

The Cogswell Courier



“I neither despise nor fear”
December 2022



Cogswell Courier

December 2022
Volume 33, Issue 3

The mission of the Cogswell Family Association is to perpetuate the memory, history and genealogy of the Cogswell family with particular emphasis on descendants of John and Elizabeth Cogswell who arrived in America in 1635. This mission is accomplished by collecting, preserving, recording and publishing family documentation, memorabilia and memorials, as well as promoting friendship, understanding, mutual assistance and collaborative research across the membership.

Published by the Cogswell Family Association Three times a year:
April, August & December—Deadlines for each issue:
First day of the month prior to issue

Information and news reported in the Cogswell Courier is obtained from third parties and public domain on the internet.

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Nathaniel Cogswell - A Warning Unheeded

Contributed by Carolyn Cogswell

The Gutiérrez-Magee Expedition of 1812-13 sought to liberate Spanish Texas and open a pathway of American aid to Mexican rebels fighting to free themselves from the crumbling Spanish Empire. Historians have generally glossed over the individuals who were involved, painting instead with broad brush-strokes to interpret the history of the expedition through the lens of diplomacy. But the history needs to be brought back to the men who fought it. This blog, and my research, seeks to do that.

– James Bernsen, August, 2017

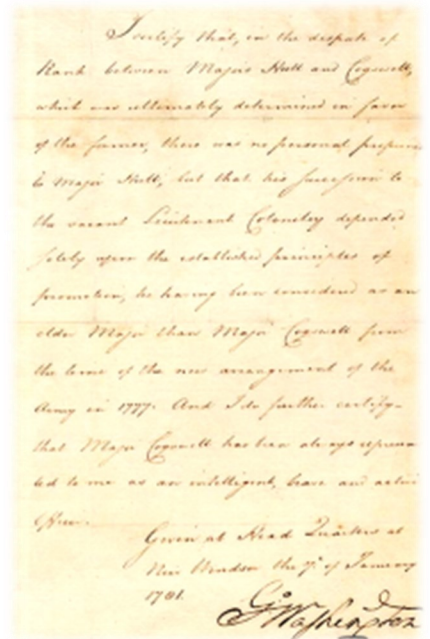
Of all of the people associated with the Gutiérrez-Magee Expedition, some of the more extraordinary ones, like American special agent William Shaler, never even set foot within the borders of Texas. One of these men was Nathaniel Cogswell. This is his story.

A Revolutionary Legacy

Nathaniel Cogswell was born in Haverhill, Massachusetts, on Jan 17, 1773, to Thomas Cogswell and Ruth Badger. At age two, he experienced his country going to war, and it would remain the most important event of his life. One could easily say that the American Revolution was in Nathaniel's blood. His grandfather, also named Nathaniel Cogswell, was retired merchant and prominent citizen in Haverhill. He demonstrated his patriotism by loaning funds to the cause – which he never recouped – and donating various equipment for New England soldiers. Eight of his sons joined the cause, including Thomas Cogswell, who left his wife and young Nathaniel to join the troops surrounding Boston in 1775. He led a company at Bunker Hill and was promoted successively throughout the war, from captain to major to lieutenant colonel, ultimately becoming Wagonmaster General. The position was in authority over all wagons and baggage for the army, and as such, Thomas Cogswell became a frequent correspondent with George Washington. [1]

His younger brother, Amos Cogswell joined the army within the first month of the war, on May 10, 1775, and served well beyond its end – Dec. 31, 1783. Amos was made a captain and transferred to another regiment. He fought in the siege of Boston and in the battles of Trenton, Princeton, White Plains, Saratoga and Monmouth. He was present for many of the most dramatic episodes of the war. In an 1820 petition, he stated, "At Trenton, I waded across the river and took two Hessian prisoners under the Bridge; in doing which I got a bad cold, and have had the rheumatism more or less ever since."

In the lean days after the war, the Cogswell brothers were with the army at its camp at Newburgh, New York, monitoring the last British troops in New York City. The privations of the camp sprouted the famous Newburgh Conspiracy, in which a number of officers penned a letter to congress demanding relief before they would disband. Tensions were high in a meeting of officers on March 10, 1783 when General George Washington stepped into the room and asked to address them. After a short speech in which he pledged to support their claims, Washington tried to read a letter from a congressman to make a point. Unable to read the words, he reached for a pair of spectacles. The sight was shocking to most officers, who had never seen their commander wear glasses. Washington, noting their looks, told them, "Gentlemen, you must pardon me. I have grown grey in your service and now find myself growing blind." [2]



Letter from George Washington addressing a dispute of rank between Thomas Cogswell and William Hull during the Revolutionary War.

Nathaniel Cogswell - Continued



Grave of Revolutionary War officer, Thomas Cogswell, father of Nathaniel.

The moving incident, which the Cogswell brothers may have witnessed, caused many in the room to weep and ended the conspiracy. It also formed a tight bond between Washington and his officers which was sealed two months later on May 13, 1783 with the founding of the Society of the Cincinnati. In this case, we know that the Cogswell brothers were there, along with a Samuel Cogswell, probably a cousin. All three were charter members of the club, a sort of Revolutionary version of the American Legion.[3] Finally released from active duty, General Thomas Cogswell returned home later that year.

Nathaniel, now eight, therefore grew up amidst well-established and recognized Revolutionary War heroes, including his namesake grandfather, who lived on until 1810. Although the latter had lost some of his wealth, the family was by no means impoverished. Nathaniel's father Thomas had returned from the war with a young black man named Prince, who served as his servant. New Hampshire had just that

very year abolished slavery, so Prince was evidently free. He served the Cogswells faithfully for the rest of his life as a servant at their home in Gilmanton, New Hampshire. His age is unknown, but he was likely a few years older than young Nathaniel. [4]

An Excellent Education

At age 11, Nathaniel was sent to the prestigious Phillips-Exeter Academy in nearby Exeter, New Hampshire.[5] The school was among the most exclusive of the early Republic, and would ultimately be the training ground of three Gutierrez-Magee participants, Cogswell, Augustus Magee and Horatio Bigelow (Nathaniel was by far the oldest, enrolling in the school 18 years prior to Magee).



Phillips-Exeter Academy in 1810. Cogswell, along with later students and Gutierrez-Magee participants Augustus Magee and Horatio Bigelow, attended in this building.

It was an exclusive school and boasts some of the weightiest names in early American history. George Washington's nephew Bushrod attended a few years before, as had future senator Daniel Webster. Among Magee's own classmates was another boy his same age, George Pickering, whose father Timothy had been Secretary of State in the Washington and Adams administrations.[6] Future graduates included President Franklin Pierce and the sons of Presidents Abraham Lincoln and U.S. Grant (and in the modern era, Facebook founder Mark Zuckerberg). Of Phillips Exeter, it would be said in 1859 that "Such a galaxy of names as appear upon the catalogue of this institution will not, perhaps, be found in connection with any other academy on this continent."

Graduating from Phillips-Exeter, Cogswell continued on to Dartmouth College, where he earned his Master's Degree in 1794.[8] Cogswell chose to enter the legal profession and read law under Ebenezer Smith. Like his father, Smith had served the entire duration of the Revolutionary War, in his case, in the Massachusetts militia.[9] After several years under Smith, Cogswell was admitted to the bar and began his own practice as a lawyer in 1805 in Gilmanton, New Hampshire.

At age 32, Cogswell was among the most highly-educated young men of his generation, well-connected and comfortable enough financially to take a tour of Europe, which he did sometime in the next two years. As a family history relates, "He had letters of introduction to persons of distinction in London. His fine person, genial nature, and attractive manners made him a favorite in society." [10]

It was an unusual – and adventurous – time to travel abroad. The Napoleonic Wars were still raging,

Nathaniel Cogswell - Continued



Napoleon on the Battlefield of Eylau, 1807. This battle, in present-day Poland, was fought during the period in which Nathaniel Cogswell visited Western Europe.

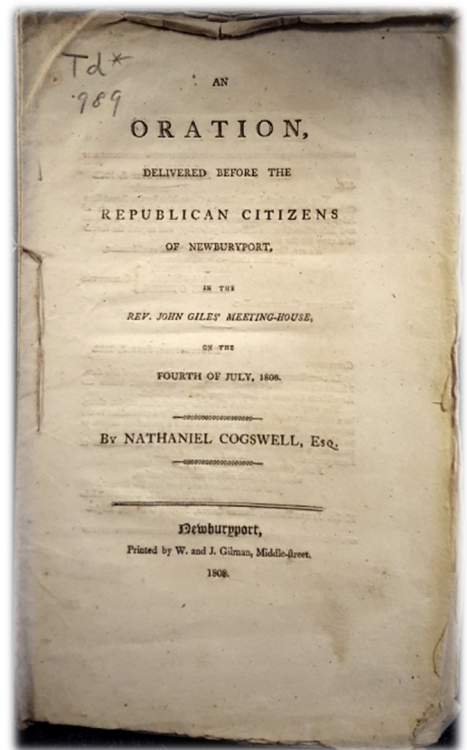
although the Battle of Trafalgar in 1805 had at least made England safe from invasion. Fighting continued on the continent, though actual warfare was sporadic, with many months between battles. The actual dates of Cogswell's trip are unknown, but it was likely in 1807 during Napoleon's East Prussian campaign of that year (East Prussia corresponds to modern East Germany and Poland). He returned in 1808 to found a new legal practice in Newburyport, Massachusetts.[11] He was 35, good looking (if the family history is to be believed) and single. He was also a man eager after attention and distinction, and ready to make a name for himself in his new home when he returned.

The first decade of the 1800s was among the most partisan of times in American history. The Revolution of 1800, which had seen Thomas Jefferson and the Republican Party triumph over the Federalist John Adams had exposed a divide in American society.[12] The root of the split was the old debate from 1783 about how much power to vest in the federal government (more if you're a Federalist) or how much to retain in the states (the Republican position). The Cogswell family by social status should have been Federalist, but despite their background, drifted into the Republican Camp. The Society of the Cincinnati, of which Thomas Cogswell had been a founding member, was mistrusted by Republicans, often seen as a conspiratorial, monarchist institution. Nonetheless, on March 19, 1801, Thomas Cogswell penned an effusive letter of congratulations to Jefferson on his winning of the presidency.[13] Nathaniel, like his father, had embraced the Republican Party. His enthusiasm – probably freshly invigorated in a reaction to his recent trip to Europe – impelled him to bring his passion for the cause into the public arena.

Fourth of July Oration

In the early 1800s, with the Revolution fresh and the veterans everywhere, the Fourth of July was akin to a holy day of the Republic. It was the most important public event in every community across the small, but rapidly-growing nation. As such, Fourth of July orations were sober, important affairs, and to be chosen to give one was an honor – and a weighty responsibility. The addition of partisanship – so much stronger in divided New England – made them more than an opportunity for distinction. They were competitive events which each side of the ideological divide used for propaganda purposes, wrapping themselves in the revolution and claiming to be the true inheritors of the Spirit of '76, while their enemies were not.

Nathaniel Cogswell was chosen to be the keynote speaker in the Republican celebration of Independence on July 4, 1808 in the Reverend Giles' meeting house in Newburyport. But the audience was much larger than merely the local citizens in the room, because Cogswell's oration – and others across the country that day – would be ultimately reprinted in pamphlet form and distributed across the country.



Nathaniel Cogswell's July 4, 1808 speech. Copy in the Historical Society of Pennsylvania library. (Author photo).

Nathaniel Cogswell - Continued

Cogswell began with a tribute to revolutionary soldiers who, like his father and uncles, had endured “with undaunted fortitude and patience, the numerous privations and hardships which they were doomed to suffer.”[14] Their model, however, should not be forgotten by his generation. Turning to the crowd before him, he noted that many veterans were still there who had become “old and grey in the cause of freedom.” Others, he told his fellows of his generation “are just entering upon the theater of action.” Cogswell led his listeners through a detailed history of republics, contrasting them with the persecutions and bondage of monarchies. He followed with a spirited lauding of Washington and “the great and good” Jefferson. He praised the “enlightened, independent, and virtuous yeomanry,” who were the heart of the nation, and added that, “so long as they retain and own the soil which they cultivate, so long are our liberties on a sure, a certain, and immovable foundation.”[15] These were popular Republican themes from a young lawyer not only seeking to win a debate, but probably also to ingratiate himself and further his career among the older, richer men in the audience. Wrapping up, Cogswell proclaimed that America was “The first and only independent nation on the fourth quarter of the globe.” [16] At the time, he could not have possibly imagined what lay in store for himself personally when the fourth quarter of the globe began to add new nations alongside America.

Self-promotion and Criticism

The address was apparently well-received by the crowd, but then, Cogswell was preaching to the Republican choir. Still, he was a young man basking in the limelight and he wanted to make sure he got his due credit. A week after the oration, on July 11, 1808, Cogswell wrote two identical letters to President Thomas Jefferson and Sec. of State James Madison, the two leading Republicans, crowing of his success. The letter read:

Sir,

The fourth of July was celebrated in this Town, with considerable éclat, both by the Republican & federal Parties.

There were two Orations, a federal, & a Republican one. I have taken the liberty of enclosing them both for Your perusal.

There are some hopes, that, the majority of the Citizens of this Town, which was the cradle of the Essex Junto, and which has been emphatically called the political Algiers of America, will eventually support those Characters, who, from principle are attached to republican forms of Government, in [. . .] to those who are the open and avowed advocates of [. . .] Monarchy.

I am, Sir, with the highest respect & consideration, Your Most Obt. & very Hube. St.

Nathel: Cogswell

Although the crowd in Giles' Meeting House was enthusiastic, the response was far less pleasant once the Federalist writers weighed in. The Monthly Anthology and Boston Review was brutal in its review. Before quoting extracts from the speech, the writers warned their readers,

Sir,
Newburyport July 11th 1808
The fourth of July was celebrated in this Town, with considerable éclat, both by the Republican & federal Parties.
There were two Orations, a federal, & a Republican one. I have taken the liberty of enclosing them both for your perusal.
There are some hopes that the majority of the Citizens of this Town, which was the cradle of the Essex Junto, and has been emphatically called the political Algiers of America, will eventually support those Characters, who, from principle are attached to Republican forms of Government, in preference to those who are the open and avowed advocates of Monarchy.
I am, with the highest respect & consideration, Your most Obt. & very Hube. St.
Nathel Cogswell

Cogswell's letter to James Madison, July 11, 1808.

If they can find time and summon patience enough to read the July addresses pronounced this year at Newburyport and Plymouth, by Mr. Cogswell and Mr. Sampson; and, farther, if they are willing to receive the sentiments therein contained as an authentick exposé of the political creed of Mr. Jefferson's idolators; supposing these two

The Monthly Anthology compares Republicans like Cogswell to "idolators," a biting attack in a religious age

Nathaniel Cogswell - Continued

“Gentle Reader, for mercy’s sake, and as you dread the twitching torturing pains of a side-ache – hold your sides – for here comes – here comes Nathaniel Cogswell, Esq. plenum sed, with his silk gown, satin breeches, open clock’d stockings and all, with his oration in one hand and with the other hand extended, and brandishing in fierce gesticulation...here he comes and hark! He begins.”

To mockery was added savage critique:

“The oration is remarkable for its language; which, being unnaturally compounded and jumbled wildly together from the two most abhorrent things in nature, rumbling bombast and the tamest and most drowsy strain of narration, we decidedly think...the worst and the flattest – the very flattest that ever was, or ever will, may, can, shall, would, might, could or should be spoken or written by any man, woman, child, monkey, baboon, magpie, parrot, flounder, porpoise and so downwards, or upward, if you please...”

We have no indication what Cogswell thought of his roasting in the press, but for a young lawyer with such ambition, a new calling began stirring in his breast. To an heir of Republican war heroes in the Napoleonic Age, the idea of a world being dramatically reshaped on behalf of liberty must have seemed too good for him to sit on the sidelines. He had a “passion for military life” according to his family history and joined the Massachusetts militia, serving on the staff of Major General James Brickett.[18]

Embracing Revolution

But Massachusetts didn’t hold him for long. Sometime in the next three years, Cogswell, still unmarried and rootless, moved to Pennsylvania. It was there that he found a cosmopolitan city in Philadelphia literally teeming with revolutionary exiles from all over the world. Cogswell was already an enthusiast for Republicanism, and he certainly still followed events in Europe closely. After all, soon after his return from his European Tour, in May, 1808, the Dos de Mayo uprising in Spain against Napoleon had occurred. Now he was in Philadelphia, among exiles from that war, but also a new community of Latin American Republicans created by the chaos in the Spanish Empire. After Napoleon had suppressed the insurrection in Spain, he had installed his brother Joseph on the Spanish throne, leading to an outbreak of revolutions in the empire’s New World territories in 1809 and 1810.

Sometime in 1812, Cogswell became friends with a Cuban revolutionary, José Álvarez de Toledo y Dubois, who was then working to support the efforts of revolution in the Mexican Province of Texas. Toledo was working alongside a fellow revolutionary, José Bernardo Gutiérrez de Lara, who had departed for Louisiana to raise an army of American volunteers for the cause. Gutiérrez and Toledo had agreed that the latter should stay in Philadelphia to create propaganda, raise funds, and send volunteers to Gutiérrez at his base of operations in Natchitoches, Louisiana. Cogswell enthusiastically joined the effort, and Toledo made him an officer of the thus-far nominal Republican Army of the North.[19]

A Warning Unheeded

But Cogswell in time began to suspect that Toledo was far from the ardent and pure revolutionary. In August, 1812 – shortly after Gutiérrez’ army had entered Texas – word arrived in Philadelphia that Venezuelan revolutionary Francisco Miranda had signed an armistice with royalists in that country. The event shocked the Spanish revolutionary community in Philadelphia. They, like fellow Venezuelan revolutionary Simon Bolivar, saw it as a cynical betrayal of the cause of liberty. But Toledo’s response was different, restrained, perhaps even complimentary of Miranda.

It shook Cogswell, who had a falling out with Toledo and his growing staff of highly-ranked civilians-turned-armchair officers in the Revolutionary Army of Mexico, none of whom – even Toledo – had even been to Mexico. Over the next few months, Cogswell tossed out accusations of betrayal against Toledo, whom he began to suspect of being a double agent of Spain. Cogswell, in turn, was accused by Toledo and his acolytes,

Nathaniel Cogswell - Continued

including “Colonel” Henry Adams Bullard, as having committed theft or some other petty crime, and was presumably stripped of his position.

In fact, Toledo had been considering betrayal, and soon he acted on it. On October 5, 1812, the revolutionary visited the house of the Spanish Ambassador to the United States, Luis de Onís, and admitted he was part of a conspiracy to invade Texas. Toledo, so Onís claimed, was conspiring not just with private citizens, but with the United States government to foment rebellion. In a surprising offer, Toledo – who was running short of cash – offered to turn over his army to the Spanish in exchange for a pardon and cash.[20] Ultimately, Onís had no money, and Toledo left him with only a promise to cease fighting against Spain. Toledo would break this promise and by all appearances return to the revolutionary fold, but he was fickle, and several years later, after the expedition and subsequent attempts to liberate Texas failed, he would indeed switch sides and win a pardon from Spain.

But Toledo’s flirtation with betrayal was suspected by no one else in the band of Philadelphia revolutionaries, and Cogswell was left on an island of dissent. But the young lawyer, now committed to the cause of Mexican independence, wouldn’t let it go. After Toledo and his band of revolutionaries had departed to join with Gutiérrez, Cogswell decided he had to take action into his own hands. Cogswell wrote to Gutiérrez on Dec. 12, 1812, informing him of his suspicions. If Gutiérrez allowed Toledo to come to Texas, Cogswell wrote, he would “rue it in tears of blood.”[21] He continued by explaining how the Spanish had many agents in Philadelphia posing as Republicans, but actually spies. “Such a man is Mr. Toledo. I pledge my life on the issue, for I know it to be the fact.”[22] Cogswell felt so passionately about the danger from Toledo that he traveled to Natchitoches and lay out the case against Toledo before the American agent and behind-the-scenes sponsor of the expedition William Shaler.

The confrontation came in the Neutral Ground between Spanish Texas and Louisiana in early July, 1813. Cogswell and a small party met Shaler and Toledo and Cogswell laid out his suspicions. Had he any proof of Toledo’s meeting with Onís, it would have devastated the Cuban. But Cogswell had little more than vague information and intuition. He repeated the charges, by now familiar to Shaler, who acted as judge in the inquiry. By now, the latter had committed to intervene in the revolution in Texas by replacing the authoritarian and incompetent Gutiérrez with Toledo. Convinced Toledo was the only hope for the revolution, Shaler dismissed the idea in a letter to Sec. of State James Monroe.[23]

The Sad End of Nathaniel Cogswell

Cogswell was defeated and broken. He was probably already sick, having no immunity to the tropical diseases that were rampant in swamp-filled Louisiana. He was apparently trying to make his way downriver from Natchitoches to New Orleans, when his party stopped in Rapides, present day Alexandria, 30 miles downstream. He lingered there until around August 1, 1813, when he died.

Cogswell, of course, was vindicated by events. Three days after his death, Toledo arrived in San Antonio and took command of the Republican Army of the North. Although there is no evidence he actively attempted to betray the revolution, he instituted a number of changes that weakened the army and alienated many



José Álvarez de Toledo y Dubois

Nathaniel Cogswell - Concluded

of the local Tejano supporters, who distrusted the Gauchupin from Cuba. On August 18, 1813, Toledo led the army that he and Gutiérrez had built up over 2 years into a trap. At the disastrous Battle of Medina, the Republican forces, including hundreds of Tejanos, Indians and American volunteers were routed and nearly annihilated.

Nathaniel Cogswell, lying in a new-dug grave, had tried his best, but failed.

From [The Texas History Blog](#)

[1] E.O. Jameson *The Cogswells in America* (Boston: Alfred Mudge & Son, 1884), 47 and 152.

[2] Newburgh Address George Washington's Mount Vernon website: <http://www.mountvernon.org/digital-encyclopedia/article/newburgh-address/> (Accessed August 2, 2017)

[3] Jameson, 99.

[4] *Ibid*, 152

[5] Phillips Exeter Academy, *Catalogue of the Officers and Students of Phillips Exeter Academy* (Exeter, N.H.: J&B Williams, 1838), 56.

[6] Phillips Exeter Academy, 14. Despite the title, there was no military training curriculum at the academy at the time.

[7] Austin Coolidge and John Mansfield, *History and Description of New England, General and Local*, Vol. 1 (Boston: Austin J. Coolidge, 1859), 491.

[8] George T. Chapman, *Sketches of the Alumni of Dartmouth College, from the First Graduation in 1771 to the Present Time, with a Brief History of the Institution*. (Cambridge: Riverside Press, 1867), 73. Some sources suggest Cogswell graduated at age 19, but he would have been nearly 21 in 1794.

[9] Everett S. Stackpole and Lucien Thompson, *History of the Town of Durham New Hampshire*, Vol. 1 (Unknown), 279. <https://archive.org/details/historyoftownofd01stac> (accessed July 20, 2016).

[10] Jameson, 183.

[11] *Ibid*, 183.

[12] The Republican Party of the early 1800s is not the ancestor of the modern Republican Party. In the 1820s, with the Jacksonian takeover of the party it became the Democratic-Republican Party and later the Democratic Party.

[13] "Thomas Cogswell to Thomas Jefferson, March 19, 1801" *The Thomas Jefferson Papers at the Library of Congress*. <https://www.loc.gov/resource/>

mtj1.023.0315.0316/?sp=1 (Accessed Aug. 2, 2017)

[14] Nathaniel Cogswell, *An Oration Delivered before the Republican Citizens of Newburyport in the Rev. John Giles' Meetinghouse on the Fourth of July, 1808* (Newburyport: W. and J. Gilman, 1808), 8.

[15] Cogswell, 19.

[16] *Ibid.*, 4.

[17] "To Thomas Jefferson from Nathaniel Cogswell, 11 July 1808," *Founders Online*, National Archives, last modified June 29, 2017, <http://founders.archives.gov/documents/Jefferson/99-01-02-8299>. The letter to Madison is in the James Madison papers, also in the National archives and is identical.

[18] Jameson, 183.

[19] Jameson, 183. The author claims Cogswell was commissioned as a General. It's doubtful that Toledo gave such a high rank out. Had he done so, Cogswell would have even outranked Magee, the eventual commander of the forces.

[20] Harris Gaylord Warren, *The Sword Was their Passport* (Baton Rouge: Louisiana State University Press, 1943), 17-18.

[21] "Colonel Nathaniel Cogswell to Generals Gutiérrez and Magee, Pittsburgh, December 29, 1812, quoted in Garrett, 212.

[22] Ed Bradley, *We Never Retreat: Filibustering Expeditions into Spanish Texas, 1812-1822* (College Station: Texas A&M University Press, 2015), 74.

[23] "William Shaler to James Monroe, 14 July 1813," *Founders Online*, National Archives, last modified June 29, 2017, <http://founders.archives.gov/documents/Madison/03-06-02-0411>. [Original source: *The Papers of James Madison, Presidential Series*, vol. 6, 8 February–24 October 1813, ed. Angela Kreider, J. C. A. Stagg, Jeanne Kerr Cross, Anne Mandeville Colony, Mary Parke Johnson, and Wendy Ellen Perry. Charlottesville: University of Virginia Press, 2008, pp. 439–440.]

A Connecticut Yankee in Southeast Texas

By Ruth Ann Ruiz
The Post Newspaper Features Editor

Serving in the Armed Forces was the last thing **David Cogswell** ever thought he'd do. "The Vietnam War had just ended, and I had no desire to join the military. One of my high school teachers thought I'd be great in the military. I said, 'no way,' I intended to play baseball," said Cogswell.

Off to Florida he went to attend college and play ball. In his second year playing ball, the coach decided he didn't need Cogswell on the team. David found himself working in construction before the economy took a dive, and he was floating between jobs. That is until the Blue Angels flew over.

"I saw those planes and knew what I wanted to do," said Cogswell. But the hitch was he knew he didn't want to be on a ship, so he did not join the Navy. He went to an Air Force recruiting office and was advised to pursue the Pararescue Special Forces Unit of the Air Force.

With Air Force basic training finished, he began focusing on getting into the Pararescue unit. Entrance to the elite unit required passing a rigid physical fitness test along with an academic exam. Upon passing the initial tests, he attended a 13-week training period during which many others dropped out of the program.

"We worked out for six hours every day during the 13-week training. Along with physical training we were trained in anatomy and physiology and dive physics," shared Cogswell. After that it was jump school and then more training in survival school.

Taking all the skills and knowledge the trainees had acquired, they were gathered at Kirkland Air Force Base in New Mexico where they learned the fine details of pararescue work.



The Air Force Pararescue Unit is an elite combat force trained, organized, and equipped to conduct full spectrum rescues. During times of conflict an Air Force Pararescue unit may be called upon to rescue military personnel or civilians in a combat zone.

During Cogswell's tenure as a Pararescue member, the US was not engaged in international war, so he did not have the opportunity to use his skills in combat. His unit was

called on to rescue civilians in difficult water terrain throughout the US.

After six years serving our nation, he took a job with a petrochemical company in the Houston region. His specific skills were utilized as a safety and security manager, and he instructed firefighters in HazMat operations.

Staying in great shape and ready to jump to rescue someone at any moment meant he would find a fitness program that gave him the most efficient workout with maximum results. That is how he landed on Kettlebells.

His wife, Miriam, and he began training with Kettlebells as individuals and as a duo. They won several championships. Then they moved from focusing on their own fitness and well-being to becoming certified Kettlebell instructors.

"Kettlebells is a whole-body workout including cardio and flexibility," explained Miriam. The two of them teach others to properly use Kettlebells as a form of physical fitness. Their studio is in League City and people find them by word of mouth or through internet research. Their website is their only advertising medium.

"One hour three times a week working with Kettlebells gives you everything you need to be healthy and strong," both David and Miriam shared.

A Connecticut Yankee in Southeast Texas

“It’s a good workout in a short period of time and you can do it almost anywhere,” explained Miriam.

A Kettlebell is shaped like a cannon ball with a handle on the top and is made of cast iron. They come in varying weights just like dumbbells.

“What makes a Kettlebell workout unique and effective is that while working with a Kettlebell the bell is offset from the body so that you are using opposing muscles as you work with it. The ball is always pulling away from your body which is how the opposing muscles become engaged,” explained David.



Miriam and David work with clients for up to six lessons and often their clients then move on to working out on their own. Some of their clients elect to come for frequent sessions.

Kettlebells originated in Russia as a weight for measuring crops. They evolved to be used by strongmen in circus shows and then became a Russian sport. Eventually the sport was introduced to the United States. Kettlebell workouts are mostly used now by professional athletes, the military and others who want to keep their body in top shape.

David and Miriam are focused on keeping people safe and helping them to reach their physical fitness goals. If you have any doubt about the success rate of a Kettlebell workout, you can watch one of them demonstrate the complicated moves and then ask them their age and judge for yourself the value of a Kettlebell workout.

Of course, as with any fitness plan, Kettlebells are not suited for every individual and the couple do a complete evaluation of potential clients before they begin any training.

Web listing: [David Cogswell](#)



William Cogswell Enters Race for Charleston Mayor

CHARLESTONS, SC (WCBD) - Looking ahead toward November 2023, **William Cogswell Jr.** has entered the race for Charleston mayor.

Representative William Cogswell announced his candidate Saturday via social media.

Cogswell has represented District 110 in the South Carolina House of Representatives since 2016 where he served as the Chairman of the Business and Commerce subcommittee.

“Charleston needs real vision, leadership, and a collaborative approach to governance to address our compounding problems,” said Cogswell. “It’s time to be proactive, and I believe I have the experience we need to move our city forward.”

According to his campaign, Cogswell’s goal is to bring “vision, leadership, and accountability back to the mayor’s office.”

Cogswell grew up on Gibbs Street and attended both the University of the South and Columbia University.

Charleston City Councilmember Peter Shahid, combat veteran Clay Middleton, and incumbent Mayor John Tecklenburg are also in the running for the title.

The mayoral race will be held in 2023.



VISION & LEADERSHIP

William offers the strong leadership that our city needs to move us forward

William has seen his hometown dramatically evolve during his lifetime. While some changes have resulted in real progress, Charleston is now faced with rising crime rates, insufficient infrastructure and a growing livability and affordability crisis.

More than ever before, Charleston needs real vision and strong leadership to stay ahead of our incoming challenges. We need new ideas that are grounded in reality, and we need a leader willing to accept responsibility and pivot when things don’t go according to plan.

Hard work and big ideas have been ingrained in William from an early age. His first real job as a young teenager was working in a tomato packing shed on Wadmalaw, and eventually started his own successful company renovating historic properties in his early twenties.

Throughout his career, he has always made time to give back. Besides serving in the Legislature, William has been active in the Chamber of Commerce, Rotary, and the Urban Land Institute. He is also a current or past board member of the Library Society, Historic Charleston Foundation, and the Coastal Conservation League.

William and his wife, Lucile, have been happily married for 20 years. They live downtown with their two children, Mason and Meade and three Boykin Spaniels. They attend Grace Church and most weekends can be found out on the water in an old boat.

William is the son of Edmund and Sally Rhett of James Island, and the late Scott Cogswell, who died when he was young in a car accident. His sisters, Sarah Hamlin Hastings and Katy Fayard, live with their families on James Island and in West Ashley, respectively.

Web link: <https://www.cogswellformayor.com/>

Cogswells in the News I



KEARNEYSVILLE — **Margaret Cogswell**, longtime Hospice of the Panhandle CEO, has announced her retirement after 35 years of growing alongside the organization that provides care for patients in the final stages of a life-limiting illness.

“The memories that are the strongest are all about how we were able to help in a time of need,” Cogswell told *The Journal*.

Cogswell has been the executive director/CEO since 1987 and will leave the 41-year-old nonprofit organization no later than August 2023, according to the official release.

“This has been my life’s work,” Cogswell said in the document. “I truly love this organization and its mission. Our board and staff are simply amazing, and I can’t think of anything more rewarding than serving our community’s patients and families during such a vulnerable time in their lives.”

Over the years, Cogswell has experienced many changes within the industry, including the certification of hospice programs nationwide by Medicare in the 1980s, something Cogswell refers to as a game changer. Hospice of the Panhandle became certified with the benefit in 1990.

“The fact that the federal government recognized the importance of quality end-of-life care through a funding mechanism really changed the way hospices were able to operate,” Cogswell said in the release.

Hospice of the Panhandle receives a daily reimbursement for each Medicare and Medicaid patient it serves. Those patients represent about 95% of its daily census.

Cogswell began her career in 1978 as an oncology nurse on then-City Hospital’s fifth floor. In 1981, she took the training required to become a hospice volunteer and joined a group of community leaders interested in helping those who faced end-of-life illnesses. From there, Hospice of the Panhandle was born, the release said.

“I have so many memories, and as a nurse, my favorites will always be about patients and staff. I remember visiting a patient with ALS in my first years of hospice. I marveled at the caregiver who attended to her every need and seemed to know exactly what she

needed, even though the patient could not speak and could barely move her eyes. I was so humbled to know her husband, who worked all day and came home to care for his wife all night. Witnessing that commitment of family and friends has always filled my bucket and made me look for ways we could do more for those with serious illness,” she said.

Cogswell thanked the community for its part in helping to make Hospice of the Panhandle exist in the first place.

“Quite frankly, this organization would not exist without the community. We were founded in 1980 by a small group of people from Trinity Episcopal Church in Martinsburg who reached out to others to join them to create a support system for those facing the end of life. Hospice of the Panhandle has grown to serve over 1,000 patients a year, hundreds more through our Center for Grief and Loss and now, over 100 people in our new palliative care program,” she said. “Along the way, donors supported our efforts, people volunteered in many different capacities and our board, made up of community members, has guided us. Sharing that sense of purpose has been key to the services we deliver today. And all those needs remain – we rely on the community’s financial support, the volunteer hours with patients and in many different roles and the advice of our board and advisors, not just to survive but to thrive and grow.”

She said that the growth over the years has been such a wonderful experience to witness. “That first year, we were an all-volunteer organization and served 10 patients a year,” Cogswell said. “Now, we serve more than 1,000 annually.”

One of those early patients was the mother of Nina Arnett, current Hospice of the Panhandle board member. Arnett feels a special connection to the agency and to Cogswell that was described in the release. “She will be sorely missed,” Arnett said. “She has guided this organization so well for more than three decades. The growth has been phenomenal.”

Web listed: [Margaret Cogswell](#)

Cogswells in the News II

Andrew Cogswell

Instrumental Music Director, Colorado



What students had to say:

Andrew Cogswell “makes everything mean something in a student’s life. He is the biggest role model for many students, even by just being a band director. He supports and helps with anything for

the future, even if it doesn’t relate to music,” said Francisco Carrillo.

Andrew Cogswell teaches and directs instrumental music at Alameda International High School in Lakewood, Colorado. During the pandemic, Cogswell said he reconnected with his reason for teaching by realizing the most important part of his job was not simply teaching music, but providing students with a safe place to be themselves.

“It took some time to realize the safe place didn’t need to be a physical one but that it was simply the time we spent together. I found the conversations we had were important in helping teacher and student alike in navigating life during a pandemic,” Cogswell said.

“While other schools and instrumental music programs are shrinking, ours is growing,” said Cogswell, adding that many school instruments are still in disrepair and need to be replaced.

This year he would like school leaders, community members, and local governments to help the school acquire new instruments.

Web link: [Chalkbeat](#)

Know your ARIAs: Radiologists urged to learn telltale signs of Alzheimer’s drugs that target amyloid plaques

Radiologists need to familiarize themselves with the appearance of brain abnormalities on MRI that may trace to treatment with amyloid-fighting drugs in the quickly emerging category of monoclonal antibodies.

This goes for generalists as well as neuroradiologists.



So state researchers in a white paper published in the August edition of the American Journal of Neuroradiology Called ARIAs for amyloid-related imaging abnormalities, the findings tend to appear as one of two types, ARIA-E for those that have edema or effusion and ARIA-H for those with hemorrhage or hemosiderosis (iron buildup).

Lead author **Petrice Cogswell**, MD, PhD, of the Mayo Clinic and colleagues note that the efficacy of an early release in the drug category, aducanumab, may be disputed, but its notoriety has surely accelerated the pace of development in the amyloid-busters pipeline.

“Given the large number of AD therapeutic candidates, implementation of treatment and monitoring may greatly increase neuroradiology practice volumes,” the authors write.

Along with getting to know how these new drugs work on targets and look on scans, they suggest, radiology generalists as well as neuroradiologists do well to learn about pitfalls in interpretation of ARIAs, best practices for selecting imaging protocols, and expert recommendations on reporting these findings in clinical practice in a standardized manner.

Cogswell and co-authors spend the balance of their paper—essentially a thorough primer on ARIA—fleshing out each of those components.

Web listing: [Know your ARIAs](#)

Cogswells in the News III

Eqonex Expands Senior Team with the Appointment of Nick Cogswell

Cogswell has joined the company as Head of Asset Management Sales in London.

The company has also appointed Franklin Heng as Head of Asset Management Asia.



Nasdaq-listed digital asset services firm, Eqonex announced the expansion of its team yesterday with the appointment of Nick Cogswell, the former CEO and Managing Director of 401 Capital, as the company's Head of Asset Management Sales in London.

Take Advantage of the Biggest Financial Event in London. This year we have expanded to new verticals in Online Trading, Fintech, Digital Assets, Blockchain, and Payments.

Eqonex noted that Cogswell will play an important role in driving the company's growth across its asset management product suite. Cogswell has almost two decades of experience in the global financial services sector.

In his broad career, Cogswell worked with prominent names in the industry, including Jefferies and Santander Global Corporate Banking. During his time at Jefferies, he served as the Head of Equity Structured Product Sales EMEA.

"I am thrilled to join EQONEX and look forward to leveraging my experience in traditional finance to harness the growing opportunities in the digital asset space. EQONEX is reputable in the marketplace for its highly experienced team, so I'm excited to join them in delivering EQONEX's ambitious product roadmap across structured and investment products and also driving growth for Bletchley Park, the fund of crypto hedge funds," Cogswell said about his appointment.

Web list: [Eqonex: Nick Cogswell](#)

Camille Cogswell Lemon-Ricotta Cake



This light and airy cake gets its texture from whole-milk ricotta in the batter. "I first created this cake by accident, substituting the ricotta I had in my refrigerator for the sour cream that my recipe called for," says 2020

F&W Best New Chef Camille Cogswell of Asheville, North Carolina, who shared her recipe with Food & Wine. "The result was, happily, far superior to the original! Now, this super moist and tender ricotta cake with bright lemon flavor is one of my go-tos; it comes together quickly and easily and is still exceptional even after a few days sitting on the counter. By itself, it's a perfect gift to a friend. Dressed up with soft whipped cream and showered in seasonal fresh fruit, it becomes quite an elegant dinner dessert with minimal effort."



Web listing: [Camille Cogswell](#)

How to Smuggle Children and Other Confessions of a Country Doctor



by David Laverne
Cogswell MD,
CCFP, FCFP

An engaging and affectionate memoir, *How to Smuggle Children and Other Confessions of a Country Doctor* tells of three generations of Nova Scotian country doctors, whose combined practices span the twentieth century. With clear-eyed prose, **Dr. David L. Cogswell** explores the making of a country doctor, moving from memories of his adventurous school days, growing up in a doctor's home, to the trials and triumphs of med

school. Running parallel to his own memories of becoming a physician are the stories of his maternal grandfather—who began practicing at the turn of the century, traveling by horse and sleigh—and his father, who opened a home office in the 30s. Under their formidable influence, David opened his own home office in 1963. His diverse daily routine brought him into the heart of the community, where he, his father, and grandfather were not only familiar faces but respected medical professionals.

At the core of this book is a celebration of the guiding force of family, which remained strong and consistent over one hundred years as history brought about many changes in society and medicine.

Dr. David L. Cogswell is a Nova Scotia-based family physician. Over his distinguished career, he has been involved in hospital evaluation and accreditation, as well as committees that license doctors and scrutinize billing practices. He has worked as a consultant for the province, as president of the N.S. College of Family Physicians, and as a preceptor on faculty at Dalhousie School of Medicine. His entire life has evolved in, around, and through medicine, first as a child, then as a youth, and now, as he ages, medicine is daily present in his friends, contacts, and family. Outside of medicine, many interests and activities have featured in David's life; they include

woodworking, glass art, antique car maintenance, skiing, singing, Scottish dancing, and ancestral research.

David divides his time between two homes in Nova Scotia: a one-hundred-year-old house in Aylesford, and a house in Wolfville that he shares with his partner (an author and retired textile historian) and a cranky cat named Daisy.



[Published by Friesen Press](#)

Dr. David L. Cogswell

ISBN

978-1-03-914453-8 (Hardcover)
978-1-03-914452-1 (Paperback)
978-1-03-914454-5 (eBook)

Available Online in these formats:
Softcover, Hardcover, eBook

Publication Date
September 30, 2022

Categories
1. Biography & Autobiography, Personal Memoirs

Page Count	Trim Size
192 pages	15cm x 22cm 5 ¾" x 8 ¾"

Book Produced through FriesenPress

Wholesale available through Ingram

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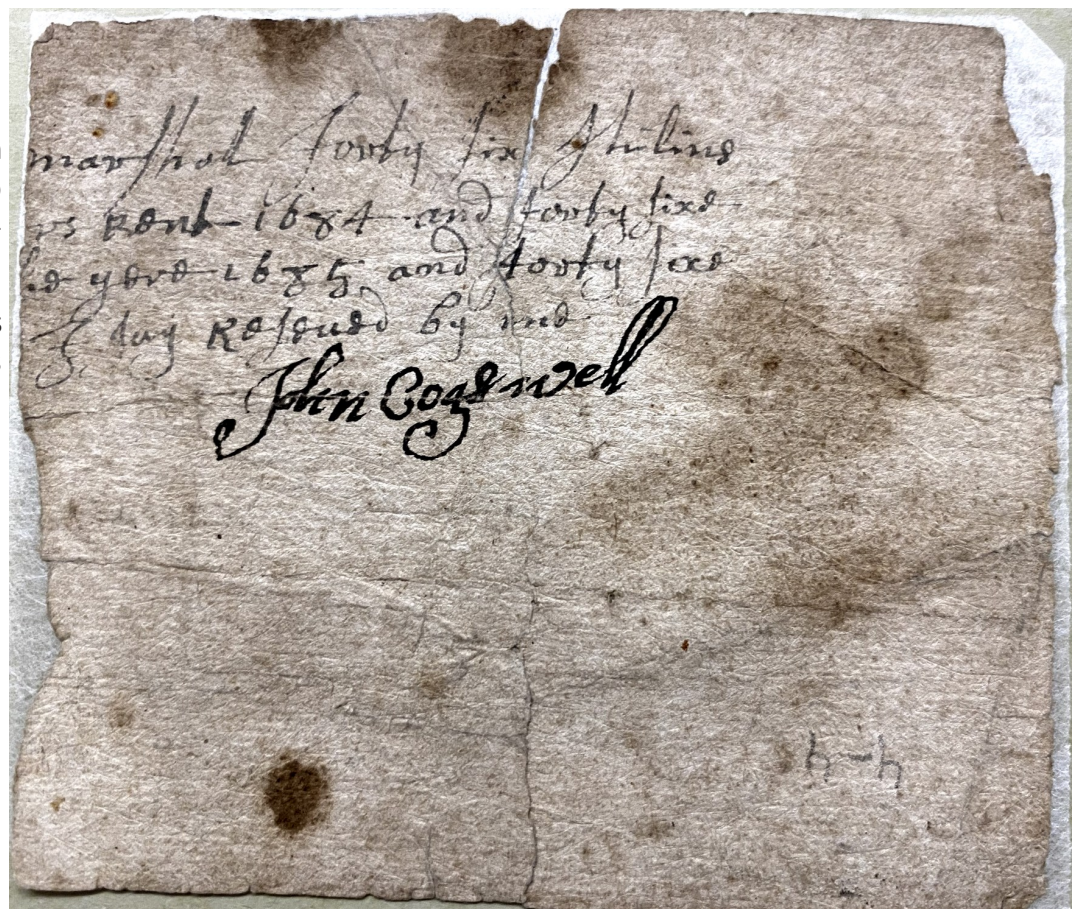
TBD



This long lost photo is from the 1991 Cogswell Family Association Reunion in Pemaquid, Maine 1991

Records from Ipswich MA were amazing. I'm so appreciative of the Genealogist Kathryn Wuerker.

It appears to a sales about for forty-six shillings dated 1684 & 1685. Can any make a better reading?



Milestones I

Deaths

Joyce Marie Cogswell, 81, of Shreveport, Louisiana on Tuesday, August 16, 2022 . Joyce was born on April 24, 1941 in Houston, Texas to Richard Lee and Floy Pauline Neal. She came from humble beginnings and was always a caretaker for both her parents and many siblings. If they had a need, she made sure it was met. Joyce fell for a wild stallion and married Harold E. Cogswell on February 12, 1962. She worked alongside and served as a support and homemaker for her husband, including making sure that he never had one single hair out of place. Legally, they raised two children but most would say that she served the role of mother to countless others.



Richard Ziegler

Nov 20, 1950 – Aug 26, 2021

It is with tremendous joy and great sadness that I need to tell you all that Richard passed away on Saturday morning in Atlantic City, NJ. We were planning on attending his niece's wedding, but unfortunately could not. However, we were able to spend time with several siblings and their life partners. Richard had a very enjoyable time. We walked the Boardwalk and had breakfast. Then he breathed his last and walked into the arms of his Savior.



Richard was born on November 20th, 1950 in Norfolk, Virginia to Richard and Margaret Ziegler. The family moved to Orlando Florida when his father retired from the US Navy. He attended the University of Central Florida and enlisted in the US Army Reserves. After serving during the Vietnam War he moved to Venice Florida where he met the love of his life, Marcia (Lehan) and they married in 1980.

Richard dedicated his life to the Lord on the Walk to Emmaus in 2004. He was a member of the Englewood United Methodist Church where he counted it a privilege to serve in the Emmaus Community and Kairos Prison Ministries and dearly loved The Lord.

He had a long successful career in the Electrical Wholesale field and was privileged to have made many lifelong friends as a result. Richard loved fishing and golfing and shared that love with his children. His wife Marcia always said he was the only one she knew that always had a fishing pole in his truck just in-case there was a bass walking down 41!



Keith Reid Cogswell- December 29, 1948 – August 12, 2022 . Keith and Geri were married on February 26th, 1972 . His business ventures included Toronto Area Food and Ice Catering, "Potato Man" Woodstock Potato Truck, Rothesay Avenue Vegetable Stand "Spuds 'N' Stuff" . They ran restaurants

in the Saint John South End and at Saint John Airport General Store. Keith drove for Saint John Harbour Taxi for 5 years, and then for 14 years as an NB School District 6 & 8 School bus driver. Keith took pride in his bus driving and volunteered on a safety committee.

Milestones II



Jean Cogswell (Nee Ellis) death of October 29th, 2022, at the age of 85, resident of Sutton. Jean was the wife of the late Rev. Malcolm Thomas Cogswell

Jean was a vivacious woman with a love of learning and for discovering the world around her. She adored muse-

ums, road trips, and travels across the world. And, when she tried a new cuisine, she would be talking about it for weeks. She treated each new experience or new piece of knowledge like a blessing. I like to think that a curiosity about the things which surround us is something that we both had in common, and I'm sure Grammie helped shape me to be who I am today.

Obituary: [Jean Cogswell](#)

James Cogswell, 65, born December 26, 1956, of Clintonville, PA, died November 25, 2022. Jim loved to be with his family. He was most at peace when he was fishing and went every chance he could. He graduated from New Wilmington High School. He was most recently employed at Montgomery Truss in Grove City.



Obituary: [James Cogswell](#)

Charles "Chuck" Cogswell passed away on November 27, 2022, at his home in Portsmouth, New Hampshire, surrounded by his loved ones. He was 89.



Chuck was born in Framingham, Massachusetts, on December 17, 1932, to Charles and Daisy (Bennett) Cogswell. Shortly thereafter, his family moved to Nova Scotia, Canada. Nicknamed Buzz, he spent his childhood farming, caring for, and selling his family's produce with his eight brothers and sisters. These early experiences with family helped to mold him into the strong, tender-hearted, sometimes riotous dreamer we were so fond of. He spoke affectionately of his young years in Canada - his parents and siblings - and he continued visiting family in Nova Scotia, often with his daughter Angela, well into his 80s.


After moving back to the states at 18, Chuck enlisted in the United States Airforce at Fort Belvoir and spent twenty-two years serving his country - something he was always very proud of. His work as a drill sergeant was one of his most rewarding positions in the Air Force. He kept in touch with many of the Airmen he served alongside throughout his life. After World War II, during the occupation of Germany, Chuck met the love of his life, Eva Schuster, in Munich. Chuck always spoke of these days with stars in his eyes. He and Eva would travel together in Europe, and it was rumored that they even sang together for audiences in hotels in Munich. Eva would go on to become his wife in 1953 and together have three children: Dean, Angela, and Ron.

Obituary: [Charles "Chuck" Cogswell](#)

Officers, Directors, & More

Incorporated Massachusetts, February 17, 1989
 Founder & First President—Cyril Gray Cogswell

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<u>Term: 2019 - 2022</u>	<u>Term: 2020 - 2023</u>	<u>Term: 2021-2024</u>
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Carolyn Cogswell	Don Cogswell	
Eloise Gassert	Brenden Martin	
Tammy Walker	Bruce O'Connor	

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