there's no medical proof brain tumors are hereditary," she says. "I don't believe it. Someday, they'll find a genetic flaw."

Ms. Pickar could well be correct. As researchers discover new genetic markers, certain individuals and families may be identified as having a higher than average risk for a variety of diseases. When it comes to your health, the apple doesn't fall far from the tree. Knowing your family medical history may save your life or the lives of your children and grandchildren.

"We already know family history is an important risk factor for several cancers," says Robert Dalton, MD, a hematologist/oncologist with St. Mary's/Duluth Clinic Regional Cancer Center in Duluth, Minnesota. "[Breast](#), [colon](#), thyroid, [ovarian](#), and [prostate](#) cancers commonly run in families. In some cases, a family history of one of these cancers puts you at higher risk for the others."

Pick your poison. [Heart disease](#), [stroke](#), [asthma](#), [diabetes](#), [arthritis](#), and [Alzheimer's](#) all tend to run in families. You won't necessarily be affected just because someone else in your family was, but under certain circumstances your risk might be increased. Inherited risk involves complex interactions among several genes and your environment. Your behaviors—[smoking](#), weight management, dealing with stress, [heavy drinking](#), exposure to toxins—influence whether you'll get a disease.

### **Flawed Genes: Gene Mutations**

Some flawed (mutated) genes actually cause a disease. For example, if you inherit the gene mutation for [Huntington's disease](#), you'll get it. But many flawed genes merely make you more vulnerable to getting whatever disease is associated with it. The "p53 cancer gene," for example, makes families more susceptible to several cancers. [Schizophrenia](#) and other behavioral problems run in families, too. Up to ¼ of the children of [alcoholics](#) are likely to become alcoholics. There's even a gene believed to play a role in [obesity](#).

Heredity may be a bigger factor than we currently know. For example, geneticists today will tell you a modest 5% of colon cancers are caused by genes, but that only reflects the gene markers we've discovered so far. With more research, scientists may discover that genetic causes play a larger role.

"We know that 20% of Alzheimer's cases are caused by a specific gene," says Diane Bierke-Nelson, a genetic counselor at St. Mary's/Duluth Clinic. "We know there are other genes involved, too. We just don't have them nailed down yet." As geneticists map and study all our DNA, the chemical blueprints that make us who we are, we'll know even more about heredity's power to shape our medical destinies.

### ***A Gift to Your Family***

Your family medical history is valuable to you and to future generations of your family, according to Ms. Bierke-Nelson. "Diagnoses will be more accurate and cures more likely. Recording your family medical history is a gift to your children and your grandchildren," she explains.

"It could save your life," says Dr. Dalton. "If we know what to look for, we may find it earlier when it's more treatable. Some people are alive today because they knew their family history."

### ***Sleuthing Your Family Medical History***

Medical histories for your first degree relatives are most important. First degree relatives include:

- Parents
- Brothers and sisters
- Children

You probably already know a lot of your family medical history. For the rest, talk to relatives. They may be more open to discussing dates of diagnosis and causes of death if you explain the good deed you're doing for the whole family. Dig through old medical bills. Death certificates are available at your county records department for about \$8-\$15 a copy.

To request a medical record from a hospital or doctor, you must have written permission from the person whose record you want. If they are deceased, you must get written permission from the closest living relative.

### ***How to Create a Family Medical Tree***

Researching your family medical history is like genealogy. You can keep it simple or get completely carried away.

1. Collect medical histories for your first degree relatives, this information includes:
  - Date of birth
  - Date of death
  - Cause of death
  - Major illnesses or surgeries
  - Date when major illness was diagnosed
2. If you can, collect the same information about your second degree relatives:
  - Grandparents
  - Aunts and uncles
  - Step-brothers and sisters
  - Nieces and nephews
  - Grandchildren

As you build your family medical tree, remember these tips:

#### **Get the Details**

Be as specific as possible about cause of death and major illnesses. Knowing grandpa had cancer is a start. But what kind of cancer? At what age was he diagnosed? Did he develop a second cancer? Was it related to the first? Be wary of the "cancer spread" trap. Many cancers start in one organ but spread to another: often the brain, liver, lung, or bone. If you conclude that your relative had lung cancer when she really died of ovarian cancer that had spread to the lung, you will likely have misleading family history information. Unfortunately, sometimes it is hard or impossible to find out the true origins of a cancer.

#### **Find out About Health Habits**

Take it a step further if you like. Include significant habits and any unusual physical characteristics. Grandma Nelson's dowager's hump may mean her daughter and granddaughter are at risk for [osteoporosis](#). Uncle Fester's three-pack-a-day habit—not heredity—may be why he died of cancer.

#### **Organize the Information on Paper**

If you're artistic, draw a family medical tree. On the bottom of the tree, put your name, along with your sisters and brothers. On the row above, put your parents and their brothers and sisters. On the top row, put your grandparents. Put a square around each man and a circle around each woman. Leave enough room in each to summarize the information you've collected. Indicate marriages by connecting with lines.

## **What Does It All Mean?**

Here are a few general guidelines for interpreting the medical information of your relatives:

- The more generations an illness occurs in your family, the more at risk you are.
- Two or more first degree relatives with the same or related cancers suggests an inherited risk. For example, if you have two first degree relatives with ovarian cancer, you have a 50% chance of getting it yourself. Keep in mind breast, ovarian, uterine, and colon cancers are genetically related.
- The younger someone is when a disease develops, the more likely heredity played a role. If your mother or sister developed breast cancer before [menopause](#), your lifetime risk is one in three, instead of one in nine, as it is for other women.
- A disease that strikes two or more relatives at about the same age is likely to be strongly influenced by heredity.
- Clustering of cases of the same disease on one side of the family more strongly suggests a genetic influence than if a similar number of cases are scattered on both sides of the family.

## **What If You're at Risk?**

If you suspect you're at risk for a "family disease," show your doctor your family medical history. Your doctor may suggest you undergo screening exams sooner than is normally recommended.

### **Genetic Counseling**

Your doctor may refer you to a genetic counselor, such as Ms. Bierke-Nelson. "Genetic counselors are skilled at picking up on significant patterns and sketching out what they might mean to you," says Dr. Dalton. One to two hour visits with a counselor usually cost at least \$125. Get a physician referral if you want to submit the cost to your health insurance.

Genetic counselors can talk to you about genetic testing and about "banking" your DNA. Ms. Bierke-Nelson encourages people over age 50 to bank their DNA if they have a strong family history of a specific disease.

### **DNA Banking**

You can collect your DNA and save it for testing at a later date. Genetic tests are already available for more than 20 inherited diseases. Even if there isn't a genetic test for your "family disease," there probably will be soon. Your sample may save the life of your grandchildren or great-grandchildren.

Older family members at risk should bank their DNA now, according to Ms. Bierke-Nelson. Often, a sample from an older affected family member is needed to test younger, at-risk family members. "That's why it's so important for people in the 50-plus age group to take an interest in this," she says. "We'll be able to diagnose future generations early, when the disease can still be treated, even prevented."

Banking your DNA is easy and inexpensive. Kits are available for \$30, so you can collect and store the samples yourself. The kit includes instructions and items for collecting samples of your hair, blood, and a few cells from inside your cheek. You can store these samples in envelopes wherever you keep important documents. Or, you can deposit your sample with a commercial gene bank that charges \$100-\$450 for indefinite storage.

Genetic testing however is a complex matter. It does not offer 100% predictability. It may give you a piece of mind, but it also can be a source of significant anxiety for some people. Before deciding, weigh all the benefits and risks, and talk to your doctor or a genetic counselor. Ultimately, you have the final decision.

### **RESOURCES:**

Compiling Your Family Medical History MayoClinic.com <http://www.mayohealth.org>

National Human Genome Research Institute <http://www.genome.gov/>

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